



**Canadian Mental
Health Association**
Halifax-Dartmouth

GETTING THROUGH THE DIGITAL DOOR

Getting Online Safely



The **Getting Through the Digital Door** program has been made possible by the following funders

**Mental & Health
Foundation**
of Nova Scotia

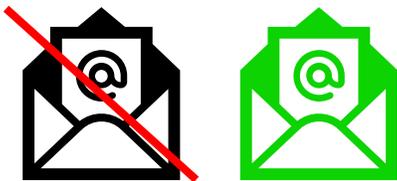
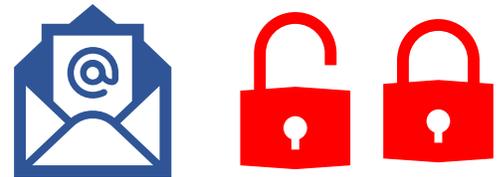

NOVA SCOTIA

**Building Vibrant Communities
Program** Nova Scotia Department of
Communities, Culture, Tourism and
Heritage



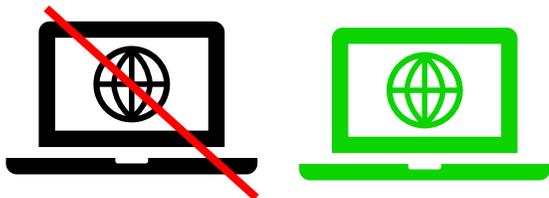
It is very important that when you get online that you do it safely.

It is also very important that you do not share your passwords for your email and/or social media like Facebook. Keep your passwords in a safe place that you can find easily in case you forget them.



Only open emails that you know are safe. Some emails are sent by scammers. Scammers are people who will try to trick you into giving out your personal information. Some emails can have viruses that can hurt your device.

It is important if you are going to do online shopping or banking that you do it in a safe and secure place like your home with your own Wi-Fi.



It is also important to be very careful about the kinds of web sites you are looking at. Some web sites have information, pictures and videos that can be upsetting.