5 ways to avoid plagiarism:

1. Cite your source
When using an idea or wording that is not your own, add a citation in your writing that identifies the full name of the source, the date it was published, and any other citation element that is required by the APA style guide you are using.

2. Include quotations
If you use someone else’s words into your writing, word for word, one of the best ways to avoid plagiarism is by using quotation marks around the text to show that the words are not your own. A direct quote should also cite the source so that readers know who the quote is from.

3. Paraphrase
Paraphrasing is rewriting a source’s ideas or information into your own words, without changing its meaning. Be careful, paraphrasing can slip into plagiarism if done incorrectly. Reword and format your writing in an original way, and try to avoid using too many similar words or phrases from the source. The key is to do so without altering the meaning of the idea itself. Remember, you are still using another’s idea so you will need to include a citation to the source.

4. Present your own idea
Instead of rewriting the source’s ideas or words, explore what you have to say about it. Ask yourself what ideas or views you can add to your writing that is entirely your own. Never copy and paste someone else’s words without proper citation.

5. Use a plagiarism checker
While doing research on a topic, you might remember some phrases or sentences and you may be tempted to include them in your writing without a citation. When in doubt, use an online plagiarism checking tool that can help you catch these issues before submitting your work. There are several plagiarism checkers available online, and one can be provided by your school. These ways of avoiding plagiarism can be helpful when writing and creating new habits of communicating with confidence. It is worth the effort.

https://www.grammarly.com/1
According to the Merriam-Webster dictionary, the verb “to plagiarize” means:
“to steal and pass off (the ideas or words of another) as one’s own : use (another’s production) without crediting the source”