

Approximately one quarter of all reported online scams in 2021 originated through the use of social media*.

What can you do to protect yourself?



Be conscious of your social media presence and what you view or post online.



Beware of urgent requests.



Limit who can see your posts and information.



Never send money to someone you haven't met in person.



Check your privacy settings and restrict access.



Before you buy, research the company.



If a product or service offered on social media sounds too good to be true, it probably is.

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^{*}https://www.ftc.gov/news-events/blogs/data-spotlight/2022/01/social-media-gold-mine-scammers-2021 National Life Group® is a trade name of National Life Insurance Company, Montpelier, VT and its affiliates.