

CSMFRC

Central Saskatchewan
Military Family
Resource Centre Inc.



CRFMCS

Centre de ressources pour
les familles des militaires
du centre de la Saskatchewan Inc.

Reminders on Communication

We are very fortunate in today's society to have many ways to keep in touch with family and friends. While the convenience of our technology is helpful in reaching out to those who are at a distance, it is important to remember to take simple steps to ensure we respect the security of our deployed members as well as the family members at home.

Phone: It is our understanding that our deployed members are able to call home but will have no access to phone calls from outside DND. If you and your deployed member are staying in touch via any type of smartphone or cell phone, be sure to have both phones wiped before deployment as well as upon return.

Mail: Attached are Canada Post guidelines in terms of package contents, and size/measurement instructions. You can bring your care packages to our MFRC and we will send the packages to your deployed member for you. Please be sure to have listed on your package:

1. Member's Rank Name
2. Member's Mailing Address
3. Senders mailing address and phone number
4. All package contents itemized on outside of package

Social Media Websites: Please read through the attachments and set your security settings accordingly. Refrain from posting information regarding your deployed family member and your deployment experience on all social websites. If you are unsure if it is sensitive information, simply do not post it. Examples of commonly used social media are Facebook, Instagram, Snapchat, Twitter, Google Messenger.

SAFETY TIPS FOR SOCIAL NETWORKING

Social networking like Facebook, Snapchat, Instagram, Twitter, etc., are a great way to keep in touch with family and friends. And, while we may think we are posting safely, it is possible for your personal information to be shared with someone you may not want to know things about your life.

Here are some tips to help make smart choices while using social media.

CRITICAL INFORMATION

Your critical information is any information that you or your employer consider sensitive. Here are some examples:

- Names and photos of you, your family and coworkers;
- Usernames, passwords, computer and networking information;
- Job title, location, salary, grade, clearances;
- Operational, security or logistical data;
- Mission capabilities or limitations;
- Schedules and travel itineraries;
- Social Security Numbers, credit card, and banking information;
- Work or personal addresses and phone numbers; and,
- Interests, hobbies, likes and dislikes.

DOS AND DON'TS

Do.....	Don't.....
<ul style="list-style-type: none">• Keep your computer security up to date• Keep your password secure• Restrict your search profile• Treat links and files carefully• Avoid downloading pop up files like security patch, updates or games• Review friend(s) profiles for posts and photos tagging you• Control "friend" access• Review children and dependent accounts frequently	<ul style="list-style-type: none">• Login from risky locations• Depend on the SNS for confidentiality• Trust add-ons• Post critical information• Share any personal, mission or sensitive information on any social media sites or products