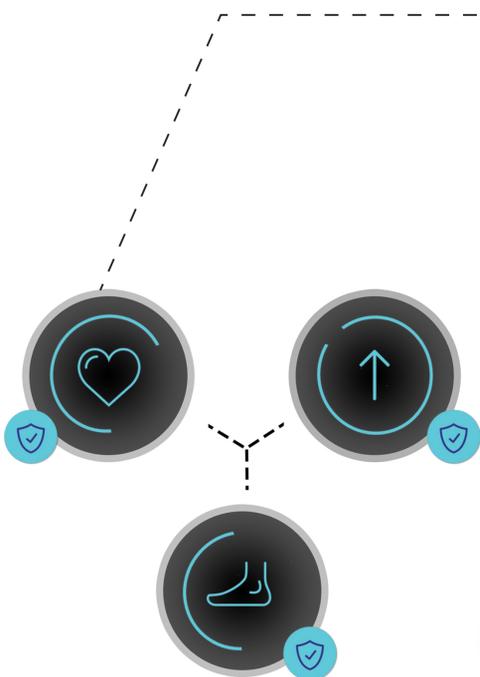


IS YOUR FAMILY CYBERFIT?

The Military Health System and the Defense Health Agency emphasize the value of helping patients of all ages to protect themselves online and reducing their risk of becoming victims of cybercrimes. A cyberspace threat or breach received by one family member can affect the health and well-being of the entire family and impact the parents' military readiness. Protect your family in cyberspace by discussing safe online behavior with them.

Develop cyber awareness with your family

- The best way to **keep your kids safe online** is to **have frequent and honest conversations** with them.
- Help your entire family understand that **internet safety is a daily priority** for their protection.



MHS

Military Health System
health.mil



Empower yourself to protect your information.

TRICARE.mil/CyberFit