

## u3a Advice to Keep Safe on Your Computer or Smartphone

*A simple safety guide for all*

 Presented by Northumbria Region IT Group

### **General Computer Safety Tips**

- Use strong, unique passwords
- Be cautious with emails and pop-ups
- Keep your software and apps updated
- Install and update antivirus protection
- Use a secure Wi-Fi connection at home
- Don't overshare your personal information

### **Smartphone Safety (iPhone & Android)**

- Lock your phone with a PIN, fingerprint, or face ID
- Download apps only from official app stores
- Keep software updated
- Enable “Find My iPhone” or “Find My Device”
- Be careful when paying by tapping your phone

### **Common Online Scams to Watch Out For**

- **Phishing:** Fake emails or messages asking for details
- **Tech support scams:** Calls claiming to “fix” your device
- **Lottery/prize scams:** You’re told you've won a prize — but must pay
- **Romance scams:** Online relationships asking for money
- **Shopping scams & fake messages:** If it seems too good to be true...
- **Fake messages:** Someone claims to know you

### **Final Advice**

- Pause and think before clicking or tapping your phone
- Don't be afraid to ask someone you trust – a family friend or your local u3a group
- Report scams to: [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or suspicious text messages to 7726 (SPAM)

**Ring 159 if you need to speak urgently to your Bank's Fraud team  
Stay safe, stay connected, and enjoy your digital world.**