



BASIC Digital Safety

Keeping yourself and your gadgets safe online is an important part of basic digital safety. To keep your information safe, you need to follow good habits and use the right tools. The key is to establish routines and use resources that will help you keep your data secure. By following simple digital safety rules, you can avoid these risks and have a better time online.

Use passwords that are strong and unique.

- Don't use everyday words or private information like your name or date of birth.
- Put together capital letters, numbers, and symbols.
- To keep your passwords safe and make new ones, use a password manager.

Turn on two-factor authentication

- Boost the safety of your accounts by adding another layer.
- Use things like biometrics, SMS codes, or authentication tools.
- The chance of account compromise is cut by 99.9% with 2FA (Microsoft, 2020).

Always update your software

- Update your gadgets and apps on a regular basis.
- Hackers take advantage of security holes that updates fix.
- For ease of use, set up regular updates.

Be careful of phishing scams

- Don't click on links that look sketchy or download files from people you don't know.
- When you get emails, look for fake addresses and information about the sender.
- Do not give out personal information unless you are sure of the source.

Malware and viruses can damage your system, so you need antivirus software to keep it safe. Cybercriminals can't damage your device or steal your data if you keep the software up to date and run regular scans. A strong layer of security can be added by trusted antivirus programs like Norton and McAfee, or by using free options like Avast. To keep your system safe, make it a habit to run regular scans and allow automatic changes. If you follow these easy steps, you can keep your digital world safe and secure.

Here is the video with detailed info <https://youtu.be/aO858HyFbKI?si=WWNyQNzM6QBsvYN9>

References: Google. (2021, February 10). Tips to stay safer online. [Video]. YouTube. <https://youtu.be/aO858HyFbKI>, AV-TEST Institute. (2023). Antivirus software test results. Retrieved from <https://www.av-test.org>

Microsoft. (2020). The importance of two-factor authentication. Retrieved from <https://www.microsoft.com/security>

IBM Security. (2023). Phishing attacks and how to prevent them. Retrieved from <https://www.ibm.com/security>

Verizon. (2023). Data breach investigations report. Retrieved from <https://www.verizon.com/business/resources/reports/dbir/>