

What Should Non-technical Users Know About Data Encryption?

Protecting your data from cyber threats

- 1 Enable BitLocker on Windows 11 Pro or FileVault on Mac today.
- 2 Turn on end-to-end encryption for email using Signal or ProtonMail.
- 3 Add third-party encryption like Cryptomator to your cloud storage folders.
- 4 Store all encryption passwords and recovery keys in a password manager.
- 5 Write down your recovery key and lock it in a physical safe.
- 6 Switch from Gmail to ProtonMail if you need full data privacy.
- 7 Stop relying on passwords alone; enable full-disk encryption immediately.
- 8 Choose services with end-to-end encryption, not just server-side encryption.
- 9 Back up encryption keys separately to avoid permanent data loss.
- 10 Review which apps use E2EE versus server-side encryption for your accounts.