LOGGING OFF
Tips for healthy and responsible use of IT

Don’t let your phone control your life!

- Notice the difference between use, abuse and addiction.
- Limit the time you spend online.
- Not everything is ‘online’, enjoy your “offline” life.

If you feel that you cannot live without being online, ask for help!

Avoid dangerous situations!

- DO NOT trust unknown people.
- Report cyberbullying.
- Do not take compromising private photos or videos of yourself.
- Protect your privacy using security methods.
- Beware of the traps on the Internet.
- Do NOT share important information and protect your digital identity.

THINK BEFORE CLICKING!

Fundación MAPFRE