



10 CYBER SAFETY TIPS

1. Add Cyber Insurance

Include cyber insurance in your home or renters' insurance policy if it's not already covered.

2. Consider Family Monitoring Apps (Paid)

Help keep your family safe online with trusted paid monitoring tools:

- Bark App (paid).
- Life360 (paid).

3. Consider Family Monitoring Apps (Free)

Help keep your family safe online with trusted free monitoring tools:

- Google: Family Link (free).
- Apple: Screen Time (free).
- Microsoft: Family Safety (free).

Compare [free parental control tools](#) or scan the QR code.



4. Google Yourself

Search your name to see what public information or photos appear online.

5. Check for Data Breaches

Visit [Have I Been Pwned](#) (or scan the QR code) to find out if your email address has been part of a data breach.



6. Remember: If It's Free, You're the Product

Be mindful that "free" services often make money by using or selling your data.

7. Use Secure Passwords

- Length is key to strong passwords. We recommend at least 16-characters long.
- Test password strength here (or scan the QR code): [How Secure Is My Password?](#)



8. Use a Password Manager

Store passwords securely with a trusted password manager:

- NordPass.
- Dashlane.

Avoid LastPass – it has had known security breaches (note: iPhone's built-in manager is better than nothing).

9. Don't Engage with Suspicious Contacts

If someone calls, texts, or emails for personal info:

- Hang up and block the number.
- Don't reply to texts—block the sender.
- Block suspicious email addresses.
- Even joking with scammers can be risky—AI can use your voice or likeness for deepfakes.

10. Watch Out for Phishing

Phishing emails and texts are getting more convincing with AI. Be cautious and verify before clicking links or sharing info.