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Cyber Optimists.

Personal Privacy Checklist

Secure Your Browsing

Minimize your digital footprint by enabling privacy features.

- □ Use privacy plug-ins, such as Ghostery, and DuckDuckGo.
- □ Use a reputable commercial VPN, or turn on ‘private relay’ on Apple devices.
- □ Turn off cross-site tracking in your browser.

Secure Your Social Media

Limit data sharing, particularly photos and videos.

- □ Think about what you share and how it could be used by a fraudster.
- □ Limit visibility of what you share to close connections.
- □ Check for personal information in background.

Have a Plan

Ensure policies and principles to stay safe at work.

- □ At work, ensure you have policies and training to educate and inform employees about deepfake use.
- □ Training is continuous. Share examples as they arise.

Don’t Take the Bait

Be skeptical of unusual requests and stay up-to-date on new breaches and tactics.

- □ Identify manipulation tactics, such as creating a sense of urgency.
- □ Always verify with sender before giving personal information.
- □ Subscribe to credit monitoring services, especially if you’ve already been breached.
- □ Subscribe to breach monitoring services (such as haveIbeenpwnd).

Secure Your Mobile

After updates, and when installing new apps, lock down your privacy.

- □ Turn off location tracking in phone settings.
- □ Disable personalized ads in settings on your mobile.
- □ Limit access to camera, microphone, WiFi, and Bluetooth within each app.
- □ Tighten privacy settings within each app.

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