

✓ Cybersecurity Checklist: Protect Your Digital Life

🔒 Password Security

- Update all weak or reused passwords
- Use a password manager (e.g., LastPass, Bitwarden, 1Password)
- Enable two-factor authentication (2FA) on important accounts
- Avoid using personal info in passwords
- Change default passwords on devices (routers, smart home tools, etc.)

🧠 Phishing & Scams Awareness

- Review a sample phishing email (Google “phishing quiz”)
- Check the sender’s email before clicking links
- Never download unexpected attachments
- Report suspicious emails or messages to the proper platform
- Avoid clicking urgent links or giving info via text/email

📁 Device & Software Protection

- Install antivirus or anti-malware software
- Keep all devices updated (phone, tablet, computer)
- Delete apps you don’t use
- Turn on automatic updates where possible
- Backup important files (external drive or cloud)

🌐 Internet & Network Safety

- Secure your home Wi-Fi with a strong password
- Avoid using public Wi-Fi without a VPN
- Install a trusted VPN on mobile & desktop devices
- Disable auto-connect to open Wi-Fi networks

🔍 Web Browser Privacy

- Clear cookies & cache regularly
- Install privacy-focused extensions (uBlock Origin, Privacy Badger)
- Turn off location tracking in browser settings
- Use “Private” or “Incognito” mode when necessary
- Log out of accounts when not in use

📱 Social Media Safety

- Set your profile to private where possible
- Remove your phone number & birthday from public view
- Think before sharing personal info or location
- Review tagged photos and posts
- Adjust app permissions (location, mic, camera)



Weekly Cybersecurity Maintenance Schedule

Day	Task	Done
Monday	Check for device/software updates	<input type="checkbox"/>
Tuesday	Review social media privacy settings	<input type="checkbox"/>
Wednesday	Run antivirus/malware scan	<input type="checkbox"/>
Thursday	Backup important documents and photos	<input type="checkbox"/>
Friday	Clear browser history, cache, and cookies	<input type="checkbox"/>
Saturday	Read one cybersecurity tip or news article	<input type="checkbox"/>
Sunday	Check email for suspicious messages	<input type="checkbox"/>

 **Bonus Tip:**

Save this checklist, print it, or upload it to your phone to stay consistent and cyber-safe every week!