

Step up your cyber fitness

#CyberMonth2023

Take the Cyber Month 2023 challenge!

This Cyber Month, we're helping Canadians step up their cyber fitness. You can be part of helping keep Canadians safe online by strengthening your own online security. Here are simple steps you can take this October to help build your cyber muscles.

Week 1

Warmup week

October 2-6



- * Review Get Cyber Safe resources
- * Take the Cyber Fitness Assessment Quiz
- * Follow Get Cyber Safe on social media



Find blog posts, videos, infographics and more at [GetCyberSafe.ca](https://www.getcybersafe.ca)

Week 2

Account workout

October 9-13

- * Use strong and unique passphrases on all accounts
- * Enable multi-factor authentication (MFA) on your accounts
- * Read up on the 7 Red Flags of Phishing



A strong passphrase uses four or more random words and at least 15 characters

Week 3

Learning self-defence

October 16-20



- * Install anti-virus software
- * Download a virtual private network (VPN)
- * Create a guest network on your Wi-Fi and change your router's default credentials



Always use a VPN when connecting to unsecured networks, like coffee shop Wi-Fi

Week 4

Maintaining muscle

October 23-27

- * Download a password manager
- * Enable automatic updates on your devices
- * Back up your devices to a hard drive or the cloud

Backing up your devices prevents you from losing important data



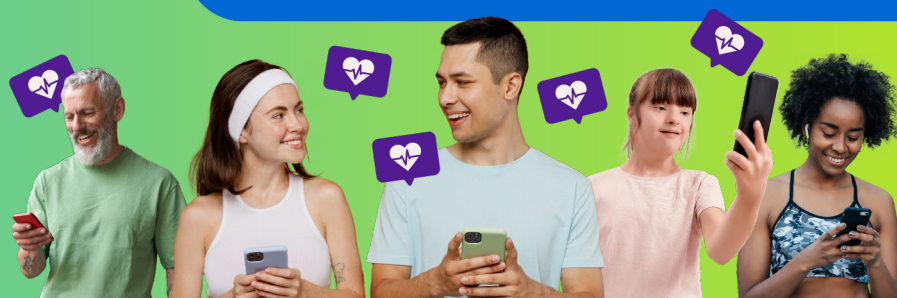
Week 5

Strength in numbers

October 30-31

- * Talk to your friends and family about getting cyber safe
- * Discuss cyber security with your coworkers
- * Retake the Cyber Fitness Assessment Quiz

Get Cyber Safe has specific resources to help kids and older adults stay safe online



Download the Cyber Month fitness tracker on [GetCyberSafe.ca/CyberMonth](https://www.getcybersafe.ca/CyberMonth) for a complete fitness plan to help build your cyber safety muscles

Go to [GetCyberSafe.ca](https://www.getcybersafe.ca) for more tips and tricks to stay secure all year long

GETCYBERSAFE.CA