

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.

Protect information and identity when in cyberspace

- Teach your kids how to **protect personal information** such as their name, where they live and their favorite places when going online and using mobile devices.
- **Create strong passwords** with letters, numbers and symbols. Change them often. Never share them.
- Connect to the internet only when it's needed and **disconnect when finished**.
- Work with your child to **create a good screen name** that is **not their real name**.

