Zoom Workshop:
Digital Safety and Well-Being

In so many ways, our lives have gone digital. As such, it's becoming increasingly helpful to know how to avoid and respond to challenges in online spaces. This starts with a small shift to treat our digital safety like we treat our physical safety. In this interactive session, we will explore how anyone can quickly and confidently strengthen their online privacy, recognize digital red flags, and avoid foreseeable challenges.

Please join CARE, EndTAB, and the Faculty & Staff Wellness Program on Zoom for a workshop on Digital Safety and Well-Being!

For questions or accessibility requests, please reach out to care_pec@ucsc.edu or call 831-502-2273.