SILVER SECURITY SQUAD

The Weekend Safety Checkup

15 things to set up with Mom & Dad in one afternoon

Do these together, at the kitchen table. Let them tap the buttons, so they remember how.

Phone & computer

- [ ] Turn on automatic updates for the phone and computer.
- [ ] Save the doctor, pharmacy, hospital and family in contacts. Then set unknown callers to **screen, not silence** (iPhone: Screen Unknown Callers → Ask Reason for Calling).
- [ ] Set a screen-lock passcode they can remember.
- [ ] Remove any remote-access apps they don't recognize.

Money

- [ ] Turn on bank and card alerts for purchases over a set amount.
- [ ] Name a trusted contact on bank and investment accounts.
- [ ] Freeze their credit at Equifax, Experian and TransUnion. It's free.

Accounts & passwords

- [ ] Turn on two-step verification for email first. Email unlocks everything else. Where it's offered (Google, Apple, Amazon, many banks), set up a **passkey** instead: they sign in with their face, fingerprint or phone PIN, and there's no password for a scammer to steal.
- [ ] Check that the recovery phone number and backup email are current.
- [ ] Pick one home for passwords: a password manager, or a written book hidden at home. Never keep it in a purse or wallet.
- [ ] Add you as a legacy contact on their Apple or Google account.

Scam-proof the family

- [ ] Agree on a family code word for any emergency call, even if the voice sounds right.
- [ ] Practice the rule: hang up, then call back on a number you already know.
- [ ] Write your number and the bank's fraud line on a card by the phone.
- [ ] Post this on the fridge: real agencies never ask for gift cards, crypto or wire transfers.

Ready for the next step?

The **Parent Emergency & Digital Safety Kit** gives you the fill-in emergency sheet, step-by-step phone settings, a scam fridge card, a legal papers checklist and a backup caregiver plan.

Get the kit · $27
silversecuritysquad.com/kit

Debbie, Silver Security Squad · Information security leader and consultant for 25+ years. Helping you keep Mom and Dad safe online and off.