

Essential Safe Internet Habits for Everyone

Passwords & Logins

- Use a password manager (e.g. Bitwarden, 1Password)
- Never reuse passwords across accounts
- Enable two-factor authentication (2FA) wherever available
- Don't log into important accounts on shared/public computers

Browsing & Links

- Always verify links before clicking (hover over them first)
- Avoid clicking on links in suspicious emails or messages
- Look for HTTPS before entering sensitive data on websites
- Use a privacy-focused browser (e.g. Firefox with uBlock Origin)

Emails & Messages

- Don't open unexpected attachments - even from known senders
- Be skeptical of urgent or emotionally charged messages
- Double-check sender addresses (e.g., support@paypa1.com != PayPal)
- Report phishing emails instead of replying or clicking

Devices & Updates

- Lock your devices with a passcode or biometrics
- Install updates for your OS, apps, and antivirus
- Back up your data regularly (offline and/or encrypted cloud)
- Avoid connecting to unsecured public Wi-Fi without a VPN

Privacy & Tracking

- Review app permissions on phone and browser
- Turn off Bluetooth, Wi-Fi, and location when not in use
- Use privacy tools like DuckDuckGo, Startpage, or uBlock Origin
- Log out of accounts when not needed