



Cyber Safety Habits Check

Email, texting, gaming, smart TVs, smart watches, apps, AI, social media content, and on and on. We are much more connected (and much more vulnerable) than we realize. Cybersecurity isn't just for work. It's for friends and families. It's for everyone, because cyber risks are present in our daily lives. This quiz is a simple way to get you thinking about digital habits. There are no right or wrong answers, but rather more or less risk exposure.

Discuss with friends, family, colleagues, and learn from each other!

1. How do you secure your accounts that require credentials, and what do you use?

- A. I use the same password for all accounts. It's fine as long as it's strong and I don't share it.
- B. I use a strong, unique password for every account.
- C. I use a combination of passwords and MFA.

5. Do you review what personal information you post online about yourself or others?

- A. Sometimes, and nothing private, just things like where I work, go to school, favorite shops, etc.
- B. No, I've never had problems, so no big deal.
- C. Always. I never post any info such as addresses, phone numbers, birthdates, and PII.



2. How do you manage your passwords?

- A. I keep my passwords in a digital file, such as a spreadsheet or text document, so they are easy to access.
- B. I use a password manager to take care of all my passwords.
- C. I use a combination of digital files and writing down my passwords.



6. Do you have a list of things to do if one of your accounts is hacked?

- A. No. I don't think it will ever happen. If it does, there's nothing I can do about it.
- B. Yes, I have a list of steps that detail what to do and who to report it to.
- C. I know I should change the password, but no plan beyond that.

3. How often do you update your devices and apps?

- A. Only when I get a notification and I am forced to so I can keep using it.
- B. As soon as updates are available. I check for any updates regularly.
- C. When I read or hear about a security issue or new feature that I want.



7. Are the privacy settings activated and configured on all of your accounts and apps?

- A. Yes, I have checked the settings on all my accounts and limited what info and data is shared.
- B. I don't know how to do that. It's too complicated.
- C. I haven't checked all of my accounts and apps. There's too many.

4. How often do you change your passwords, and do you change all of them?

- A. I change my passwords when I remember to, but only the most important ones.
- B. I never change passwords unless the account or app forces me to.
- C. I change all of my passwords periodically every 1-3 months.

8. Do you verify website links in emails and texts?

- A. Always. I look for anything suspicious, such as misspellings or strange characters.
- B. Never if it's from someone I know or trust.
- C. Sometimes, but only if something looks weird.



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