

Protect Yourself From Identity Theft



Identity theft is when someone accesses and utilizes your personal or financial information without your consent. With today's proliferation of technology, stealing identities in order to commit fraud has become a very lucrative business. Here are some tips to protect yourself:

1. **Keep your personal information private.** Your birthdate, Social Insurance Number (SIN), and bank account information should be kept confidential and only shared with trusted sources. Some businesses may ask you for your SIN even though they might not actually need it, so be sure to ask how they'll protect your SIN or if you can provide an alternative form of identification.
2. **Protect your physical documents.** Keep your SIN card, passport and birth certificate in a safe place. Shred paper copy of the documents that you no longer need.
3. **Switch up your passwords.** Always password protect your electronic devices and use double-authentication when possible. Assign different passwords for each electronic device, website, and financial account. Use complex passwords that identity thieves are not able to easily guess. Also remember to change your password if a business for which you have an online account experiences a data breach.

4. **Regularly review your bank statements and credit reports.** Check your bank statements monthly and look out for unknown charges. Review your credit reports annually to be sure there are no fraudulent accounts attached to your name.
5. **Be careful online.** Be aware of where and to whom you divulge any personal information online. Don't reply to suspicious emails or text messages asking you to provide personal information, even if they appear to come from financial or government institutions. Call the bank or other institution if you have doubts. Always disable Wi-Fi and Bluetooth when you are not using them. You would leave your data vulnerable to access by others without your knowledge or consent whenever you pass through cafés and other places offering open, public wireless networks.

Follow these tips and you'll be on your way to protecting your identity!

Sources:

https://www.priv.gc.ca/en/privacy-topics/identities/identity-theft/guide_idt/
<https://ised-isde.canada.ca/site/office-consumer-affairs/en/identity-theft-spam-and-fraud/identity-theft>

Roasted Sweet Potatoes with Honey and Cinnamon

Ingredients

- 4 sweet potatoes, peeled and cut into 1-inch cubes
- ¼ cup extra-virgin olive oil, plus more for drizzling potatoes after cooked
- ¼ cup honey
- 2 teaspoons ground cinnamon
- Salt and freshly ground black pepper



Instructions

Preheat oven to 375 degrees F. Line a baking sheet with foil and coat with cooking spray.

Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes.

Roast for 25 to 30 minutes in oven or until tender.

Take sweet potatoes out of the oven and transfer them to a serving platter. Drizzle with more extra-virgin olive oil

Source: <https://www.foodnetwork.com/recipes/tyler-florence/roasted-sweet-potatoes-with-honey-butter-recipe-19465>

Check out these online resources!

Report identity theft to the the Government of Canada You may do this online (<https://antifraudcentre-centreantifraude.ca/>) or by phone (1-888-495-8501). The Little Black Book of Scams offers a list of [Red flags: things to watch for](#) to help you protect yourself against ID theft and other scams.