Do You...

- Use a lot of hashtags? They can make your account less private

- Pin the location of a photo you post when you get home, after having fun somewhere? You could be giving away your home location. Turn off the location feature on your phone camera too, it can reveal where the photo was taken.

- Happily answer online mini surveys on social media that ask about your favourite food, your dog's name, your football club or places you have lived? Don't fill these in on Facebook and give away details that could be in your passwords or identity - like your mum's name. They exist to collect data about you and your tastes. Only answer genuine surveys approved by your school or researchers you can verify. (All our Cybersurveys are checked by schools and local authorities first and never ask for your name.)

- Know how your friends are sharing photos of you? Are you tagged in their pics of fun at parties? No matter how strong your own security and privacy might be on your pages, if theirs are weak or images are shared - you have no control over your image. It could embarrass or humiliate you in future. It could also give away your location.

- Post photos of yourself in school uniform outside your home or in the sports kit of your team? You are giving away a lot about yourself that could pin point where you are.

- Use one of the world's weakest passwords? Year on year a list of the most popular passwords are published. Sadly people do not learn from this and go on using 123456 or 'password' as if this is really clever! Don't use your dog's name or the name of your favourite football team either. Google the most recent list and make sure you are not using any of these weak passwords that anyone can hack!

- Ever check your timeline? There must be old photos you uploaded years ago. How private are they? Check the settings.

- Ever do a search for yourself online? Every now and again find out what's out there about you.