

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.

Know the security risks of internet-connected, interactive smart toys

- Closely **monitor your children's activity** with smart toys such as conversations and voice recordings.
- Ensure the **toy is turned off**, particularly those with microphones and cameras, when not in use.
- Use **strong login passwords** with letters, numbers, and special characters for user accounts.
- Provide only what is **minimally required when inputting information** for user accounts.

