

# How to Protect Yourself in the Age of Videoconferencing Calls

Here are some tips to protect your next videoconferencing event, from [Zoom](#), [the FBI](#), and [Consumer Reports](#):

- Keep your Zoom app updated.
- Do not make meetings or classrooms public.
- [Lock the meeting.](#)
- [Set up two-factor authentication.](#)
- Turn screen-sharing options to “host only.”
- [Learn how to remove unwanted participants.](#)
- Keep your camera and microphone turned off unless you are actually speaking.
- Use a background provided by Zoom or use your own photo to safeguard your privacy.
- If you plan to record the call, require participants to click on a consent button before recording begins.
- Be aware that Zoom has an [“attention tracking”](#) feature to monitor whether a participant clicks away from the screen.

**Source:** *Association Now*, March 31, 2020

[https://associationsnow.com/2020/03/how-to-protect-yourself-in-the-age-of-videoconferencing-calls/?utm\\_medium=email&utm\\_source=rasa\\_io](https://associationsnow.com/2020/03/how-to-protect-yourself-in-the-age-of-videoconferencing-calls/?utm_medium=email&utm_source=rasa_io)