



BE CYBER SMART

8 Habits to Stay Cyber-Safe



As we grow more dependent upon technology, we need to develop better online security defences. These eight habits will help you to recognize and counter threats to your digital safety and become less vulnerable to cyberattacks.

1. Don't click that link/

Don't download carelessly.

- Even if an email looks like it's from someone you know, take care with attachments.
- Don't reply to an email because the sender's identity might have been compromised.
- Examine emails closely.
- Avoid links of downloads from unknown sources.



2. Verify requests for private information/ Connect with care.

- Whenever you are requested to provide private information, verify the identity of the requester — even if it appears to be somebody you know.
- Regularly check your financial statements and credit reports.



3. Practice password safety.

- Never reveal your passwords to anyone. Make them long, strong, unique and use multi-factor authentication (MFA) wherever possible.
- Use a password manager.
- Use different passwords for different accounts.
- Don't let apps and websites remember your passwords.



4. Protect your stuff!

- Keep a close eye on your gadgets when in public places.
- Lock them up or take them with you before you leave, even for a short time.
- Secure your area and lock your computer screen before leaving.
- Avoid sensitive transactions on free WiFi.
- Secure your WiFi network.



5. Update software and devices regularly.

- At home, automate software updates and periodically restart your devices to ensure that updates are fully installed.
- Install an antivirus and scan for viruses regularly.
- Log off and sign out when you walk away from your laptop and device.



6. Back up your files.

- Store backups in a physically separate location from the originals and periodically test them.
- For personal files, save a backup on a separate drive (e.g., cloud or encrypted USB) to securely store it. ie. In a safety deposit box or fire safe box.



7. Delete sensitive information when it's no longer needed.

- Clean up your files, cache's, browsing history, emails, and computer on a set schedule.
- Check privacy controls.
- Don't put too much personal information on social media and keep control of your digital space.



8. Keep yourself informed!

- Learn how to recognize suspected scams and other suspicious activities.
- Continue learning by researching and taking workshops.
- Report fraud to your local police, and the Canadian Anti-Fraud Centre.





- Breathe and Slow things down!
- Be Rude-hang up-delete, don't respond!
- Check in with two trusted people
- Never send money, give personal or bank info to someone you haven't met

www.saanichpolice.ca 250-475-4321
Canadian Anti-Fraud Centre 1-888-495-8501



Canadian Anti-Fraud Centre



Centre antifraude du Canada

FRAUD: RECOGNIZE IT. REPORT IT. STOP IT. LA FRAUDE: IDENTIFIEZ-LA. SIGNALEZ-LA. ENRÊVEZ-LA.

Canada Business Bureau Bureau des consommateurs Royal Canadian Mounted Police Gendarmerie royale du Canada

