



Privacy and Security

On the Internet

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February 2025

Overview

- **Part 1 – Security**

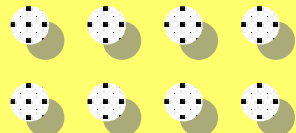
- Only visit reputable websites
- Separate admin and user accounts
- Keep your software up to date
- Use a firewall and anti-virus
- Use strong passwords

- **Part 2 – Privacy**

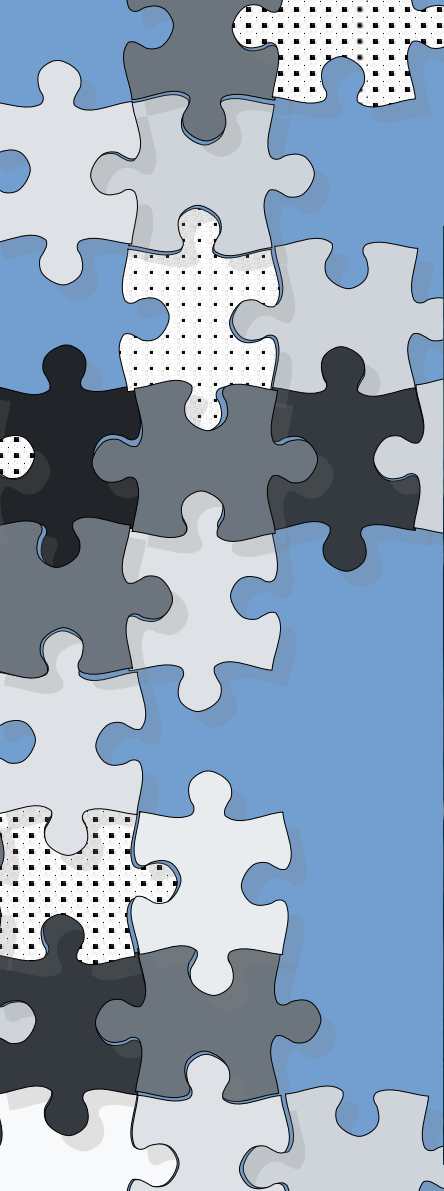
- Minimise personal information
- Use secure connections
- Be aware of phishing scams
- Use a VPN



Illustrations by Pixeltrue on [icons8](#)



Part 1 - Security



Only Visit Reputable Websites

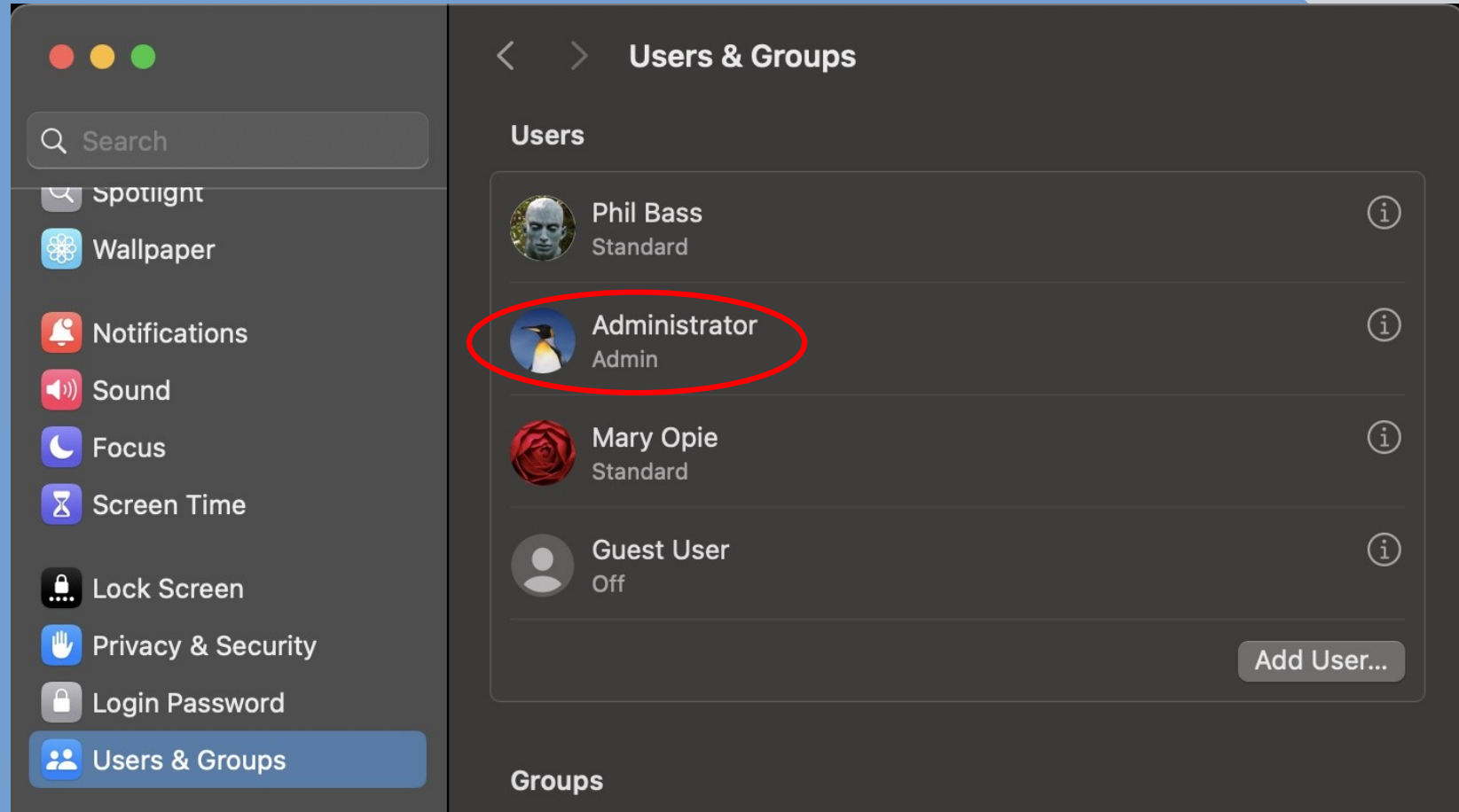
The screenshot shows the BBC website homepage. The browser's address bar displays <https://www.bbc.co.uk>. The navigation bar includes the BBC logo, a 'For you' button, and links to Home, News, Sport, Weather, iPlayer, Sounds, and Bitesize. A search bar is located on the right.

The main content area features a grid of news stories:

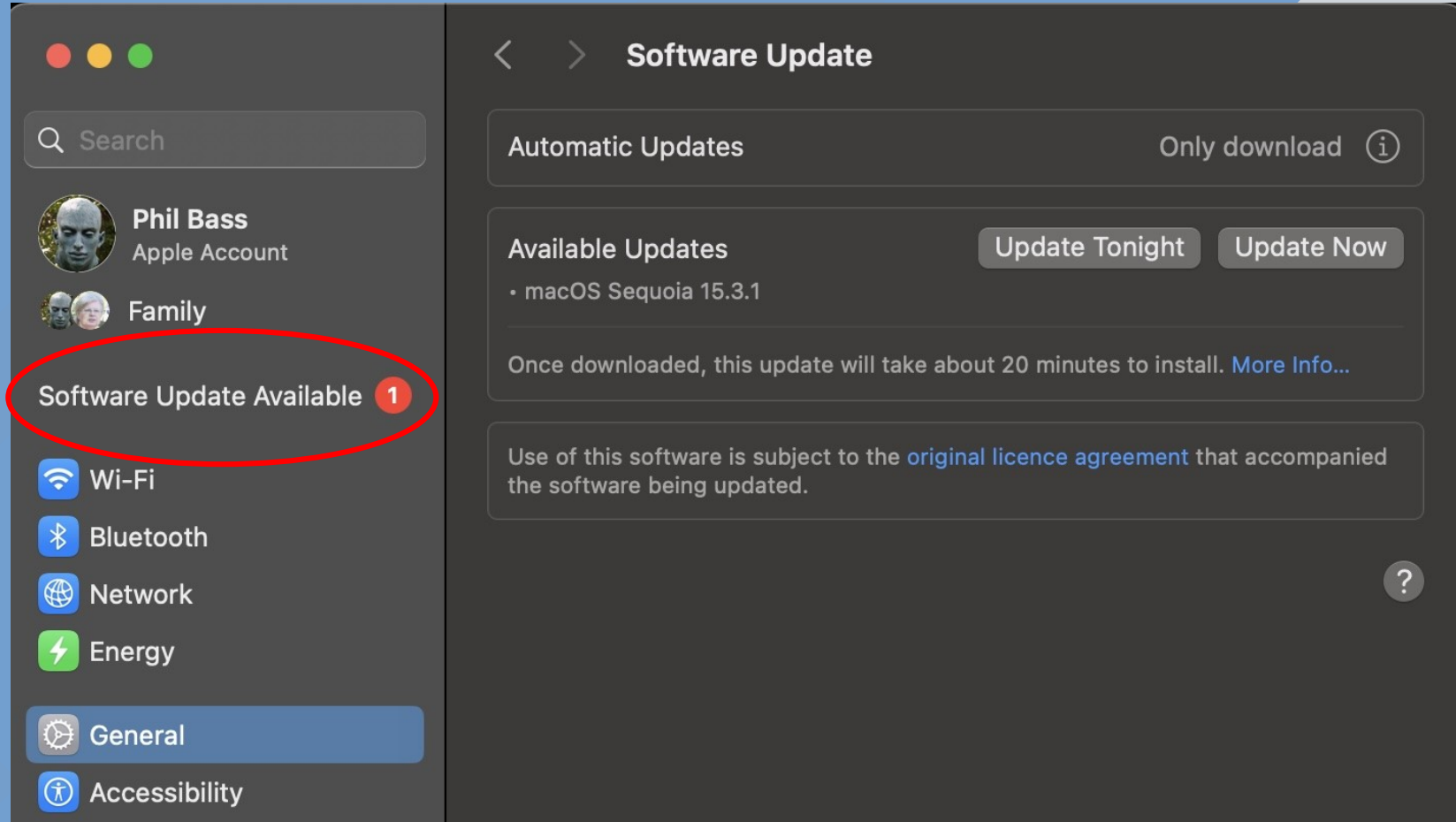
- MI5 lied to courts to protect violent neo-Nazi spy**
In an unprecedented admission, the Security Service apologises for "inaccurate" evidence.
UK
- LIVE Starmer says it's wrong that Gazan family used Ukraine scheme to settle in UK**
Politics
- LIVE Gazans and Israeli hostage families speak of fear over possible ceasefire collapse**
Middle East
- UK to refuse citizenship to refugees arriving on small boats**
UK · 3931
- Judge's sperm donor warning over man who 'fathered 180 children'**
Wales
- Drag Race star The Vivienne found dead in bathroom, inquest hears**
Liverpool
- NHS trust fined £1.6m over failings in baby deaths**
Nottinghamshire
- Killer of MP David Amess left Prevent too quickly, review says**
Essex
- Schools describe 'astronomical' bills as 25-year repair contract breaks down**
Family & Education

A prominent red banner with the word **BREAKING** is visible in the lower right section of the page.

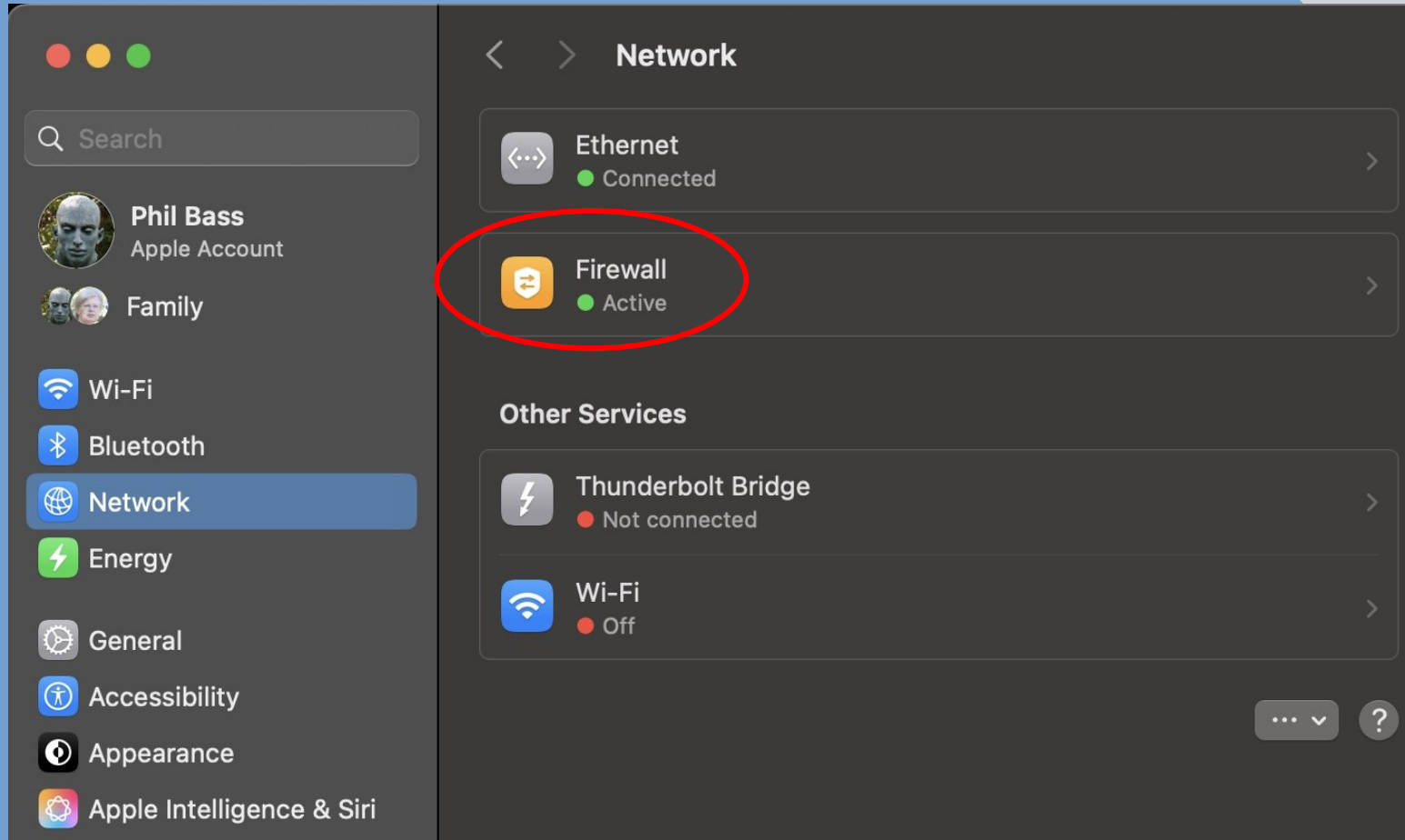
Separate Admin & User Accounts



Keep Your Software Up To Date



Use a Firewall & Anti-Virus



Use Strong Passwords

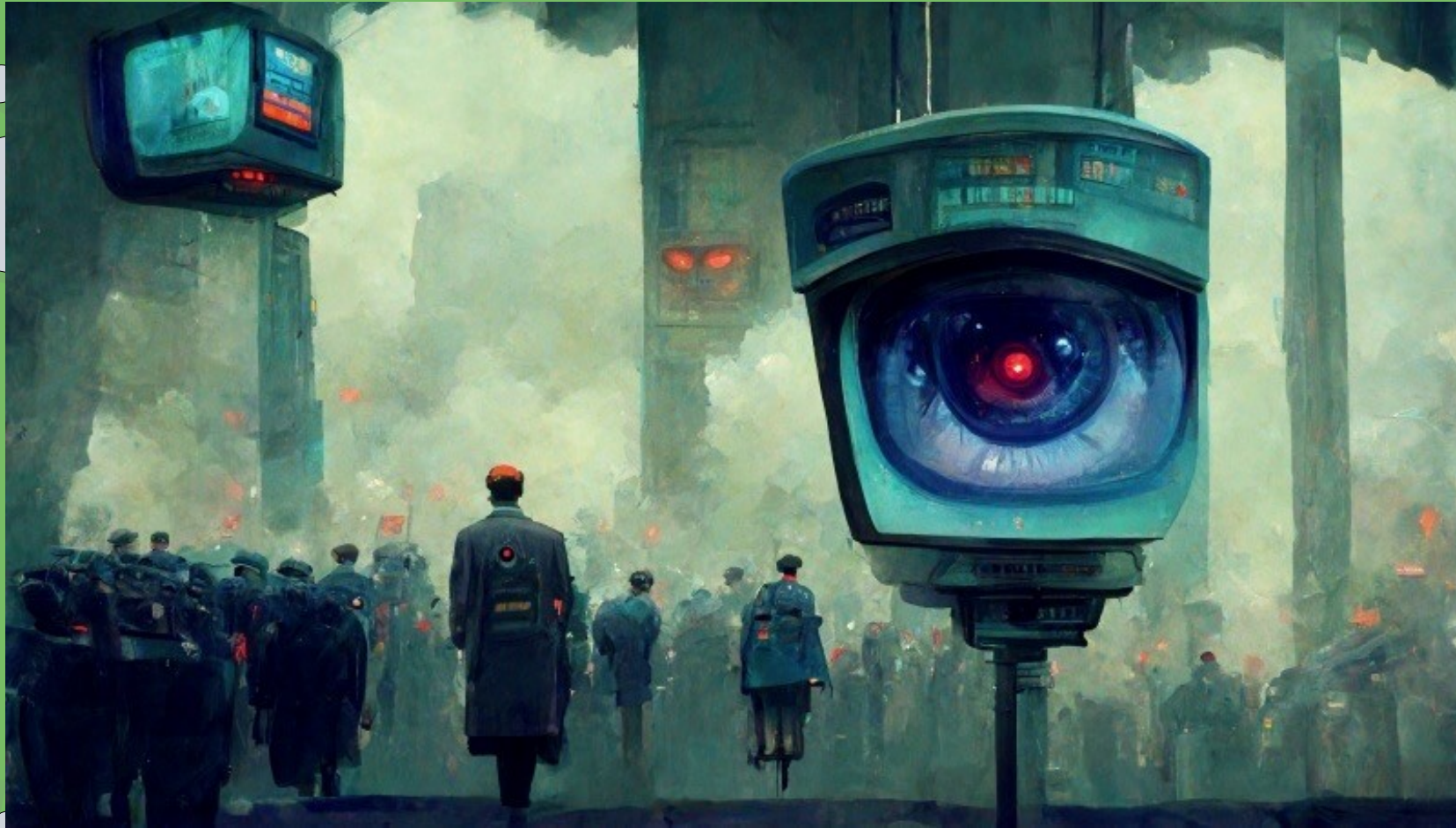
The screenshot displays the Firefox Passwords manager. The browser's address bar shows the URL `about:logins#%7B4d57f76b-53ca-9a40-bc2e-d80339d2eafd%7D`. The interface is in dark mode and shows a list of 169 passwords on the left, sorted by name (A-Z). The selected entry is for the IP address `192.168.1.254`, associated with the email `phil.bass@icloud.com`. The details for this entry include:

- Web site address:** <http://192.168.1.254>
- Username:** `phil.bass@icloud.com` (with a **Copy** button)
- Password:** `.....` (with a **Copy** button and a visibility toggle)
- Timeline:** A horizontal timeline shows the password was **Created** on `25 Oct 2021` and **Used** on `28 Jun 2023`.

Other entries in the list include:

- `access.login.nhs.uk` (phil.bass@icloud.com)
- `access.service.gov.uk` (647070452613)
- `account.bbc.com` (phil.bass@icloud.com)
- `account.ovoenergy.com` (stoneymanor2@icloud.com)
- `accounts.discogs.com` (phil.bass@icloud.com)
- `accounts.firefox.com` (phil.bass@icloud.com)
- `accounts.google.com` (phil.bass@icloud.com)
- `accounts.google.com` (phil.at.stoneymanor@gmail.com)

Part 2 - Privacy



Minimise Personal Information

Contact us - send us your feedback or get in touch

Please complete your details below before clicking "Send". Fields marked with an asterisk * are required.

If you think that you might have an eye problem or hearing problem that requires urgent medical attention you should either contact your store, your GP or go straight to A&E.

Enquiry type: *

Title (Mr, Mrs, Dr, etc): *

First name: *

Content limited to 50 characters, remaining: 50

Last name: *

Content limited to 50 characters, remaining: 50

Daytime phone: *

Email address: *

Content limited to 250 characters, remaining: 250

Please provide your email address. Without this, our representatives will not be able to contact you about your enquiry.

Store name: *

Please start typing the name of the store you visited below

Please provide these extra details as they will help us to process your query as quickly as possible.

Additional information: *

Related links

[The Specsavers Partnership](#)

[Customer care](#)

[Press office](#)

[Manage your direct debit online](#)

You may like to



[View offers](#)

[Find your nearest store](#)



Use Secure Connections



  https://en.wikipedia.org/wiki/Internet_privacy



WIKIPEDIA
The Free Encyclopedia

 Search Wikipedia

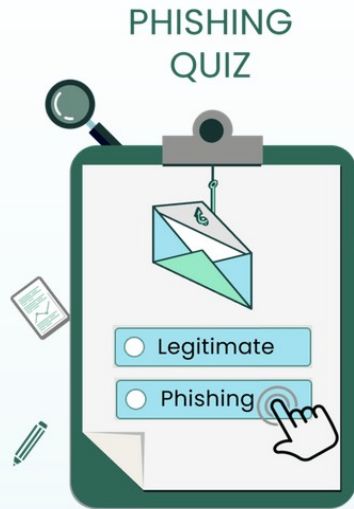
Search



Wiki **Loves**
FOLKLORE



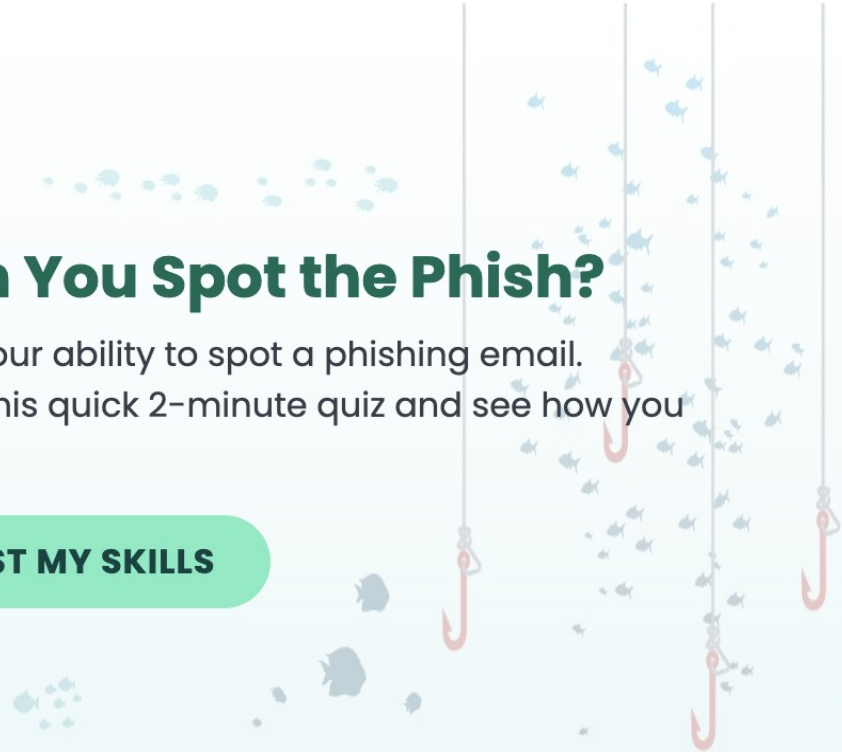
Be Aware of Phishing Scams



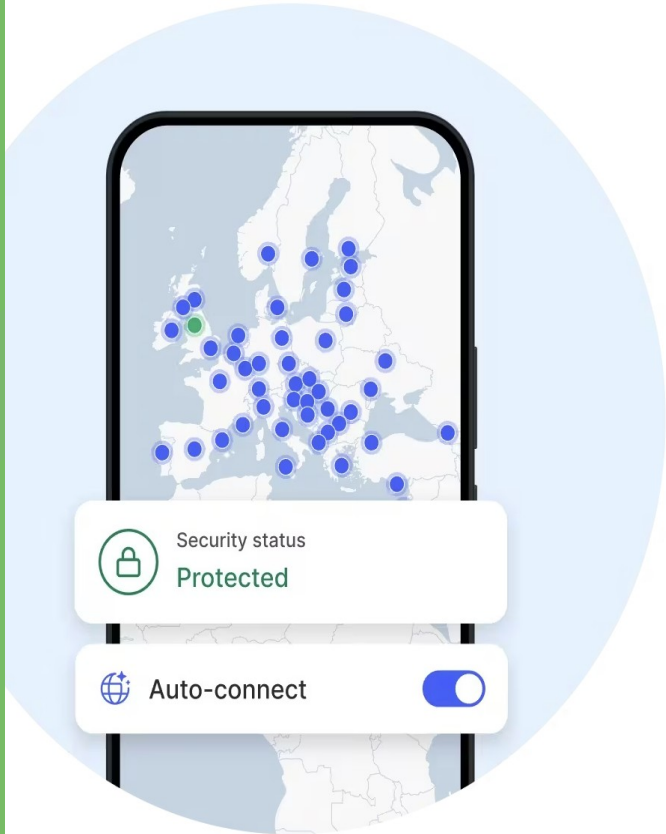
Can You Spot the Phish?

Test your ability to spot a phishing email.
Take this quick 2-minute quiz and see how you score!

[TEST MY SKILLS](#)



Use a VPN



Why you should use a VPN

Protect your internet connection

A VPN adds an extra layer of protection to your daily browsing. By encrypting your internet traffic, a VPN helps you shield your online activity from hackers, especially when you're using public Wi-Fi. Whether you're working remotely or browsing on-the-go, a VPN makes your connection safer — it's virtually impossible to unencrypt internet traffic that's traveling through a VPN tunnel.

Improve your online privacy

Securely access the internet

Thank you!

A colorful, hand-drawn illustration of the words "Thank you!" on a black background. The letters are thick and outlined in white. "T" is red with a white zigzag pattern. "h" is blue. "a" is green with a white dashed pattern. "n" is pink with a white dotted pattern. "k" is yellow with black diagonal stripes. "y" is orange. "o" is purple with a white dashed pattern. "u" is green. The exclamation point is red with a white zigzag pattern. Surrounding the text are decorative elements: a white swirl above "h", a yellow flower to the left of "y", a red heart to the right of "k", a red dot below the exclamation point, and another white swirl below the exclamation point.