

As a successful Trust and Safety professional,

what is your #1 piece of advice for staying safe online?



Liz Thomas,
Director of Public Policy,
Digital Safety, Microsoft

Understanding a particular service is at the core of trust and safety work, and it's also helpful for anyone looking to stay safe online! Take the time to review the rules of the road for the services that you're using, the privacy and safety settings, and where you can report content or conduct if needed.



Confidence Osein,
Founder, Internet Safe Kids Africa

Convenience without prioritizing safety is like putting a sign on your door that reads "Come in, always open!". We unconsciously do this when online, inviting people in without thinking about safety. If you're going to be online, consider putting safety first over convenience. Make sure you're safe! Not just a standalone kind of safety but a layered one that entails you take all necessary actions to protect yourself. More like one where you don't just close the door to your house but you lock, bolt, and jam it to protect yourself when at home or out.



Pat Vance,
President, Entertainment
Software Rating Board

My best advice for staying safe online would be to take advantage of the many tools available. In-game settings can help block, mute or report others acting inappropriately, and device and app settings can limit the amount of data that can be collected or shared. There are extensive parental tools available as well, which can limit spending, set time restrictions, block access to certain content by age rating, and manage with whom your child can play online.



Tami Bhaumik,
VP, Civility &
Partnerships, Roblox

The safety tips that I share with everyone, but especially those who are women-identifying, are understanding the protections that platforms offer such as block, mute, and report functions. Keep your personal identification details confidential and turn off geo-locating. While it's fun to post pictures and share personal details of your life with friends, know who you're sharing with, and enable sharing functions for friends only.

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what is your #1 piece of advice for staying safe online?



Maria Conticelli,
Member Relations and Development
Consultant, Family Online Safety Institute

Set healthy boundaries for yourself online, just like you do IRL. You have the agency to choose where and how you spend your time online. This involves reflecting on how different online activities make you feel. What brings you joy? What makes you feel anxious? Where do you find community? Is scrolling mindlessly a nice way to decompress, or do you prefer a walk in nature? Establish boundaries that make sense for you - time limits, screen-free experiences, privacy settings - and if someone makes you feel uncomfortable or icky, report the content, block them, and talk to a friend you trust.



Trisha Prabhu,
Founder and CEO, ReThink

Maintain perspective as you scroll, type, and post. That means keeping in mind that the social media feeds you see are curated highlight reels of the best moments of people's lives -- not their lives in entirety -- and being skeptical of information that seems sensationalized or exaggerated. Doing so not only puts you in the digital driver's seat, so to speak, it helps ensure that your relationship with social media is healthy and grounded in reality. And, don't forget that maintaining perspective also means checking yourself as you engage in today's digital world! Rethink before you post: are those words really you? It's easy to get caught up in today's "digital bubble," but with a little intentionality, you can put kindness and humanity at the forefront of your online interactions.



Sarah Guerrero,
Privacy Counsel,
NetEase Games:

My favorite tip is simple: "pause before you post." Once information is shared online, it can be very difficult - sometimes impossible - to erase it or take it back before others see it. When posting something on social media, updating your profile with personal details, or chatting with other people (especially people you don't know IRL), it's a good idea to ask: is this really something I'd want the world to know about me?



Nicola Wright,
Director of User Trust &
Online Safety, Nintendo of America Inc.

As a 20+ year veteran of the video gaming industry and a mom of a teenager, my advice would be for parents of kids who enjoy gaming to play games together. You may find that you can actually win here and there, but even if you lose every match or come in last in every race, playing together helps you connect with your kids on something they care about. This gives you a great opportunity to help your kids understand how to engage safely online so they grow into good digital citizens. Most importantly, the more you connect with your kids on their level, the more comfortable they will feel coming to you when they need help navigating an online experience.