

# Simple steps to keep yourself (and future self) safe

When you haven't experienced a cyber attack, it can be easy to let good habits slip.

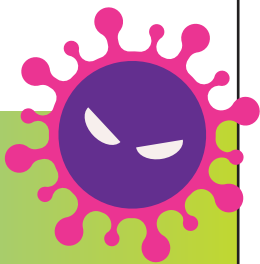
See how simple actions today can keep you safe tomorrow, next month, and beyond.



## The reality today

Cyber threats are becoming more sophisticated every day.

Police-reported cyber-related fraud nearly doubled between 2019 and 2024, from **22,746 incidents to 46,301.**<sup>1</sup>



Almost one in six Canadians (**more than six million!**) report being a victim of a social media account hack.<sup>2</sup>

**65% of online Canadians** are worried about AI-related cybercrime.<sup>2</sup>



**26% of Canadians** said they feel unprepared to face cyber threats.<sup>2</sup>

## Where to start

Cyber security doesn't have to be complicated. Here's what you could do today:

If you're in the **70% of Canadians** who don't have a password manager<sup>2</sup>

**You could...** Find out how to choose the right password manager.



**Quick tip:** Choose one with strong encryption and built-in autofill.

If you're in the **49% of Canadians** who don't have automatic updates enabled<sup>2</sup>

**You could...** Learn how to update software.

**Quick tip:** Go to Settings > Software Update and turn on auto-updates.

If you're in the **27% of Canadians**

who aren't very confident they can spot a phishing scam<sup>2</sup>

**You could...** Learn about the 7 red flags of phishing.

**Quick tip:** Look for typos in the sender, ignore urgent threats, and hover over links first.

If you're in the **52% of Canadians** who don't often back up their devices<sup>3</sup>

**You could...** Learn how to back up your data.

**Quick tip:** Back up weekly to a cloud or external drive.



If you're in the **10% of Canadians** who haven't heard of Multi-Factor Authentication (MFA)<sup>3</sup>

**You could...** Learn more about MFA.

**Quick tip:** Turn on MFA in your account's security settings using SMS or an authenticator app.

## Why your future self will thank you

Cyber attacks can happen when you least expect it. Waiting too long before taking action could leave you vulnerable. One thing the data isn't showing? There's no report that indicates Canadians regret getting cyber safe!

**Take action now and your future self will thank you**

<sup>1</sup> Statistics Canada, <https://www150.statcan.gc.ca/t1/tbl1/en/cv.action?pid=3510000101>

<sup>2</sup> Get Cyber Safe Awareness Tracking Survey: 2024 Final Report

<sup>3</sup> Get Cyber Safe Awareness Tracking Survey: 2022 Final Report

Get more tips to protect yourself and your devices



Communications Security Establishment Canada

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