

Digital Wellness for UW Personnel Resources

UW Resources

- Student Life: Digital Wellness 101- Taking Control of Your Life Online : <https://www.washington.edu/studentlife/digital-wellness-101-sr/>
- UW Library Guide - Privacy & Security: <https://guides.lib.uw.edu/privacy>

UW-IT Resources

- Computer Vet - <https://itconnect.uw.edu/help/the-computer-vet/>
- Cyberhygiene - <https://itconnect.uw.edu/it-connect-home/ncsam/cyber-hygiene/>
- Personal privacy - <https://itconnect.uw.edu/guides-by-topic/privacy/personal-privacy/>

Tools

- Whole disk encryption – <https://itconnect.uw.edu/it-at-the-uw/it-across-the-uw/it-community/infosec-guides-for-technical-staff/whole-disk-encryption/>
- Proton VPN – <https://proton.me/>
- Password managers:
 - LastPass – <https://itconnect.uw.edu/uware/lastpass-password-manager/>
 - Bitwarden – <https://bitwarden.com/>
 - Apple Passwords – <https://support.apple.com/en-us/120758>

External resources: Digital detox toolkits

- Virtual Privacy Lab: San Jose Library - <https://www.sjpl.org/privacy/>
- Me and My Shadow: 8 Day Digital Detox - <https://myshadow.org>
- Digital Minimalism by Cal Newport

External resources: Tips

- Federal Trade Commission – <https://consumer.ftc.gov/articles/protect-your-personal-information-hackers-and-scammers#steal>
- Cybersecurity and Infrastructure Security Agency – <https://www.cisa.gov/topics/cybersecurity-best-practices>
- California Attorney General – <https://oag.ca.gov/privacy/consumer-privacy-resources>
- Electronic Frontier Foundation – <https://ssd.eff.org/module-categories/tool-guides>
- Consumer Reports – <https://www.consumerreports.org/electronics/digital-security/how-to-use-consumer-reports-security-planner-to-stay-safer-online-a7872748105/>
- Kids focused: Common Sense – <https://privacy.commonsense.org/content/resource/privacy-risks-harms-report/privacy-risks-harms-report.pdf>