Let Your EAP Keep You Cyber-Safe!

serving those who serve us

Without doubt, becoming "wired" has improved and simplified our lives. We can pay bills online, use our search engine to access information instantly and even earn a college degree. But the cyber world has a dark side as well and one's laptop can inadvertently channel a sexual predator into a child's life or ruin one's financial security via scams ranging from **phishing** to **pharming**. The U.S. Department of Justice reports that someone becomes a victim of identity theft every two seconds and that identity recovery can require up to 600 hours of work and frustration.

Fortunately, your Employee Assistance Program provides you with a robust cyber toolbox that you can use to educate and protect yourself and your family from exploitation and fraud. Simply go to www.publicsafetyEAP.com, select the red Employee and Family Login button and register. Your Cyber Safety Resource Center appears as a featured solution on the left side of the opening page. Just some of the features include:

- **Scams, Hoaxes & Frauds:** Teaches you how to instantly spot fake phishing messages; how to recognize spoofed Websites; current e-mail threats and scams; effectively eliminating spam that can be both annoying and dangerous.

- **Identity Theft Protection:** A wealth of cautionary information from the Federal Trade Commission ranging from treating your trash with respect to protecting your Social Security number; connect directly with The Identity Theft Resource Center that renders support and personal assistance for virtually any kind of theft ranging from credit card numbers to medical records; how to create secure passwords.

- **Protecting Your Children:** Learn about parental control and monitoring sources; tips to prevent "sexting" -- an increasingly popular teen activity that can potentially cause unimaginable humiliation; information on how the Children's Online Privacy Protection Act (COPPA) empowers parents to oversee their children's online safety and security; listings of recommended Websites for children and parental control software reviews.

- **Safe Shopping and e-Commerce**: A thorough examination of various payment technologies from the Federal Trade Commission; your legal rights regarding electronic banking; safely navigating Internet auction sites; "Paying it safe" online.

- **When Problems Occur**: What to do when you've been tricked into giving out your private financial information; what to do if your computer has been compromised; how to remove a computer virus

Your EAP Cyber Safety Resource Center invites you to explore the wonders of our digital world and will help you and your family remain safe while you surf!