

Cyber security

family rules

Most families have their own set of rules, like not watching TV during dinner, finishing homework before play time or setting a curfew. Just like having rules for keeping everyone at home safe, there are also rules for staying safe online.

Here are some simple cyber security rules you can add to your existing family rules to help everyone in your home stay secure online.

1 Use strong passwords and passphrases

- **Passwords** should be at least 12 characters long and include a mix of letters, numbers and symbols.
- **Passphrases** should be at least 15 characters long and include at least four random words.
- Use a **password manager** to securely store your credentials and make sure your passwords are all unique.

2 Avoid sharing personal information online

- Keep your personal information like your address, phone number or locations (like your school's address) offline to **avoid identity theft**.
- Avoid sharing any personal information on social media.

3 Double check before you click

- **Learn to spot phishing messages** by looking out for suspicious signs like typos.
- If you receive a suspicious message, reflect before you click on links or download attachments.

4 Stay current with updates

- Keep all your **devices and software up to date** with the latest security patches.
- Enable automatic updates on all devices and applications where possible.

5 Use preventative security tools

- Use anti-virus software and a **firewall** on your network and devices.
- Use a **virtual private network (VPN)** on devices like a phone or laptop when connecting to public Wi-Fi.

6 Secure your home network

- Change your router's default username and password to something unique.

7 Back up your data

- Protect your family's data like important photos, videos, from threats like **malware** by performing **regular backups** on your devices.
- Decide what data **storage** options work best for your family, like using a hard drive or cloud storage.

Following cyber security family rules like these can help keep everyone safe online. Feel free to customize the rules to suit your family's needs!

Get more tips to protect yourself and your accounts at



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