



Privacy and Security

On the Internet

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Overview

- **Part 1 – Security**

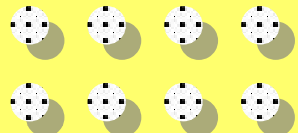
- Only visit reputable websites
- Separate admin and user accounts
- Keep your software up to date
- Use a firewall and anti-virus
- Use strong passwords

- **Part 2 – Privacy**

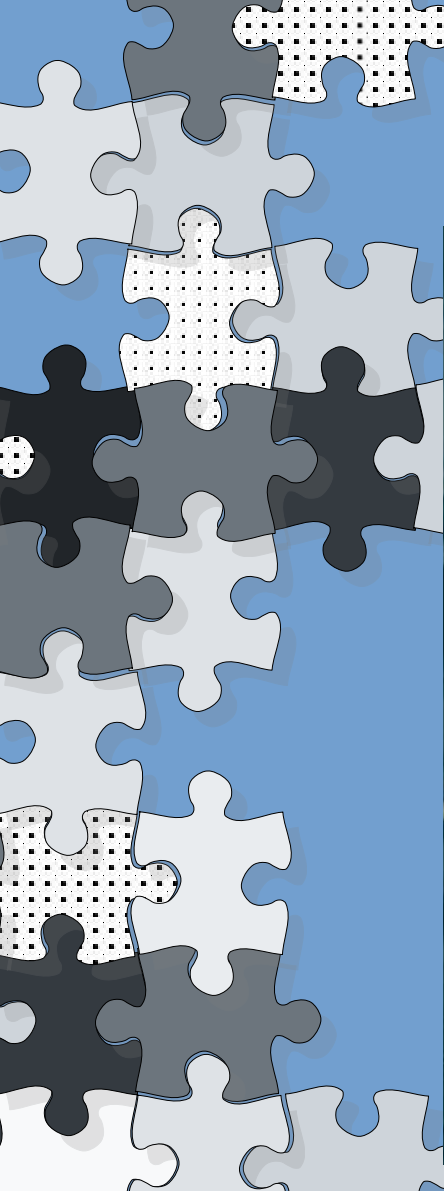
- Minimise personal information
- Use secure connections
- Be aware of phishing scams
- Use a VPN



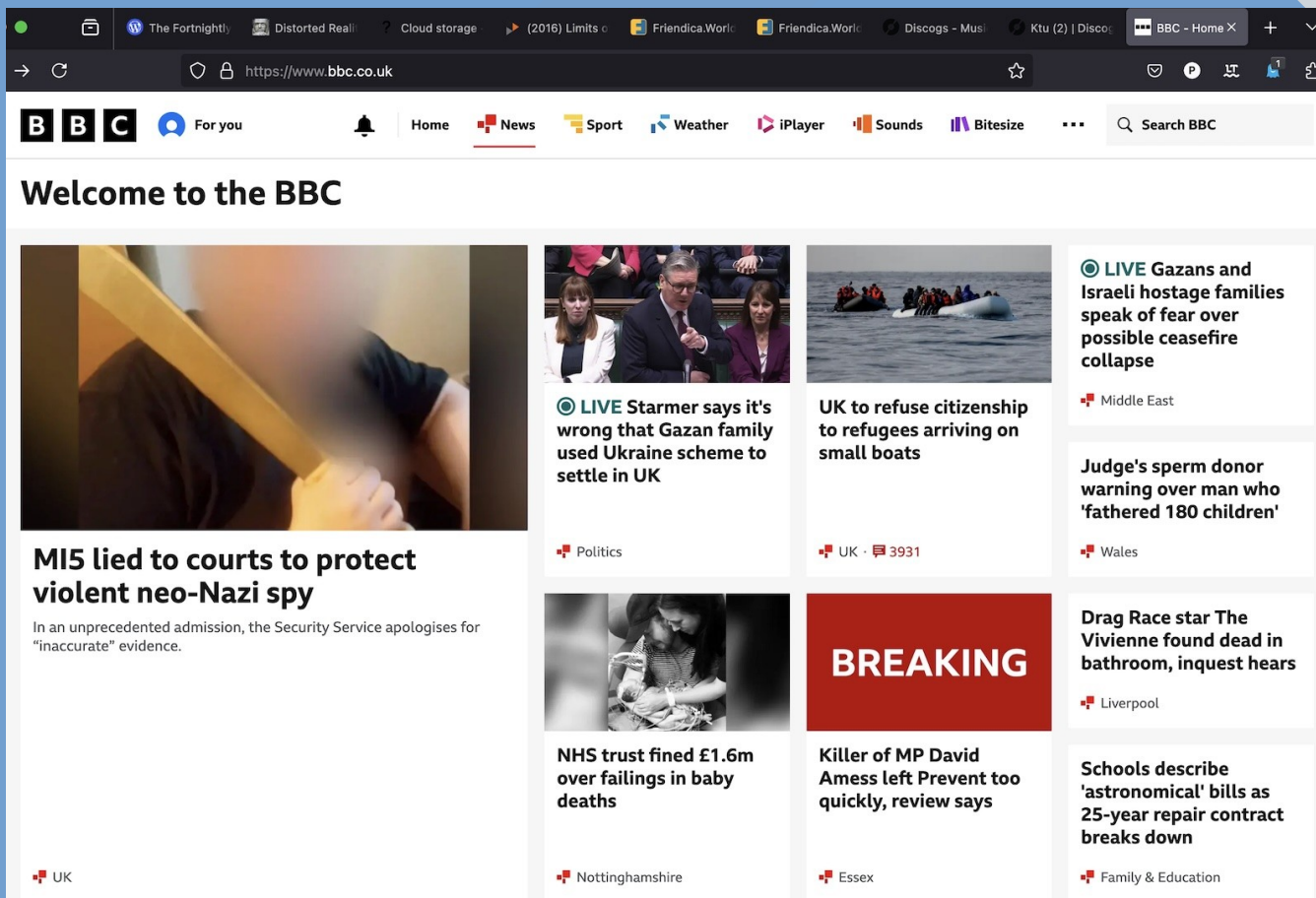
Illustrations by Pixeltrue on [icons8](#)



Part 1 - Security



Only Visit Reputable Websites



The image shows a screenshot of the BBC News 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 for 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. The largest story on the left is titled 'MI5 lied to courts to protect violent neo-Nazi spy', with a sub-headline 'In an unprecedented admission, the Security Service apologises for "inaccurate" evidence.' Other stories include 'LIVE Starmer says it's wrong that Gazan family used Ukraine scheme to settle in UK', 'UK to refuse citizenship to refugees arriving on small boats', 'LIVE Gazans and Israeli hostage families speak of fear over possible ceasefire collapse', 'Judge's sperm donor warning over man who 'fathered 180 children'', 'NHS trust fined £1.6m over failings in baby deaths', 'Killer of MP David Amess left Prevent too quickly, review says', 'Drag Race star The Vivienne found dead in bathroom, inquest hears', and 'Schools describe 'astronomical' bills as 25-year repair contract breaks down'. A red 'BREAKING' banner is visible in the middle-right section.

MI5 lied to courts to protect violent neo-Nazi spy
In an unprecedented admission, the Security Service apologises for "inaccurate" evidence.

LIVE Starmer says it's wrong that Gazan family used Ukraine scheme to settle in UK

UK to refuse citizenship to refugees arriving on small boats

LIVE Gazans and Israeli hostage families speak of fear over possible ceasefire collapse

Judge's sperm donor warning over man who 'fathered 180 children'

NHS trust fined £1.6m over failings in baby deaths

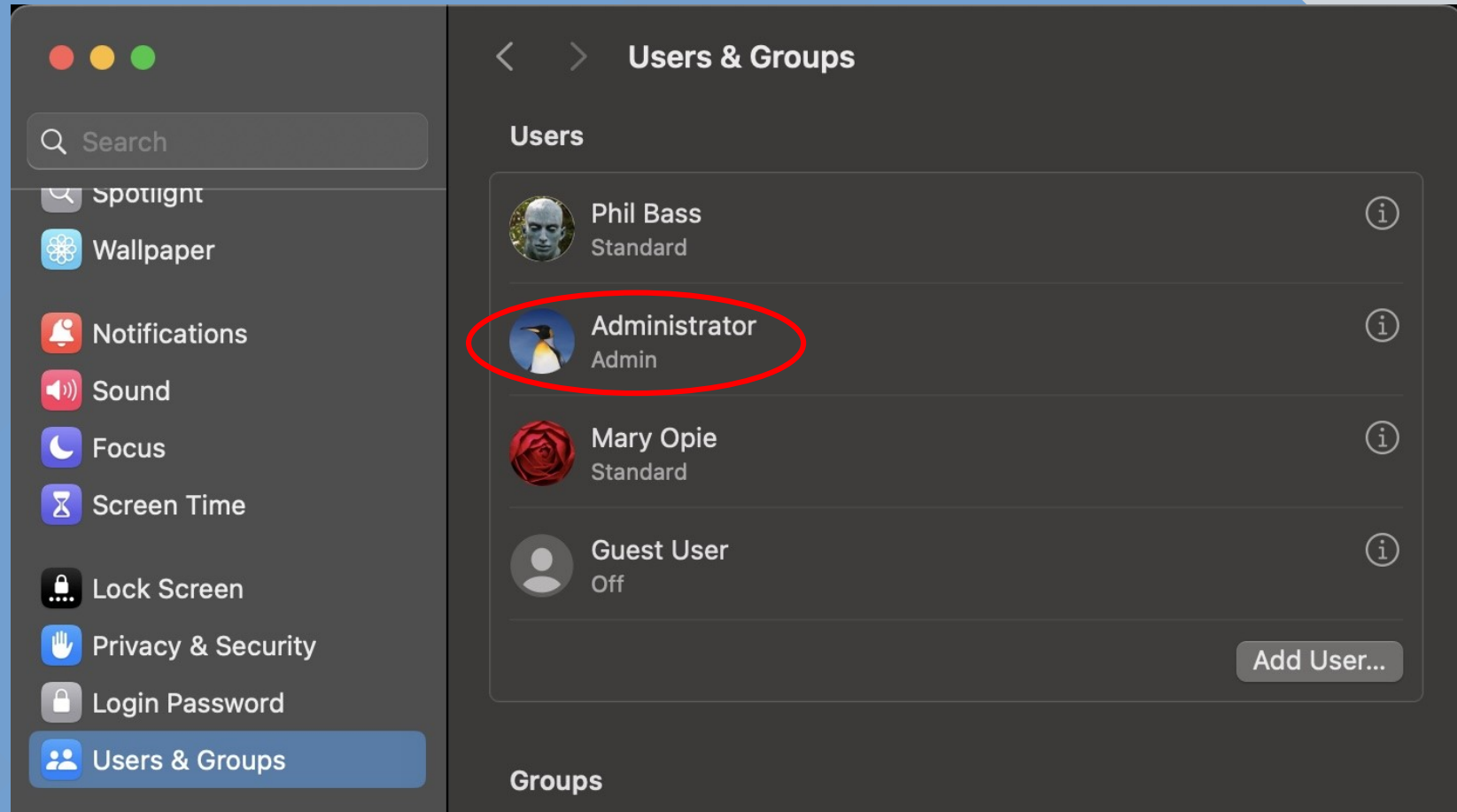
Killer of MP David Amess left Prevent too quickly, review says

Drag Race star The Vivienne found dead in bathroom, inquest hears

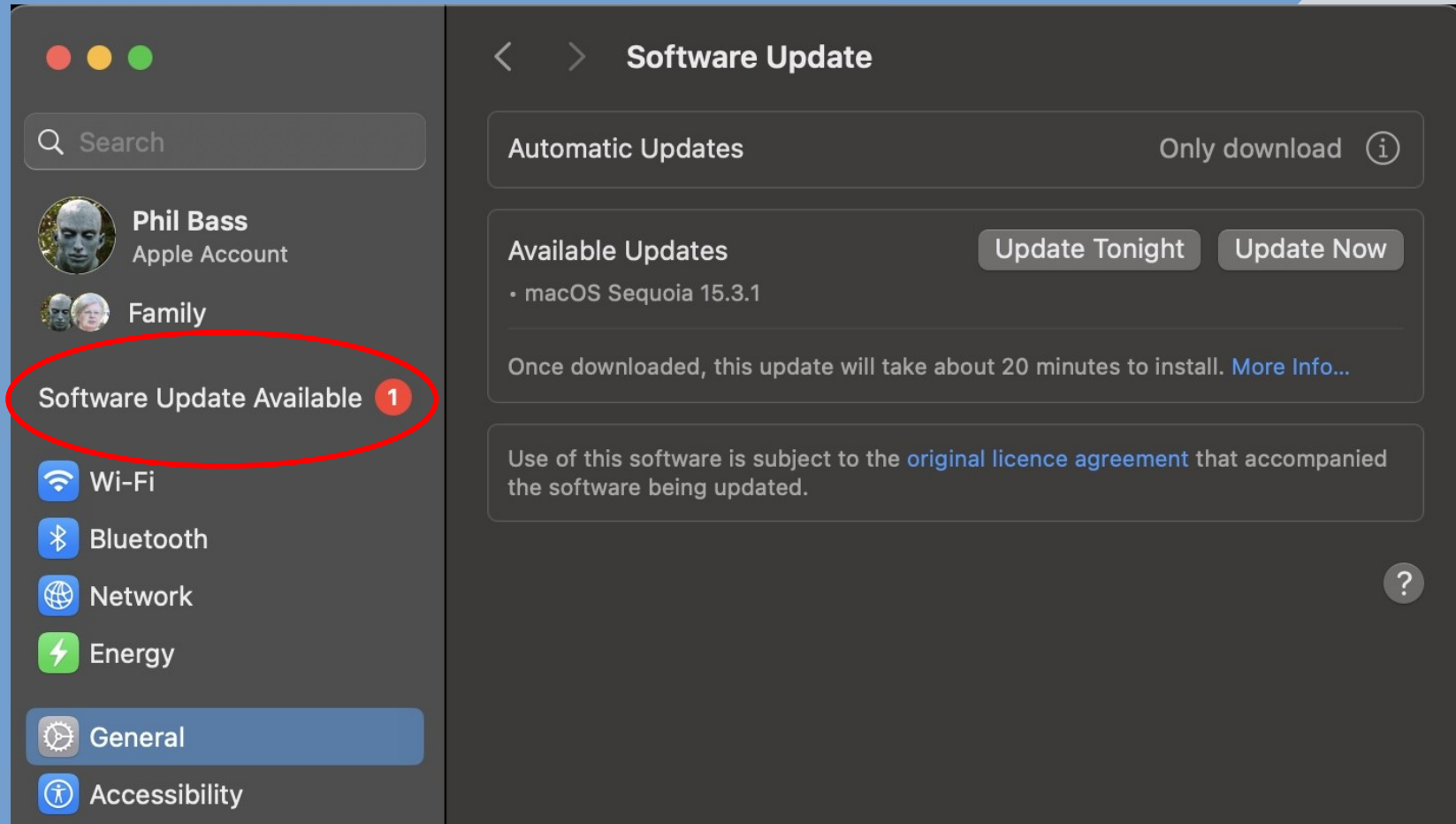
Schools describe 'astronomical' bills as 25-year repair contract breaks down

BREAKING

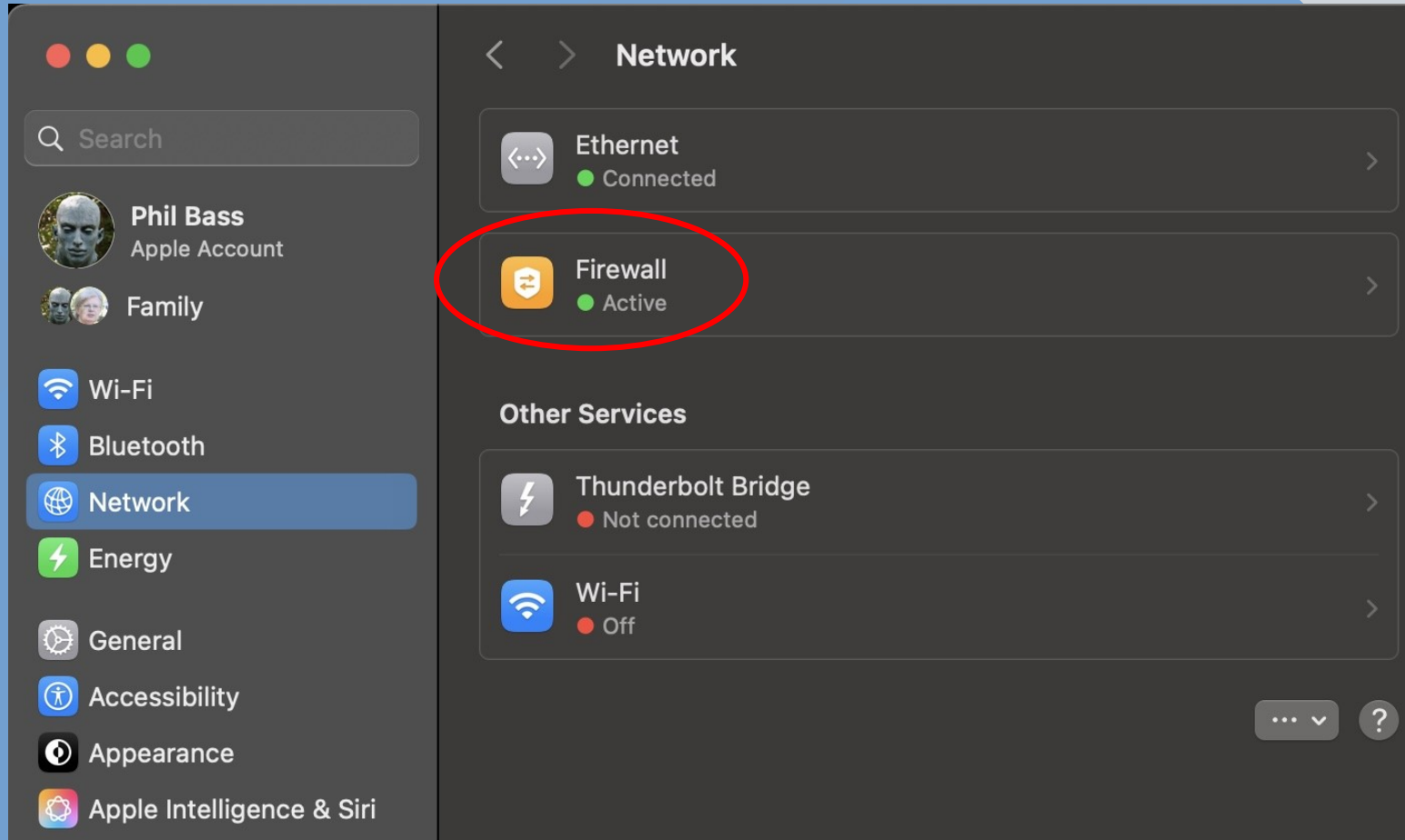
Separate Admin & User Accounts



Keep Your Software Up To Date



Use a Firewall & Anti-Virus



Use Strong Passwords

The screenshot shows the Firefox browser's Passwords manager. The address bar displays 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 are shown on the right:

- 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 icon)
- Timeline:** A horizontal timeline shows the entry was **Created** on `25 Oct 2021` and **Used** on `28 Jun 2023`.

The left sidebar lists other saved passwords, including:

- `192.168.1.254` (phil.bass@icloud.com)
- `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

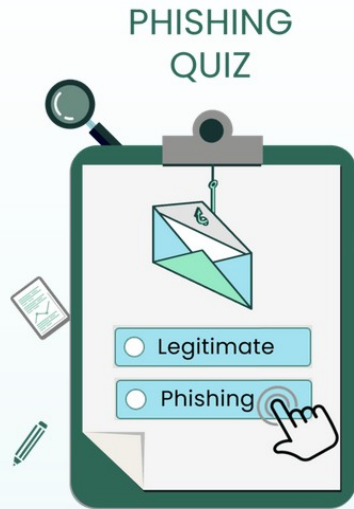
Search



Wiki **Loves**
FOLKLORE



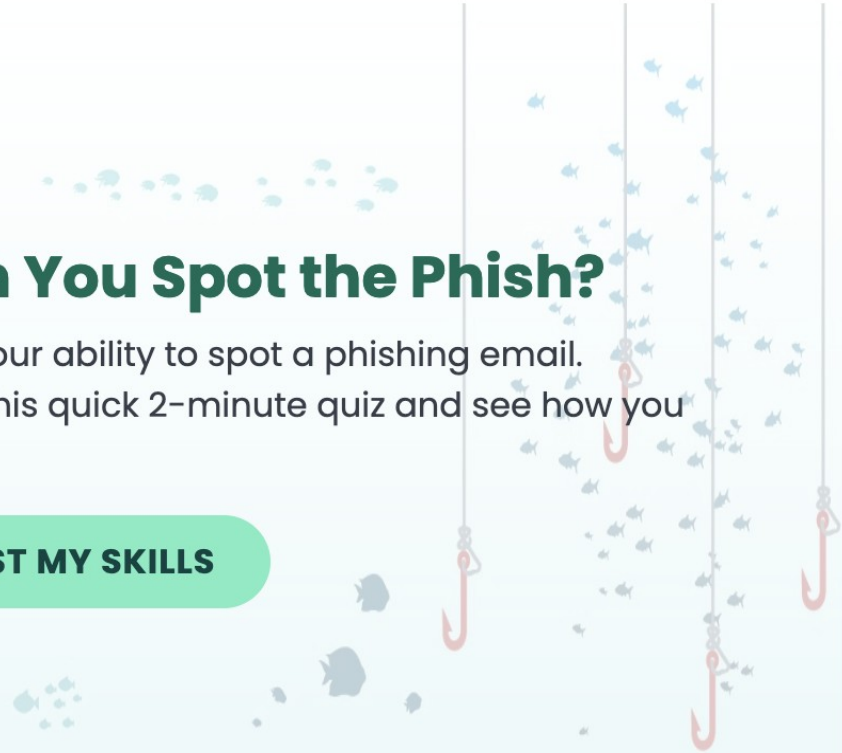
Be Aware of Phishing Scams



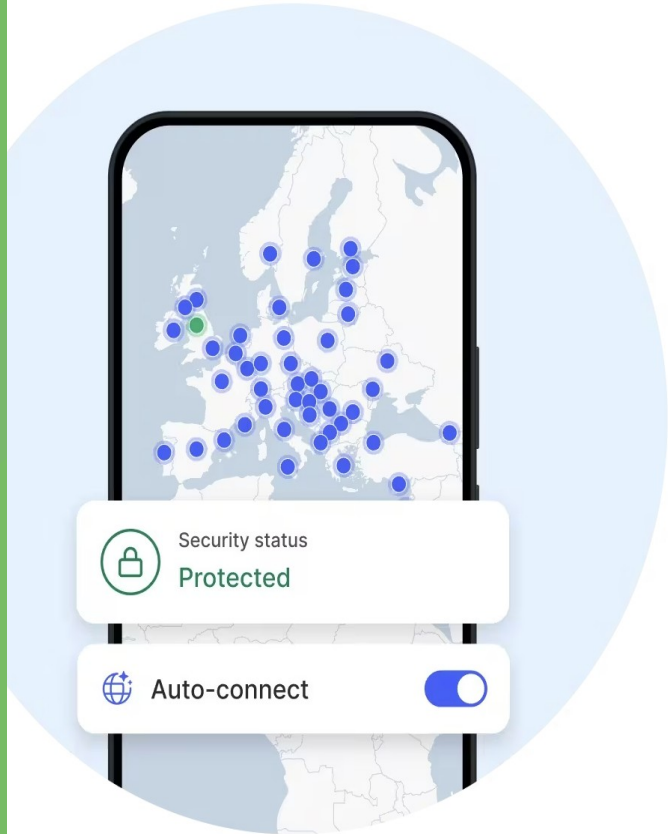
Can You Spot the Phish?

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 vibrant, hand-drawn illustration of the words "Thank you!" on a black background. The text is rendered in a playful, bubbly font with thick outlines and various patterns and colors. The word "Thank" is on the top line, and "you!" is on the bottom line. The letters are decorated with patterns like zigzags, stripes, polka dots, and dashed lines. Surrounding the text are several decorative elements: a yellow flower on the left, a red heart on the right, and two white swirls, one above the "h" and one below the "u".