

Beginner Digital Safety Tips

Your quick guide to digital safety.

- 1 Download and install Bitwarden or 1Password to manage passwords securely.
- 2 Enable two-factor authentication on your password manager and email accounts.
- 3 Check sender email addresses carefully for misspellings before clicking links.
- 4 Never download attachments or click links from unverified senders.
- 5 Enable automatic software updates on all your devices immediately.
- 6 Use a VPN like NordVPN when connecting to public Wi-Fi networks.
- 7 Review and restrict privacy settings on Facebook, Instagram, and other platforms.
- 8 Stop posting personal details like home address or vacation plans online.
- 9 Back up important files to cloud storage and external drives monthly.
- 10 Install Norton 360 Deluxe or Bitdefender for real-time malware protection.
- 11 Verify unexpected account requests by contacting companies directly via official channels.
- 12 Automate backups using Windows File History or macOS Time Machine.