

INTERNET SECURITY: HOW TO PROTECT YOUR DATA FROM CYBERCRIMINALS

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In today's digital age, our daily lives have become inseparable from the internet. With the convenience of online banking, shopping, and communication, comes the risk of cybercrime. Cybercriminals are constantly finding new ways to steal our personal and financial information, and it's crucial that we implement measures to safeguard ourselves. This article will cover some of the best practices for internet security and provide sources to help you stay informed [1].

One simple method to safeguard your data is to use strong and unique passwords for each online account. A robust password ought to consist of a minimum of 12 characters, comprising a combination of uppercase and lowercase letters, numbers, and special characters. Avoid using easily guessable information, such as your name, birthdate, or favorite sports team.

In addition to strong passwords, enable two-factor authentication (2FA) wherever possible. 2FA requires a second form of authentication, such as a code sent to your phone or fingerprint recognition, in addition to your password. This provides an extra layer of security that can make it more difficult for cybercriminals to gain access to your accounts [2].

Another crucial step in internet security is to protect your personal information. Exercise caution when disclosing sensitive details, like your address and phone number, or social security number, online or in public. This information can be exploited by cybercriminals to commit identity theft or gain unauthorized entry into your financial accounts.

Software updates often contain security patches that can fix vulnerabilities and protect against cyberattacks. Be sure to regularly update your operating system, applications, and antivirus software to ensure that you have the latest protection against threats.

Finally, it is important to stay informed about the latest threats and best practices for internet security. Follow reputable sources, such as government agencies or cybersecurity experts, to remain current with the most recent developments in the field [3].

In conclusion, internet security is essential in today's digital age. Through the utilization of robust passwords, safeguarding personal information, ensuring software is up-to-date, exercising caution with public Wi-Fi networks, and keeping abreast of cybersecurity developments, you can reduce your risk of falling victim to cybercrime. Remember, the internet is a powerful tool that can enhance our lives in countless ways, but it also requires us to take responsibility for our own security.

References

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