



"Ruining our lives" may be pretty strong language, but consuming social media is linked to depression.

She likes, he likes: what your partner's activity on social media means

Our life style and world changed after the introduction of social media and now we are living in virtual social world, but you ever thought about your personal data and information

You don't need to look very far to know what your partner could be up to lately. Thanks to social media especially Facebook, Twitter and Whatsup, folks can now gain almost 100% access into their partner expectations of them by just following what they 'like' or 'dislike' online.

Let's take a hypothetical case of Mary. If she consistently "likes" all well-toned, energetic musclemen on Instagram, whenever posted it could be a pointer that Mary likes men with such muscles, shapes, size and tone.

One 'like' by Mary on the photo could be ok – may be it was a mistake. Another 'like' of a similar post from same or different account, could point to something. More than three 'likes' could be a pointer to a key interest. For the initiated, understanding one's intent is critical before you lose it. In murder cases, "aforethought" is a key ingredient and could (always will, if proved beyond reasonable

doubt) get one the maximum sentence.

The act of consistent "liking" of photos or posts with particular "body shape", "person", "style", may point to something beyond a mistake! It could mean Mary's heart and soul desires that one.

Sometimes you may not be communicating well. And maybe she hopes you will snoop around (that is why she accepted your social network connection in the first place) so that you see what her heart desires. May be she wants a well-toned-up man or woman (why not?) like the one she has just "liked" on Facebook, Twitter, G+, Instagram or other social sites. Better wake up.

The ladies are not alone.

If he "likes" all bootylicious (artificial or otherwise) images of ladies on Facebook or any social forum, take note. Unlike a 'spam' email or sms, that just pops up in your in box. A "like" has an action. The eyes must see, the

brain internalizes and sends a message that click “like” on this one. In some cases, the “like” is followed by a comment. That usually implies the heart could also have been involved... which is a risky thing indeed in relationships speak.

Do not get me wrong. Some people post quality analysis and original articles, illustrated by a picture/ image. A like on such an article could be acceptable.

However, it is common to find a person liking anything a certain person posts – even when the post is completely rubbish from a professional perspective and your understanding of the level of education and training of a certain person who has “liked” the post. And then the on-going “liking” of posts that raise issues which the partner would not openly raise and discuss with their spouse. Sometimes they just “like” the author. Is that

When it comes to daily engagement, Facebook is also top with almost three-quarters of users checking it daily. Another Facebook-owned app Instagram is the closest with 48% of users checking it daily while 35% of Twitter users do the same thing.

ok? In that case, use your brains and the context.

And with globalization, if a lady “likes” another lady’s posts don’t feel relieved as yet. Likewise, if a man “likes” another man’s posts consistently, don’t lose your guard. On social network, anything can happen. You know well about ebisiyaga.

Liking posts is good and will continue. There is a difference between insights and gossip. Get concerned when one likes everything posted just to get noticed by the other person, that they “liked” their post. Welcome to social media!

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Your on-line activity: The Emperor Has No Clothes!



A phishing email is an attempt to obtain sensitive information such as usernames, passwords, sensitive files, bank account information, money transfers, etc.

A story is told of an Emperor who allowed himself to be dressed in the finest suite of new clothes, which he had been told “had the special capability that it was invisible to anyone who was either stupid or not fit for his position.” In his special suite, he held a procession through town, never admitting that he was too unfit and stupid to see what he was wearing. He was afraid that people would think that he was stupid. The story goes on that “all the townspeople wildly praised the magnificent clothes of the emperor, afraid to admit that they could not see them, until a child said: “But he has nothing on”. And that “this was whispered from person to person until everyone in the crowd was shouting that the Emperor had nothing on. The Emperor heard it, and felt that they were correct, but held his head high and finished the procession”.

Many Internet users in Uganda are not any different from the proverbial Emperor. Whether you access Internet from your private device, mobile phone or other or office computer, you are exposed to cyber criminals. If your child access Internet via your



In phishing attacks, information is stolen by cybercriminals from unwitting users.

phone or home computer, they could be in danger.

Child pornography is arguably one of the worst types of Internet crime in Uganda.

According to the 2012 Uganda Police Annual Crime and Road Safety Report, of the 60 cases reported and investigated, a total of UGX 1.5 billion (579,000 USD) was lost through attack vectors like social engineering and phishing to obtain victims' identities which were then used to hack into victim emails and social network profiles. The problem is too big to ignore when it comes to the youth. Many schools now boast of state of art computer labs with Internet access. However, the lack of clear education about the dangers of Internet pornography and online safety continues to expose our children to the huge dark industry of on-line pornography. A person operating cybercrime ring say in Asia or Eastern Europe may befriend a Ugandan child found on-line using any social engineering and on-line search tools. Once a target is identified, trust is established, thereafter the child may be "poisoned" to the extent of posing while naked and even uploading personal videos in awkward situations.

Once submitted, such videos and photos are put up for sale in membership pornographic sites. In addition to privacy concerns, the

One of the most common and successful ways for malicious actors to take hold of your sensitive information is through phishing attacks.

Whether you access Internet from your private device, mobile phone or other or office computer, you are exposed to cyber criminals.

victim may be found by friends or family on such sites which has a lifetime psychological torture and kills self-confidence. For some, it could be used to obtain a ransom, if one is known to be of a certain social standing. Many of the victims prefer to remain silent than report such cases. Even if they reported, the logistics involved in investigating such crimes are enormous. The exact location of the suspects is not clear. Different countries have different cyber laws, leave alone extradition of such criminals is near to impossible, if not impossible even with international support.

Most victims in Uganda prefer to suffer silently. This could be partly attributed to the fact that there have been limited successes with cases that have been reported or law enforcement does not offer case summaries and successes made on cases handled. There is no one who is safe as long as their systems can be accessed via a network, specifically the Internet. Indeed, the Emperor is naked!

In the next article, "How a businessman lost money to cyber criminals in Uganda and how to protect yourself."

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