

- Title:** Adjusting Browser Settings for Google Chrome
- Introduction:** The Tips for Staying Safe Online Video Series is led through slides as visual markers. Any images in the slides that are important to content, and share any additional information beyond the script, has been included here as Alt text.
- Narrator:** Welcome to the Help@Hand Tips for Staying Safe Online; Part2: Adjusting Browser Settings Video.
- Narrator:** Help@Hand is a California multi-city and county Collaboration created to help shape the future of technology-based mental health solutions and connect people to care across the state. These video tutorials are intended to empower California communities to make informed decisions about how they engage with technology.
- Narrator:** **This is Course 2 in a 4 course series called Tips for Staying Safe Online Part 2.** The videos in this series can be viewed in order or in any order based on your interest. In this video, we'll provide some tips for adjusting your web browser settings to better protect your privacy and security when going online.
- Image:** Text display that defines what a web browser is.
- Narrator:** A web browser is a type of software that allows you to access websites on the Internet. In fact, in order to view this video, you used a web browser to get to the CalMHSA webpage.
- Image:** Display of four different web browser logos, these include: Chrome, Firefox, Safari, and Internet Explorer.
- Narrator:** There are many different web browsers you can use. Can you guess these common browsers by looking at their icon? (pause video). Some of the most common web browser, also called browsers for short, include Google Chrome, Firefox, Safari, and Internet Explorer. Each browser has settings that you can adjust according to your preferences.
- Narrator:** For this tutorial, we'll focus on adjusting a few of your browser settings related to privacy and security. The Privacy and Security settings location

depends on the browser you are using. This video tutorial focuses on Google Chrome. Let's locate its Privacy and Security settings.

Image: Open window of the Chrome web browser. With arrows pointing to the top right vertical ellipsis icon that opens a drop-down menu. Another arrow is hovering above the settings section of the drop-down menu.

Narrator: A general tip for finding any browser's privacy and security settings is to look through the menu options. Menu options are typically located somewhere at the top of a web browser; usually on one of the corners. For most web browsers you can get to the Privacy and Security settings by selecting options called "Preferences" or "customize" or "About" section.

Narrator: Here's a demo for finding these browser settings in Google Chrome. Once you click on the Customize option, which is represented by vertical ellipsis or three dots, you can select the Settings option

Image: Display of the options from the Settings section of the Chrome Browser window. There is an arrow pointing to the Privacy and Security section and another arrow that points to the Cookies and site data in the Permissions section of the settings window.

Narrator: After selecting the "Settings" option you would then click on "site settings" under the Privacy and Security options. When the "Site Settings" menu opens, you can scroll through the different options that are included in Privacy and Security permissions. These include options such as cookies and site data, location, and camera access, ads and pop-ups. Let's look at a few of these settings in more detail.

Narrator: One setting that you can select is to have your browser notify you if you are about to visit an unsafe or fake website. This can be a very helpful tool as some websites do not have security protections in place to protect your personal information.

Image: Display of the Security section of the Chrome Browser settings window. There is an arrow that points to the option below this section to turn on the "Help Improve Chrome Security" setting.

Narrator: Here's an example of what this security setting looks like in Google Chrome. If you click on the More option under Privacy and Security, you might select to turn on the Help improve Chrome security setting.

- Image: A window that has an exclamation point circled with a bold title that reads “Warning Suspected Phishing Site Ahead!” The subheading reads “This link has been flagged as phishing. We suggest you avoid it.”
- Narrator: This is a message that your browser might send if you try to visit an unsafe website. You have the option to ignore the warning, however, in many cases it probably isn’t worth the risk to use the website especially if you’re planning to do online shopping or banking. For more tips on identifying websites that have security protections in place, check out the Help@Hand “Safer Website Browsing” tutorial
- Narrator: Our Privacy and Security settings can also help us with managing pop ups. Pop up ads are little windows that appear suddenly on your screen that are usually trying to sell you a product or service.
- Image: An open browser with more than five different pop-up ads displayed that aren’t in any specific order of appearance and promote different products and software.
- Narrator: Here are some examples of different types of pop-ups that you might encounter online
- Narrator: Many pop up ads are harmless, however some may cause damage to your computer or reveal personal information to cyber criminals. Pop-up ads that contain warnings about viruses are often fake and can contain viruses themselves. Other common pop-ups tell people that they have won prizes that are often too good to be true
- Image: Display of the Chrome browser settings window with a list of different settings options. There is an arrow that is pointing at the Pop-ups and redirects option, underneath it the status says “blocked”.
- Narrator: Fortunately, we can limit the number of pop-ups we interact with by changing our browser settings. As you can see in this example, in the chrome browser you can adjust whether you want to block or allow pop-ups from different websites. This is found in the Permissions option within Privacy and Security Site Settings.
- Narrator: For sites that you trust like your online banking or patient portal sites, you might feel fine allowing pop-ups on those webpages. In general, it’s a good idea to select the “block and notify” option. This means that when you’re visiting a new site your browser will ask you first whether you’d like to allow pop-ups. You can decide to block them entirely or you can adjust your

settings to have your browser ask your permission first before allowing a pop up.

Narrator: When thinking about online safety, it's important to know that your computer's location can be tracked. This is called Geolocation and can sometimes be helpful in making ads and news more relevant to your general area, but it can also increase the possibility that a cybercriminal could access your personal information. Just like with pop up ads, and websites, you can also adjust your settings to have more control over whether a website can access your location.

Image: Display of a chrome browser window that has the google maps page open. There is a pop up window that reads " google.com wants to: Know your location, " The button options on the pop-up window are "Allow" or "Block"

Narrator: This is an example of what a location notification from your browser might look like. Depending on how much you trust the site, you might decide to allow your location to be shared or to keep it private.

Narrator: You can decide to block them entirely or you can adjust your settings to have your browser ask your permission first before sharing your location. This option can also be found in Permissions.

Narrator: Finally, in addition to setting strong privacy and security settings for your web browser, you should also make sure to keep your browser as up-to-date as possible. Every new update comes with additional security features that can help protect you from cyberthreats that are constantly evolving.

Image: Display of the Chrome browser settings window. At the bottom of the page there is an arrow pointing to the highlighted "About Chrome" option.

Narrator: Most browsers offer the option of automatic updates. This can be helpful if you're worried that you might forget to do this on a regular basis. Here's an example of how you can find this feature in the google chrome browser settings. To access this feature, select the About Chrome option under Settings.

Narrator: In summary, to better protect yourself when using the internet, adjust your browser's privacy/security settings to match your preferences and comfort-level. Getting help from your browser in avoiding unsafe websites, limiting pop up ads, reducing location sharing, and updating your browser are just a few steps you can take to improve your online safety

Narrator: We hope you found this video valuable. While optional, please take one minute to provide feedback on your experience, by clicking on the survey link that will display shortly. Thank you for joining and don't forget to check out the other Help@Hand videos.