

Get started now

Follow the checklist to protect yourself from scammers, cybercrime and identity theft.

Day One 2 min each

I created a strong, unique password and turned on two-factor authentication (i.e. Password / pin and recovery email) for my:

- Online bank and purchasing accounts
- Apple ID
- Google account
- * which includes Gmail and YouTube
- Email accounts
- * Hotmail, Yahoo, etc.

Day Two 2 min each

I created a strong, unique password and turned on two-factor authentication for my:

- Facebook
- Twitter
- Instagram
- LinkedIn
- WhatsApp
- * or other messenger application

Day Three 2 min each

I added a PIN /password and turned on automatic software updates for my:

- Mobile phone
- Tablet / iPad
- Home computer
- Laptop

Day Four 30 min each

I installed security software on my:

- Mobile phone
- Tablet / iPad
- Home computer
- Laptop

Day Five 3 min each

I completed the security check-up for my:

- Gmail
- Facebook
- LinkedIn
- Laptop

Day Six 1 min each

I only connected to trusted Wi-Fi networks on my:

- Mobile phone
- Tablet / iPad
- Home computer
- Laptop