Simple Digital Safety

FREE

5-Minute Family Checklist

Five simple checks. Five minutes. A safer household by the end of it.



SECTION 1

Passwords

The single biggest fix you can make today

Quick Check

- [ ] Do you use the same password for more than one account?
- [ ] Is a password based on a pet's name, a birthday, or a street name?
- [ ] Can you remember all your passwords without looking them up?

Checked any of those? You are in very good company. The fix takes about two minutes.

THE FIX

Get a password manager. It creates and remembers strong passwords for you, so you only need to remember one. Pick the one that fits the devices in your home:

Mostly Apple	The Passwords app. Free and already on your iPhone, iPad, and Mac.
Mostly Android	Google Password Manager. Free and built into Android and Chrome.
A mix of devices	A standalone password manager. Look for a family plan and a published independent security audit.

Let it create passwords that look like **Tr8$mK9pL2@vN**. You will never type them. You will never memorize them. That is the point.

START WITH ONE

Do not try to change every password today. Start with your email. It is the account that can reset all the others.

TRY OUR FREE PASSWORD TOOL

Not sure how strong your password is? Our free checker tests it instantly and can create a strong one for you. It runs on your own device, so nothing you type is sent or stored.
Open the SDS Password Checker

Done Today

- [ ] Picked our password manager
- [ ] Gave my email a new, strong password I use nowhere else

SECTION 2

Social Media Privacy

What a stranger can learn about you

Open one of your profiles and look at it the way someone who does not know you would.

The Stranger Test

- [ ] Could a stranger see everything on your profile right now?
- [ ] Do any photos show your house number, your street, or your license plate?
- [ ] Do you post while you are away, before you get home?

Checked any of those? Three quick settings changes close all of it.

THE FIX

- [ ] **Set your profiles to private.** Instagram: Settings and activity, then Account privacy. Facebook: Settings and privacy, then Settings, then Posts. Set "Who can see your future posts" to Friends.
- [ ] **Turn off location on your posts.** Skip the location tag, and turn off location access for social apps in your phone's settings.
- [ ] **Post vacation photos after you get home.** "Just landed in Cancun" tells everyone your house is empty for a week.

Menu names can change a little with app updates. If you cannot find one, search for "privacy" in the app's settings.

ONE MORE THING

Every video where you speak is a sample of your voice. AI can now copy a voice from about three seconds of audio. Setting video posts to friends only takes ten seconds and removes that material from public view.

- [ ] Set my video posts to friends only

SECTION 3

Email Red Flags

What to look for now that AI writes the scams

Scam emails used to be easy to spot. Bad spelling, odd phrasing, "Dear Valued Customer." AI fixed all of that. Here is what actually gives them away now.

Spot the Flags

From: Account Security <alerts@secure-acct-verify.co> 4
Subject: Action required: your account will be closed in 24 hours 1

We noticed unusual activity. To keep your account open, confirm your password and card details now. 3
Verify my account 2

An example we made up. The numbers match the red flags below.

Do Not Click If

- [ ] **1.** It pushes you to act immediately. "Urgent." "Act now." "Your account will be closed."
- [ ] **2.** You were not expecting it, and it wants you to click a link or open a file.
- [ ] **3.** It asks for a password, a payment, or personal information.
- [ ] **4.** The sender's real address does not match the company. Tap the name to see it.
- [ ] **5.** It has a QR code you were not expecting. Do not scan it. Type the company's address instead.

WHEN IN DOUBT

Do not use anything in the email. Not the link, not the phone number, not the reply button. Open a browser, type the company's address yourself, and log in there. If something really does need your attention, you will see it there.

THE SHORTCUT

Real companies give you time. Anything that insists you act this minute is telling you something about itself.

SECTION 4

Public WiFi and Bluetooth

What not to do at the coffee shop

THE SIMPLE RULE

If you would not shout it across a crowded room, do not do it on public WiFi.

Save These for Home

- [ ] Banking and moving money
- [ ] Shopping and entering card numbers
- [ ] Anything that requires a password

AIRPORTS AND HOTELS NEED EXTRA CARE

Busy places are where people set up fake hotspots with convincing names like "Airport Free WiFi." Before connecting, check the exact name on a sign or ask staff. Better still, skip it and use your phone's hotspot.

THE FIX

Use your phone's hotspot instead. It is your own connection, it is encrypted (scrambled so others cannot read it), and it takes about fifteen seconds to turn on.
iPhone: Settings, then Personal Hotspot.
Android: Settings, then Network and internet (or Connections), then Hotspot.

Bluetooth and Sharing

- [ ] Set AirDrop or Quick Share to Contacts Only, so strangers nearby cannot send you files
- [ ] Decline any pairing request you did not start
- [ ] Keep your phone updated. Updates close the Bluetooth security gaps attackers actually use.

SECTION 5

The Pause Test

One question that works on nearly every scam

Scams work by rushing you. Whether it arrives by phone, email, or text, a scam needs you to act before you think. So the whole defense is one question.

BEFORE YOU CLICK, REPLY, OR SEND ANYTHING

"Was I expecting this?"

YES, I WAS

Still go to the company directly if it asks you to click a link, pay, or log in.

NO, I WAS NOT

Stop. Go to the company or person yourself, using a number or address you already have.

Try It

IT SAYS	YOUR MOVE
"Your package is on hold. Tap to reschedule."	Not expecting it? Check your order in the store's app or website.
"Your bank card is locked. Call this number."	Call the number on the back of your card instead.
"Mom, I lost my phone. Text me on this new number."	Call your child on the number you already have.

TEACH THIS ONE TO YOUR FAMILY

Kids can use it. Grandparents can use it. It takes three seconds, and it works on new scams too.

- [ ] Taught the Pause Test to my family

That's five minutes well spent.



You just closed the five doors scammers use most often. Weak passwords. Open profiles. Rushed clicks. Unsecured connections. And the split second where you almost acted without thinking.

Perfect security does not exist. But most scammers are not after a challenge. They are after whoever is easiest. You just made yourself a lot harder to reach.

Print this out and run through it with your family. It works better as a conversation than a checklist.

SCAMS CHANGE EVERY MONTH

Get our free scam alerts and know what is going around before it reaches you.

Want to go further? Our guides cover your own accounts, the whole family, seniors, and AI-powered scams, step by step. See them all at simpledigitalsafety.com/shop.

Simple Digital Safety
Created by a Digital Safety Expert · 20+ Years Experience

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