

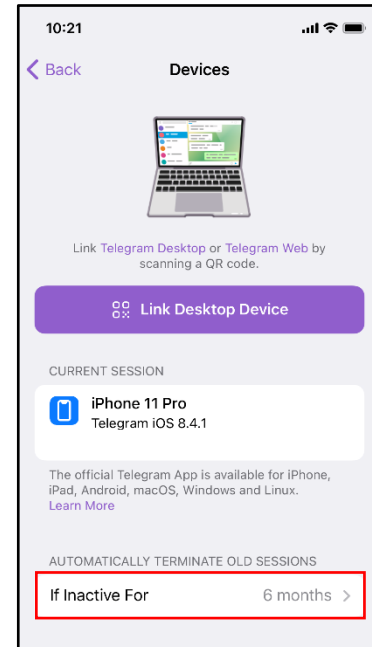
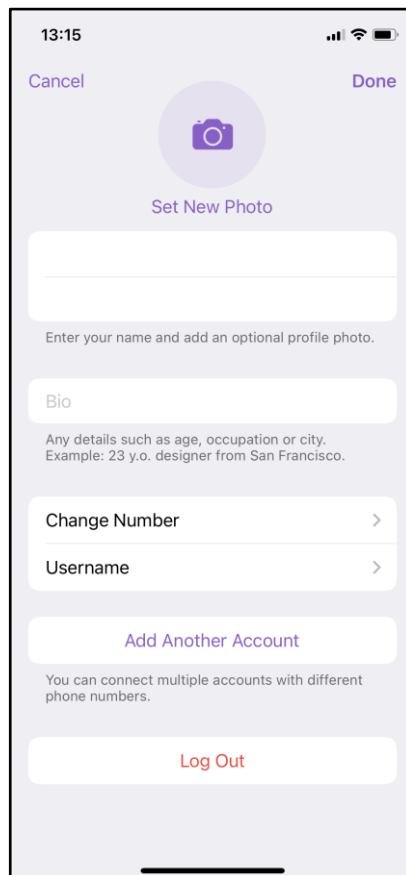
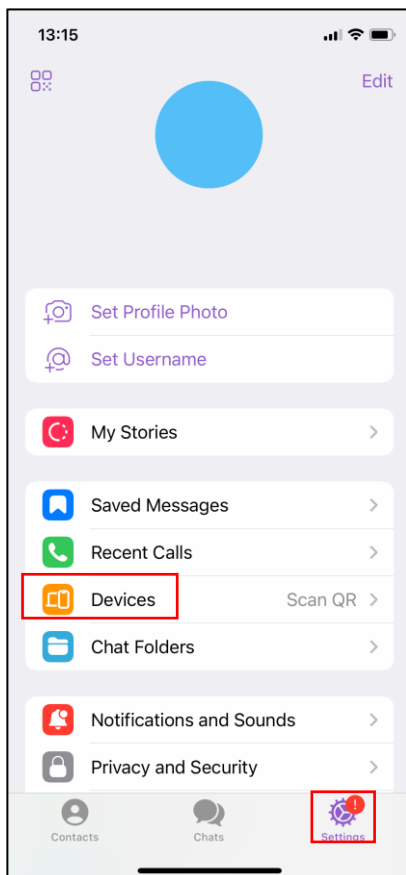
TELEGRAM

- **Do** set up privacy and security settings on Telegram and help your family do the same.
- **Do** be cautious when updating your about me information, as everyone will be able to see it.
- **Do** change your pin periodically and ensure you remember it so you don't get locked out.

- **Don't** send anything compromising over any social media or Internet-based tool/application.
- **Don't** establish connections with people you do not know. Understand that people are not always who they say they are online.

Account and Linked Devices

Navigate to "Settings" at the bottom right of Telegram. Here, you can edit your personal information like your "Name" and "Bio." You can also add up to three different accounts with different phone numbers. By going to "Devices," you can Link your devices to your desktop. You can also decide the length of time before old sessions will be terminated if left inactive.

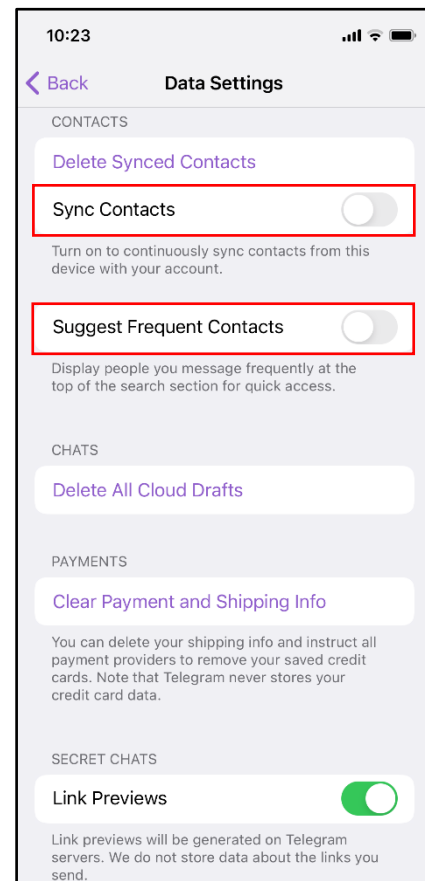
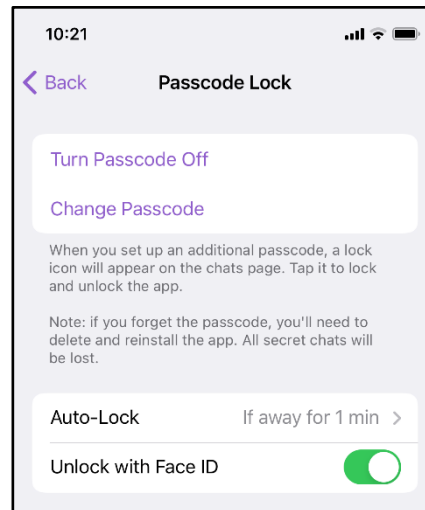
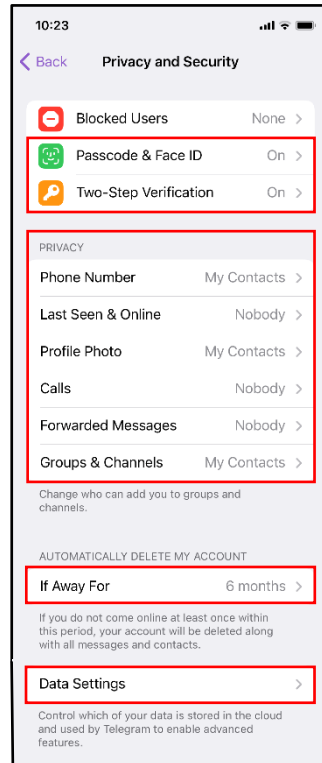
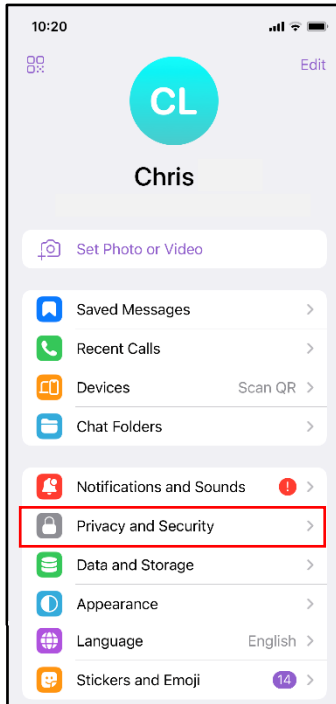


Telegram is a messaging app with a focus on speed and security. You can use Telegram on all your devices at the same time — your messages sync seamlessly across any number of your phones, tablets or computers. Telegram has over 500 million monthly active users and is one of the 10 most downloaded apps in the world.

TELEGRAM

Privacy and Security

Still in “Settings,” navigate down to “Privacy and Security.” Here you can add additional security to your account such as setting up “Passcode & Face ID,” as well as “Two-Step Verification.” It is recommended that under the “Privacy” portion, that you either have it restricted to “My Contacts” or “Nobody.” You can also set up to have your account deleted, if away for a certain period of time.



Data Settings

At the bottom of “Privacy and Security” is the tab for “Data Settings.” Here, it is recommended you turn off “Sync Contacts” and “Suggest Frequent Contacts.”