

BE CYBER SMART

Cyber Safety Manual Stay Safe in the Cyber World



Dos and Don'ts for Navigating Online Spaces



Avoid sharing personal information, such as your email ID or passwords, with anyone.



Refrain from storing sensitive photos/ videos on your personal device or cloud storage.



Avoid using your birth year or date in your email address.



End suspicious calls immediately without engaging further.



Never share your signature, passport, or national ID on social media.



Don't click on links impulsively; verify their source first.

Dos and Don'ts for Navigating Online Spaces



Use the name on your birth certificate or national ID while creating any account.



Always verify the recipient's number before sending money.



Open accounts with a phone number or email address you use regularly.



Regularly update your passwords for email, bank accounts, and social media.



Enable two-factor authentication and set up login alerts for extra security.



Keep the security software on your mobile and laptop up to date.

You can seek help through the following channels if you experience cyber violence



Special Cyber Assistance Cell for Women - Police Cyber Support for Women (PCSW)

01320-000888

cybersupport.women@police.gov.bd
fb.com/PCSW.PHQ



If you can't find or forget the helpline during an emergency, please call:

National Emergency Helpline: 999



Cyber Crime Investigation Division, CTTC, DMP

01320-046500

cyberhelp@dmp.gov.bd
fb.com/cyberctdmp



In case of cyber violence against women or children, please call.

National Helpline: 109



“

Additionally, if teenagers face cyber harassment, contact

the Cyber Teens Helpline at 13219 (toll-free)

”