

Your Personal Cybersecurity Checklist

Twenty small habits. No jargon, no fear-mongering. Just tick what you've done.

ACCOUNT SECURITY

- ☐ I use unique passwords for every important account
- ☐ I use a password manager
- ☐ I've enabled multi-factor authentication (MFA) on email and banking
- ☐ I review my account activity every few months

EMAIL & SCAM AWARENESS

- ☐ I check the sender's address before clicking a link
- ☐ I never send passwords or codes over email
- ☐ I pause before acting on urgent-sounding messages
- ☐ I verify unexpected requests (even from people I know)

DEVICES

- ☐ My devices update automatically
- ☐ I use a screen lock (PIN, fingerprint, or face unlock)
- ☐ I have a working backup of my important files
- ☐ I only install apps from official app stores

PRIVACY

- ☐ I've reviewed my social media privacy settings
- ☐ I think before posting personal details or travel plans
- ☐ I check what permissions apps actually need
- ☐ I remove accounts and apps I no longer use

IF SOMETHING GOES WRONG

- ☐ I know how to change a password quickly on my main accounts
- ☐ I know who to contact at my bank if something looks wrong
- ☐ I keep a note of which accounts use which recovery email/phone
- ☐ I don't panic — a fast, calm response beats a fast, panicked one