



101 CYBER SAFETY

Empowering you to navigate technology securely

As more of our lives go online, it's essential for everyone to stay safe and confident while using the internet. Here's a simple guide to help you protect your personal information, avoid scams, and enjoy the digital world securely.

Use strong passwords

- Create unique passwords for each account. Use a mix of letters, numbers, and symbols.
- Avoid using easily guessed information like birthdays or pet names.
- Use a password manager to help remember complex passwords safely.

Be cautious of emails and messages

- Don't open attachments or click links in emails or texts from unknown senders.
- Be suspicious of messages claiming urgent problems (e.g. "Your bank account is locked").
- Scammers may pretend to be friends, family, or companies. Double-check before responding.

Protect your personal information

- Never share sensitive information (like passwords or credit card information) over email or phone unless you're sure of the recipient.
- If in doubt, contact the company or person directly using a trusted phone number or website.

Keep devices and software updated

- Install updates regularly for your computer, smartphone, antivirus software, and apps.
- Updates often include security patches to protect against new threats.

Use trusted Wi-Fi and secure websites

- Avoid logging into sensitive accounts (like banking) over public Wi-Fi.
- Look for "https://" and a padlock icon in the address bar before entering personal details online.

Report and ask for help

- If something feels suspicious, don't be afraid to ask a trusted friend or family member.
- Report scams to Scamwatch <https://www.scamwatch.gov.au/>

Be smart on social media

- Don't overshare personal details (like holiday plans or home address).
- Adjust privacy settings so only trusted people can see your posts.



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