

panorama

A Saudi Aramco Publication | Issue I - 2021



Going organic

What to consider

Dealing with bullies

Steps you can take

Protect your digital trail

Secure your online experience

Issue I - 2021

To submit a request for articles or comments, please email panorama@aramco.com

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Lama, age 6

on the cover

Panorama is proud to feature Saudi Aramco employees and their families.



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Amelia, age 3

Authentically organic

Organic produce was previously found only in health food stores, but has now become a regular feature in many supermarkets. Buying organic is a decision most consumers have considered at some point, with the food and production process having a reputation for providing better nutrition, supporting the environment, and being more eco-friendly.

These products also have a reputation for being more expensive than their non-organic counterparts, an average of 47% more according to U.S. Consumer Reports. This is a difference that puts many consumers off, or simply makes organic produce unaffordable to them.

If you are considering organic, two key issues that may affect your choice are how it is farmed and how it is priced.

Organic vs. conventional farming

Organic produce such as fruits, vegetables, grains, dairy products, and meat are farmed without the use of synthetic pesticides or fertilizers or genetically modified organisms (GMOs) that can be more resistant to pests and disease. Organic pesticides and fertilizers are used instead, which are far less – but not completely – dependent on synthetic chemicals, and naturally support land sustainability and soil quality. Livestock are maintained in a natural environment without the use of yield boosters such as growth hormones.

Conventional farming, also known as industrial agriculture, is the opposite. It does use synthetic fertilizers and pesticides, as well as GMOs. Doing so optimizes production and crop health, ensuring minimum yield loss by eliminating pests that destroy crops and ensuring soil nutrition through

fertilizer with added chemical components. Livestock are generally not free-roaming and can receive approved synthetic products to enhance yield.

The potential effect on the environment is a consideration when buying organic. Pesticides are toxic and their use will defeat pests, but can also affect or destroy other insects and wildlife that are needed to sustain the surrounding environment. Synthetic fertilizers can cause the same issue. While organic versions are no threat to the environment, they can take longer to act and larger quantities may be needed. An imbalance of essential nutrients can occur in fertilizers, affecting soil and plants.

Nutrition is another consideration. Consumers may prefer using produce that has had minimal synthetic contact, and products made with organic ingredients usually contain less sugar, salt, and preservatives.

Cost

Higher prices often come from the organic production process. It is more labor intensive, has less certainty of product yield, and there are fewer organic farmers so output is lower. The demand for organic products is increasing faster than they can be supplied.

Not enough organic produce is produced to drive prices down, and it is still only a fraction of the conventional market (1.4% in the U.K. according to the U.K. Soil Association), a gap that keeps prices at a premium. Price differences can also occur if retailers and supermarkets put a higher markup on price to take advantage of the organic 'premium' label. A study by a French consumer association, UFC-Que Choisir, found that organic products were 93% more expensive in France, but only half the price difference between organic and non-organic food found its way back to farmers.

Check the label

If you are going to spend extra on buying organic produce, make sure it is authentic. Check the label for the stamp of an organic certifying agency. Most countries have organic certification authorities and standards, and a web search will help find one where you live. Standards vary between countries, but generally all will cover non-synthetic, non-GMO and ethically-founded principles of production.

Not all organic produce is certified as the process is both lengthy and costly, and many smaller producers have neither the time nor the money to become certified.

Buying organic whether full time, occasionally, or at all is a choice based on a diverse range of factors. Understanding why organic farming exists and what it represents will help you determine the right choice for you. ■

Wash your produce

Organic or not, fruits and vegetables may have pesticide residue on them from the production process. To remove as much as possible, wash under cold water for 15 to 20 seconds. Use a vegetable brush or the palm of your hand on produce with tougher skins, like apples or potatoes. Special washes are available for this purpose, but there's no evidence that they remove pesticides any better than water.

Pricing practice

According to a study done by U.S. market research firm Mintel, almost 50% of consumers believe organic labeling is just an excuse to charge more.

Local grocery shops, farmer's markets, and farm shops can sometimes be cheaper, especially when produce is in season and plentiful. Shop around for organic produce to get the best price, and support local producers at the same time.



Tech for today

Get your game on

Video games are an important part of many people's lives, and game hardware developers are now making it possible for more gamers to join the party. Adaptive controllers allow those with limited mobility to attach up to 20 control accessories such as joysticks and foot pedals to the system. These systems can also be paired with a standard controller so that additional players can play together.

Cushion the crash

Vehicle airbags are always being enhanced. Hyundai recently released its new center airbag that provides a cushion between the driver and passenger to eliminate the possibility of heads colliding in a crash. Meanwhile, Honda has developed a new airbag called the "Catcher's mitt," with the design based on a baseball glove. It uses three inflatable elements to catch and guide the driver's head towards a safe stop.

Helmets: to wear or not to wear

It's a childhood goal to be big enough for a two-wheel bike. To be allowed to ride around the block all by yourself without training wheels. But as you prepare to pedal away from home, no matter what age you are, put your helmet on first.

According to the Insurance Institute for Highway Safety, in 2010 the majority of cyclists involved in collisions sustained serious head injuries. In 2009, 91% of cyclists killed were not wearing helmets. Though a helmet won't protect a rider against all injuries, protecting the brain and skull from major damage is important enough to always wear one.

An incorrectly fitting helmet is less effective at protecting your head. For adults, measure your head around the largest section – about 2.5 cm or two finger-widths above your eyebrows – and then use the manufacturer's size chart to find the right fit. If you're between sizes choose the smaller one. Children's helmets usually come in a one-size-fits-all style with extra pad inserts to allow for adjustments as they grow.

If you're wearing your helmet correctly it should fit snugly, but not too tight. When you twist it, it should pull at your temples and not move more than 2.5 cm in any direction. The chin strap is tightened correctly if, when you open your mouth, the helmet makes your forehead wrinkle.

Once you have the right helmet, take care of it so it can take care of you. Only wash it in mild, soapy water to remove dirt or if the pads or straps start to smell. Keep it as cool as possible and away from direct sunlight when not in use. UV rays from the sun and high heat can damage the plastic and foam. Replace your helmet after five years or any time you are involved in a crash, even if the helmet doesn't look damaged. Helmets are only designed to work once.

A helmet is the best piece of safety equipment you can wear when riding your bike. It's also good when you are skateboarding or roller skating. So when asking yourself whether to wear or not to wear your helmet, choose wear. ■

take care of
your brain

Biker bumps

Cycling leads to more head injuries than any other sport.

Concussion – sudden impact and slow danger

If you fall and hit your head and black out, go immediately to the emergency room. If you seem to be ok, pay close attention to how you feel over the next few hours and days.

Symptoms of a concussion vary from mild to severe, contact your doctor or go to the emergency room if you experience any.

- Headache or "pressure" in your head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light or sound.
- Feeling sluggish, hazy, foggy, or sleepy.
- Confusion or trouble concentrating.
- Memory problems.





Nawaf, age 2

Stress less

Everyone suffers from stress from time to time, and while a little bit can be beneficial – helping focus and motivation – too much stress is not good for your health. Excessive stress can have extremely negative consequences, but unhealthy methods of coping can be just as bad.

Turning to excessive eating or eating unhealthy foods, caffeine, and nicotine can often lead from one set of problems to another. Instead, use positive methods to keep stress under control, and reduce stress levels when possible.

Avoid caffeine and nicotine

When stressed, avoid consuming caffeinated drinks or smoking. These are stimulants and will increase stress levels rather than reduce them. Manage the craving for a cigarette with a less harmful action, like exercising, and replace caffeine drinks with water, herbal teas, or natural fruit juices. Staying hydrated also helps the immune system flush out stress hormones.

Reduce your intake of refined sugars, usually found in processed foods, as these can cause energy crashes that may lead you to feel tired and irritable. In general, try and eat a well-balanced and nutritious diet.

Get active

Stress leads to a rise in hormones such as adrenaline and cortisol. These “fight or flight” hormones are designed to help us react to situations that could result in harm. However, today’s stresses are seldom solved with a fight or flight response, but these hormones can be reduced with physical exercise that metabolizes them, and brings the body and mind back to a calmer and more relaxed state.

Whenever you’re feeling stressed, try to insert some physical activity into your daily routine. This can be anything from taking a walk around the building, to heading to the gym. To avoid injury, don’t overdo the exercise, or push yourself too hard.

Get more sleep

A lack of good quality sleep is a major cause of stress. Unfortunately, at the same time stress can also prevent you from relaxing enough to fall asleep, with worries about situations, people, and other issues on your mind. Before turning to medication, try to relax as much as possible for as long as possible before going to sleep. Put down the mobile phone or computer, and turn off all screens. Consider using a sound machine or quiet music to help relax.

Avoid caffeine during the evening, as this can also lead to disturbed sleep, and try not to do any demanding mental work within 30 minutes of bed time. This includes scheduling, writing emails, and doing any homework or office work.

Another useful way to ensure good quality sleep is to go to bed at about the same time each night. This helps get the mind and body used to a predictable bedtime routine. Most people need between 6 to 8 hours of restful sleep to reduce stress and be prepared to fully function the next day – reducing these hours can increase stress.

Manage your time

Today, the pressures of constantly being connected often leads to lengthy “to do” lists – a common cause of stress. To manage this more effectively, accept that not everything can be done at once, or even at all, and learn to prioritize tasks.

Make a list of everything that needs to be completed and order these in terms of priority and deadline. Often simply listing tasks helps break them down into a series of smaller, more manageable tasks spread out over a longer time frame.

Don’t be afraid to ask for help or to delegate tasks that may feel overwhelming. Practice self-discipline – identify the items on your list that are essential versus those that you’d like to get done if there is time.

Connect with someone

Sometimes just talking to someone can be a good stress reliever. Talking can distract negative thoughts, and release some of the built-up tension by discussing what is on your mind. Stress can cloud thinking, and talking openly about your concerns with a friend or trained professional can often lead to solutions to problems you may be having.

Physically connecting with someone can also relieve stress. Helpful hormones such as dopamine and serotonin are released when hugging or holding hands, or even petting a dog. If you are feeling stressed, asking for a hug from a loved one can help.

Always try to remember that feeling some stress is normal, however, you are not supposed to feel it all the time. Stress, particularly the regular or chronic kinds, can lead to illness and other mental and physical health problems. Ironically, stress also makes it more difficult to access higher brain functions such as logic, reasoning, problem solving, and listening — all of which are useful for managing stress. Being stress aware means you can recognize what affects you, and manage it. ■

Keep clear of floodwaters

A bit of water on the road might not seem like anything dangerous, especially in regions where rains are rare and welcomed for the change they bring. But roads can turn into danger zones if sudden rains turn them into temporary rivers.

Flooded roads are a lot more dangerous than they might appear. Drivers may assume they know what to expect after using the same route many times before. They often underestimate the threat of water. Moving water, even if not very deep, can sweep cars and trucks away, and flood waters can hide road problems such as curbs, missing drain covers, and washed out sections, making driving through water treacherous.

Hidden hazards

A number of studies reported in the journal *Transportation Studies* show that, “roads are among the first cause of deaths in cities during flooding, due to vehicles being driven through flooded roadways,” and the U.K. Automobile Association (AA) says a third of all flood-related deaths occur in vehicles.

The best course of action with any flooded road is to turn around and find another way to get to your destination. If this is not possible and the water is flowing, wait until the water has receded to a safe level. AA recommends never attempting to drive through water that is more than 10 cm (4 in) deep, regardless of the type of vehicle you have.





Another hazard is getting stuck while attempting to drive through water. The air intake on most vehicles is low and at the front of the vehicle, and if water enters here the vehicle could stall and may not start again. This could leave you in the dangerous situation of needing to abandon your vehicle and walk in the water.

The U.S. Center for Disease Control and Prevention warns that floodwaters pose a health hazard because they can contain waste products, hazardous chemicals, and other contaminants that can cause illness. It can also hide fallen power lines and sharp objects. They recommend avoiding all floodwater as much as possible.

Cautious approach

If there is no option but to drive through the water to get to a safe location, there are a number of precautions to take. First, stop and observe the water and estimate its depth. If there are other vehicles driving through, watch to see how deep it is and if there are any hidden obstacles. Remember that one vehicle getting through does not mean it is safe to assume others will.

When driving into the water, slow and steady is best. Too fast and you can create a wave that could endanger others, surge back and flood your engine, or bring hidden hazards closer. Don't stop once you've entered the water. The forward movement of the vehicle pushes the water away in a wave, allowing air to continue flowing into the engine.

Drive at the highest part of the road so that the water is as shallow as possible. This is usually the center, since roads are built to allow for natural drainage. Let oncoming cars pass before driving into the water, otherwise their wave could push water into your engine and cause a stall. Paying attention while driving is always important, but being aware of uncommon hazards such as flooding requires extra caution. Water can seem harmless but it could be hiding danger. ■

man's oldest friend: getting along with dogs

For centuries, man and dog have lived side by side as hunting partners, racing champions, protectors, and companions. Dogs were the first animal that mankind domesticated. This long relationship of loyalty and friendship is sometimes tested when a dog bites or threatens to bite a person. There are usually reasons for this behavior. Understanding why dogs bite and how to read their body cues will help you have a safe and happy relationship with man's oldest companion.

"If you communicate well with the dog, the interactions are pretty good. It's when you don't communicate well with the dog that you have a problem," says Dr. Gail Golab, Director of Animal Welfare for the American Veterinary Medical Association. "People, unfortunately, really don't know how to behave around dogs very well. If you're going to interact effectively with dogs, you're going to have to learn to read their body language. People sometimes think just because a dog's tail is wagging that they're happy; and that's wrong."

Warning signs from a dog that something is wrong include: standing with legs very stiff, growling, putting their ears back, hair standing up on the back of the neck, and lowering of the body to a crouch in preparation for an attack. People should avoid disturbing a dog that seems to be protecting something like puppies, toys, or food. The old phrase, "let sleeping dogs lie," is always good advice. Not many people wake up in the best mood when surprised, and neither do dogs.

Every year about 600,000 children in the U.S. need medical treatment for dog bites. Children and babies are especially at risk, since they don't understand dog body language and can easily upset a dog. Loud noises, like sudden screaming or high pitched laughing, can startle a dog into attacking. Children also need to be taught how best to approach and handle animals.

"A lot of kids bring their hand up really high to pet a dog and then bring their hands down really hard and they're hitting the dog on the head," says Adam Goldfarb, Director of Pet Care Issues for the Humane Society of the United States. "You want to stress to kids they should always be gentle with dogs."

It is also important to never approach an unfamiliar dog, especially if it appears to be a stray. Whenever meeting a new dog, always ask the owner's permission before touching it. Some dogs are in special training or socialization programs, and shouldn't be touched. Other dogs have learned not to trust certain types of people, because of past bad experiences, and will react badly to being touched. Never offer food to a dog that isn't yours. You don't know how it will react, and you might be undermining the dog's training.

If you are a dog owner and want to increase your dog's safety, get it spayed or neutered. "When you look at the dogs that are most often involved in biting incidents, it is the male dogs who have not been neutered," says Goldfarb. Many dogs that are involved in a biting incident must be put to sleep, because once they have attacked a person there is a higher risk that they will do so again.

If you are threatened by a dog, remain calm and avoid eye contact. Staring a dog in the eye is perceived as a threat that increases your chance of being attacked. Stay still, then slowly and silently back away. Don't turn your back to the dog in case it attacks. If it does, curl into a ball and protect your face and head with your arms. Seek medical attention after the attack, since dog bites can get infected or carry dangerous diseases, like rabies.

Dogs usually don't want to bite people; they want to be friends. But all friends have boundaries. It is up to you to understand when a dog needs space and to be left alone. Learning about dog behavior and sharing this knowledge helps everyone have a better relationship with man's oldest friend. ■



let service dogs serve

A service dog is a specially trained dog who spends its life working for an individual with special health needs. It can cost \$25,000 and take two years to train a service dog to do its job. These dogs help people with daily tasks, including guiding people who are blind, alerting deaf people to danger, pulling a wheelchair, alerting and protecting someone who has seizures, and more.

What should I do if I see a service dog?

You should leave the dog alone. It's working to keep its owner safe and needs to be paying attention only to that person and its job. Don't distract the dog by whistling, clapping, petting, or talking to it; you could be putting the owner in danger.

How do I recognize a service dog?

Many service dogs wear a special harness, vest, backpack, or tags to identify them as service dogs. Remember that whether a dog is wearing these or not, always ask the owner first before approaching any dog.



Mujaahidah, age 16

Dealing with bullies



Bullying is a serious issue that can have long-lasting emotional and psychological impact. Anyone can fall victim to bullying; it occurs in schools, the workplace, and even at home. Bullying is not acceptable in any situation, and there are steps you can take to protect yourself against such a harmful situation.

According to data released by the UNESCO Institute for Statistics, almost a third of young teens worldwide have experienced bullying, while the Workplace Bullying Institute in the U.S. says that 60 million people in the U.S. suffer from bullying at work.

Bullying is intentional and aggressive behavior that usually occurs when there is a real or perceived imbalance of power between the victim and bully. It can come in several forms: verbal bullying can be yelling, teasing, and threatening; social bullying includes malicious gossip and ostracization; and physical bullying can be spitting, tripping, and other physical actions that harm you.

Some bullying is subtler. The bully may take credit for your work, refuse to help on group projects but demand recognition for it, ignore you in a group, or cause deliberate delays to make you seem incompetent or foolish.

Cyber bullying uses technology to hurt another person, and has become widespread through online social media platforms. Victims may have no idea how many people have seen the harmful messages, photographs, or posts. They may not even be aware of the situation until someone tells them. Cyber bullying can be particularly harmful as it has a wider reach and may be hard to take down.

Online or not, bullying causes extreme distress and can lead to victims feeling unsafe and isolated. A sense of shame or humiliation as a result of a bully's actions can prevent victims from seeking help, and reinforce a feeling of worthlessness. It is important to remember that bullying is never the victim's fault, and seeking help is not wrong. It

takes courage and strength to stand up to a bully, but it's important to take action, and there are strategies that can help.

Keep your distance. Avoid the bully when possible or minimize interaction by changing routes, walking home with a friend, moving between classes in a group, or sitting with a trusted colleague in a meeting. Don't make obvious changes when you see them, just avoid eye contact and move forward with confidence.

Ignore hurtful comments. Whether spoken directly or written online, ignore hurtful comments. Carry on with what you are doing, act uninterested, and focus on people and places that make you happy. Pretend the bully is boring and don't offer any emotional reaction.

Walk away. If a confrontation begins, clearly and firmly tell the person or group to stop and then walk away. You may feel afraid, but act like you don't. Use their name while telling them to stop in a loud, firm voice. Keep your breathing steady, a positive body stance, and an even voice tone. If the bully is physically threatening you, or you feel unsafe, do not turn your back on them until you are in a safe place, then report the incident immediately to a person with the authority to act.

Don't retaliate. It's natural to want to lash out at people who are hurting you, but getting angry or physically acting out doesn't help — in fact, this is exactly the response the bully wants. Avoid smiling or laughing at a bully, as this can provoke them. Instead, pretend they're boring and use "cool down" strategies such as counting to 10, or writing down your thoughts and feelings. Don't use your hurt feelings to hurt others; being bullied is not an excuse to bully others.

Build resilience. Participation in clubs, sports, or other enjoyable activities is a good way to relieve stress, and will help prepare you mentally and physically for any unwanted

interactions. Spend time with your friends and family, and lean on them for support. Remember that you are not to blame for the bullying.

Find support. Don't suffer alone. If you've made attempts to deal with the situation yourself with no change, don't wait any longer. Talk to a friend, teacher, partner, parent, or other person with the authority to act. Contact an anti-bullying helpline if you're not comfortable talking to a person closer to you. If you are being attacked online, report the problem to the media platform being used; the account settings will show you how to do this.

Document it. Record details of times and places that incidents happen, with a witness if possible. Emails, SMS messages, and media screenshots should also be saved. Evidence of bullying will help if the authorities or media platforms need to intervene.

Act quickly and be consistent. Bullying usually starts small, with the bully testing you to see what they can get away with before escalating their behavior. Once you notice bullying is happening, act quickly and stand up for yourself. Be consistent in your approach and refusal of the treatment.

Stand up together. Stand up for others if you see them being bullied. This can help stop the bullying or provide a witness to an incident if needed. It will also provide the victim with support and encouragement, which can help them feel stronger to take action against the bullies too.

No one needs to put up with a bully's behavior. If you or someone you know is affected, take action. Everyone has the right to feel safe, and have the freedom to be who they are without anyone else's interference. ■

Help stop online bullying

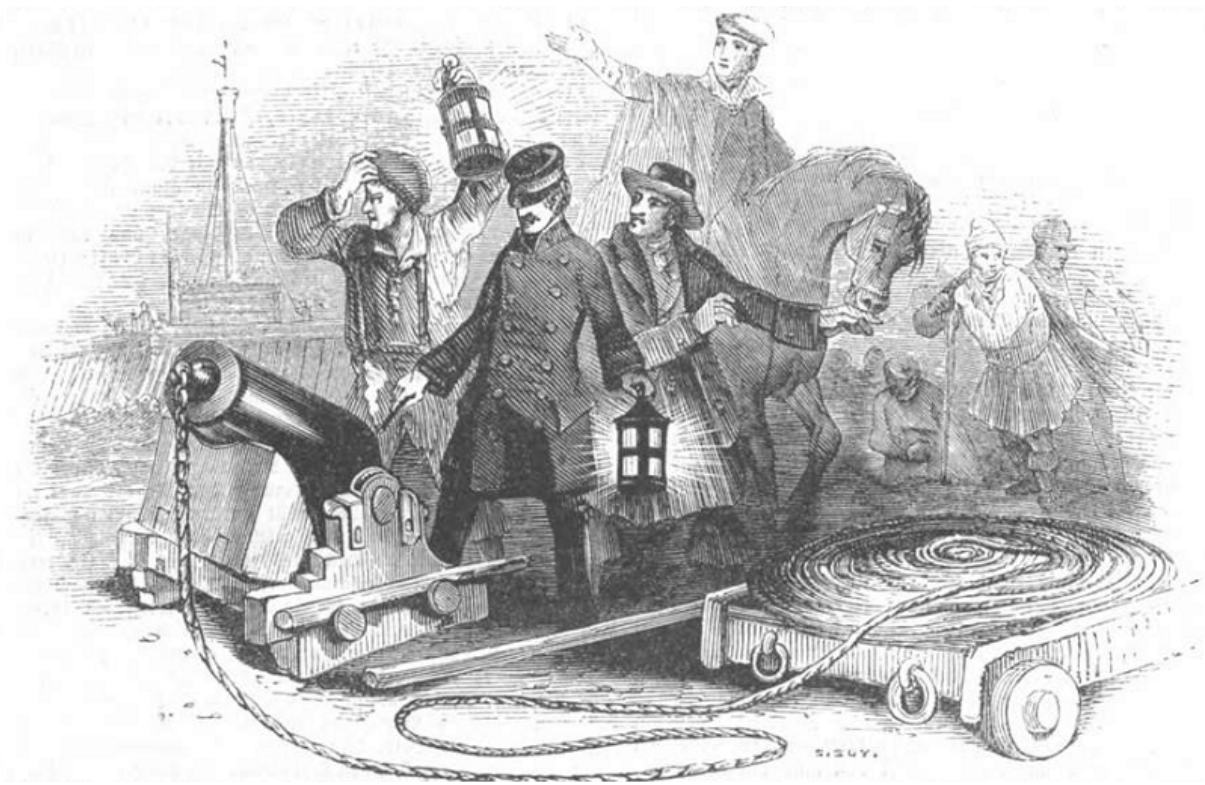
- Don't bully or encourage others to bully.
- Don't like or share bullying social media posts.
- Call out misinformation, gossip, and propaganda.
- Defend people who are being bullied.
- Report bullies and bullying messages.

Propaganda is bullying

Propaganda is biased, or misleading, information used to promote a cause or point of view. Don't ruin your reputation by sharing bad information.

How to spot and stop propaganda:

- Topics that spark anger, disgust, fear, or other strong emotions. Often these items are meant to short-circuit critical thinking. Stop, check your feelings, then use a fact-checking website to learn if the information is accurate before you do or say anything more.
- Confirms what you've already thought, especially if it is a negative. Check a variety of sources from different points of view. Try to prove something is false, and be aware that computer algorithms can create bias based on your past searches.
- Meme dangers. Some meme creators share messages that appear to be simple or a "joke," but are actually hurtful. Question who created the content, what their background is, and why they did so.
- Who said it. Everyone has a bias and an agenda, and some are more extreme than others. Check the credibility and bias of a creator and look to identify credible sources versus biased ones.



Stars of safety

Captain George William Manby

In 1807, Manby invented a special mortar gun that fired a line of rope from the shore to a sinking ship, allowing those on board to escape to safety. It's estimated that more than 1,000 people were rescued using this system. In 1813, his "Extincteur" became the first portable, pressurized fire extinguisher, and modern fire extinguishers are still based on this original design.

Mary Isabelle Riggin

After witnessing a terrible train accident, in 1890 Riggin designed, built, and patented the first railroad crossing gate. The gate arms were automatically triggered by an oncoming train and dropped into place to prevent pedestrians from crossing in front of a train. Gate crossings are still used today.

Martha Jane Coston

In 1859, Coston was granted a patent for a pyrotechnic night signal and code system, based on flares in three different colors. Many navies used these to communicate between ships, as well as from ship to shore. The U.S. Life-Saving Service, which later became the U.S. Coast Guard, used these flares to warn of danger and summon rescuers to wrecks. Coston's invention is credited with saving thousands of lives, and is one of the reasons flares are still used in emergency rescue operations today.




Protect your digital trail

It's no secret that websites and apps track users' activity and collect their data for various purposes such as analytics, targeted ads, and content personalization. Selling this data to advertisers compromises your private information and puts you at risk for surveillance, scams, and manipulative advertising. For some sites, the tracking doesn't stop when you leave the page. Off-site tracking is common for social media sites, streaming services, and online stores, which follow their users around the Internet often using more than one method, making it hard to disable.

Cookies are the most common way to track website visitors. When you visit a website, a cookie is created and saved in your browser to remember you. It can keep you logged in, save your settings and language preferences, and keep items in your shopping cart. Frequently, third party advertisers will bundle their cookies with a host site, then continue to track you after you exit the site.

Most sites give you the option to disable third party cookies. If you want to prevent all websites from creating cookies, you can enable the "do not track" option in your browser settings. This sends a request to websites not to create tracking cookies, though this request may be ignored by the site. Alternatively, you can try private browsing or incognito mode, which deletes any cookies created in a session as soon as the browser is closed. This is why it is a good idea to do shopping and browsing in separate windows, so you can close them when finished without affecting other tabs you may still want to look at.



Unfortunately, deleting cookies isn't enough to be safe, and doesn't mean you are no longer being tracked. Social media sites can track you off their platform through transparent, tiny images, called tracking pixels or web beacons, that are coded into webpages, emails, and "share" and "like" buttons on articles and news sites. These pixels and buttons work like cookies, and gather your information for the social media site, even if you don't use the buttons or interact with the pixel. These can be disabled on browsers by disabling cookies, and in your email by blocking automatic image downloads.


Some websites allow you varying levels of control over your data privacy. Facebook introduced the "Off-Facebook Activity" tracker, found under Settings – Your Facebook Information. The tool shows you information Facebook has gathered about you from third parties during the past 180 days, such as visits to online and in-person stores, that can be used to target advertising and sold to others. The feature allows you to manage future tracking, turn it off completely, and clear your history. You can also disable ads based on your data and activity in Settings – Your Ad Preferences. This does not stop Facebook from collecting the data, but does prevent it from using the data to personalize ads on behalf of third-party advertisers.

Google offers a similar tool that lets you disable multiple features, such as location tracking, search history, and ad personalization. In My Account – Data & Personalization you can disable trackers. On the My Activity page, you can view, manage, and clear your browsing history, and set it to automatically delete data on a regular basis.

Twitter, like all social media sites, tracks your browsing habits to personalize ads and suggest accounts to follow. You can disable tracking on Twitter in Settings and Privacy – Privacy and Safety, by toggling off Personalization and Data Settings.

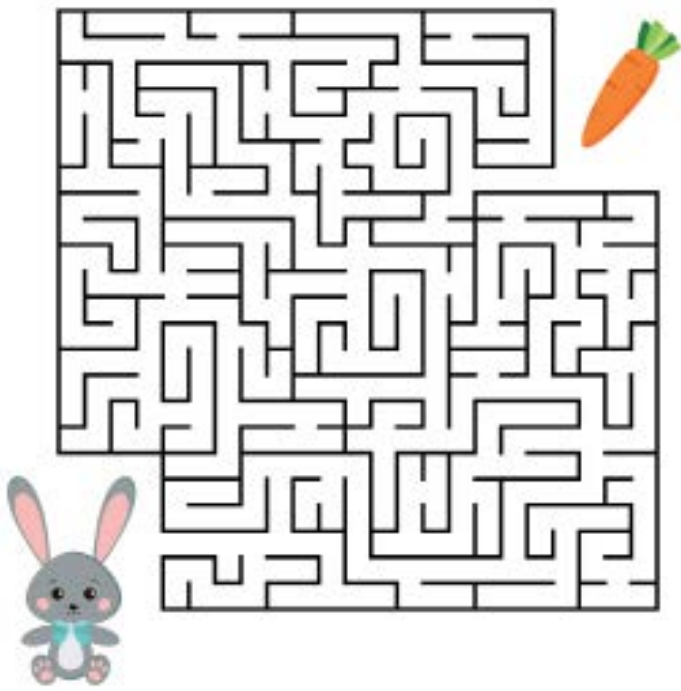
There are other methods to enhance your privacy on the Internet. Using a Virtual Private Network (VPN) conceals your IP address and location, making you harder to track. Installing an ad blocker prevents advertisers from following you, and stops some malware disguised as advertisements from attacking your device. You should also avoid linking accounts, and create separate, unique login details for all sites. Lastly, consider using a browser that offers built-in privacy and security features, such as Mozilla Firefox which automatically blocks trackers.

Taking control of your data in this day and age is difficult, but not impossible. You can limit the amount of tracking and safeguard your privacy by learning about what your favorite sites use, and, with the help of a few tools and some clicking, you can protect your digital footprint. ■



“Unfortunately, deleting cookies isn't enough to be safe, and doesn't mean you are no longer being tracked. ”

play!

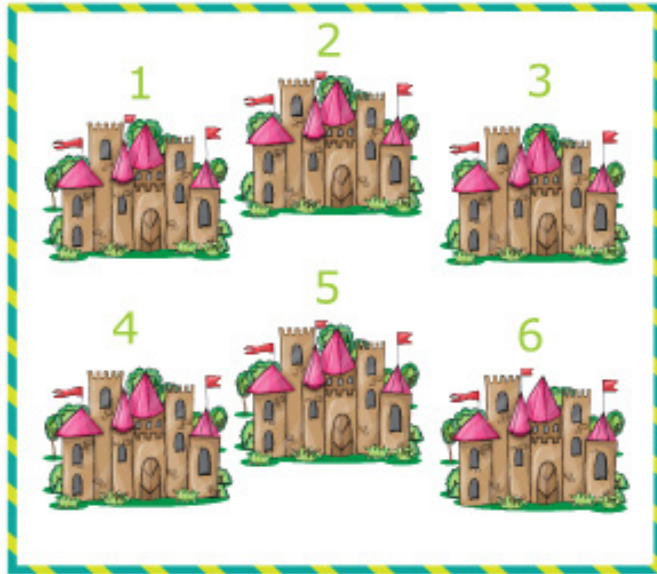


Help the bunny
get their snack.

ساعد الأرنب في
الوصول إلى الجزرة.

Draw the missing kitty.

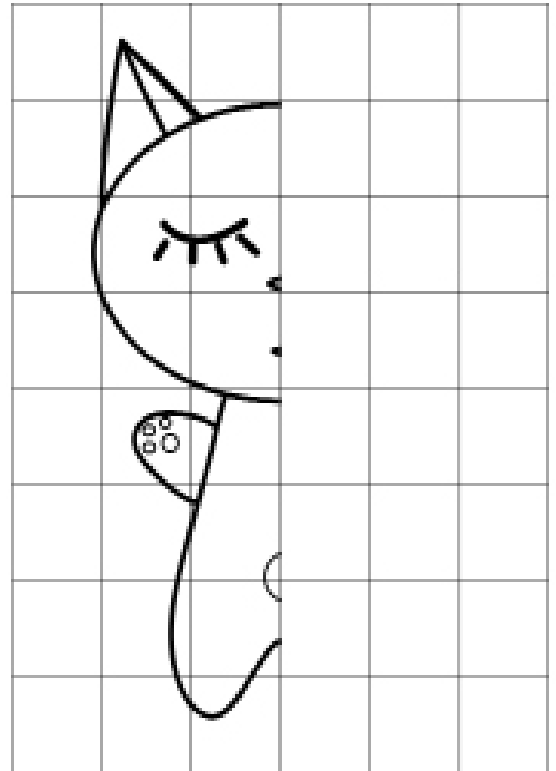
أكمل رسم القطعة.



Find two identical pictures

اعثر على الصورتين المتطابقتين.

1-5
Answer: 1 و 5



Thanks for sharing!

شكرا لمشاركتكم!

طلبنا رأيكم وحصلنا على الكثير من التعليقات الرائعة.

We asked for your opinions and got lots of great feedback.

Winners

الفائزون

Shahd Al-Meqdadi
Jose Salazar
Aadit Srivastava
Syed Masarrat
Asmaa Oloreigbe
Zoha Ather
Marisela Ravelo
Salah Alqaisi
Fatima Al Omar

Jassim AlAli
Javaid Nelson
Anna Eleftheridou
MustafaMushahid
Ali AlNemer
Abdalaziz Alzhrani
Tareq Alghamdi
Bahjat Alnasser
Raazia Ali Syed

Abdullah AlGahtani
Turki Alturki
Hammoud Alarqlai
Ali Abuabdulla
Hamad Al-Kulaib
Sale Alyousef
Mohammed
Albomuzh
Ray Cyril Mercado

If you see your name and haven't received your prize,
please contact Panorama at Panorama@aramco.com

إذا رأيت اسمك ولم تستلم جائزتك، يرجى التواصل مع مجلة بانوراما
على عنوان البريد الإلكتروني Panorama@aramco.com

Chance of winning a prize was approximately 1:11.

كانت فرصة الفوز بالجائزة حوالي واحد من كل 11 مشارك.