



# Our Family Cyber Checklist



## 🎉 Congratulations!

**If you're reading this, you're the Chief Family Security Officer—great job! 🍊**

With many devices and accounts per family, keeping track of them all can be tough.

Use the following worksheets to track important devices and accounts, ensuring best security practices are being used and that you've got backups for your most critical and precious info.

**For extra help on any of the steps, visit [wizer-training.com/workbook](https://wizer-training.com/workbook)**



## Account Status



List out your most critical accounts and do a quick healthcheck on your password strength for each.

| Account | Owner? | Is This Login Shared? | How Is It Shared? | Is MFA On? | Password Used Elsewhere? |
|---------|--------|-----------------------|-------------------|------------|--------------------------|
| Bank    | Mom    | Yes                   | Emailed To Mom    | Yes        | No                       |
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# Account Status Con't



List out your most critical accounts and do a quick healthcheck on your password strength for each.

| Account   | Owner? | Is This Login Shared? | How Is It Shared? | Is MFA On? | Password Used Elsewhere? |
|-----------|--------|-----------------------|-------------------|------------|--------------------------|
| Instagram | Judy   | No                    | N/A               | Yes        | No                       |
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# Update Devices & Apps

## What Is An Update?

Manufacturers and software providers regularly release updates to issue fixes and improve their systems (aka patching).

Keeping your devices and software updated is important because cyber criminals exploit old vulnerabilities in unpatched systems to attack them.

## What Needs Updating?

- Your physical device's operating systems - Laptops, Tablets, Mobile Phones
- The apps you download to these devices (Instagram, Bank app, Zelle, Maps, etc)
- Even the internet browser you use! (Chrome, Safari, Mozilla, etc)

**The good news is you can turn on automatic updates for many of these.**

For those you cannot, it's a good idea to keep track the last time they had a proper update. For a full guide visit [wizer-training.com/workbook](https://wizer-training.com/workbook)



## Device Check For Updates



Take inventory of your devices and ensure auto-updates are turned on when possible!

| Device | Owner? | Auto Updates Turned On? |
|--------|--------|-------------------------|
| Ipad   | Dad    | Yes                     |
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## The Top 5 Reasons To Backup Your Data

**Hardware failure** - Your computer dies, spills happen or Mother Nature just decides to surprise you with an earthquake, flood, lightning strike, etc.

**You made a mistake** - You deleted something by accident. Don't worry - it happens to the best of us!

**Software issues** - You ran an update and it killed your computer (literally).

**Ransomware** - You got locked out of your data by cyber criminals.

**Something is compromised** - Criminals hacked you through a different method and compromised your data.

## How To Back Up Your Computer?

Did you know that Mac and Windows have free backup software built into the operating system? Here's how to access the free backup software:

### On Windows

Control Panel > System and Maintenance > Backup and Restore

### On Mac

System Preferences > Time Machine

## Other Tips To Consider

Establish a routine backup schedule like monthly, quarterly or twice a year.

For critical documents, keep physical copies in a fireproof/waterproof safe.



## Backups Log



What data and memories are the most critical for your family were an incident to occur? Back up that info first.

| Device / Account     | Owner? | Where Is It Backedup? | Date Last Backed Up? |
|----------------------|--------|-----------------------|----------------------|
| ABC Health Insurance | Dad    | External hard drive   | January 2024         |
| Taxes                | Mom    | Mom's Google Drive    | October 2024         |
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## Backups Log Con't



Don't forget special photos, birth and marriage certificates, passports, medical records, wills, special projects, etc.

| Device / Account     | Owner? | Where Is It Backedup? | Date Last Backed Up? |
|----------------------|--------|-----------------------|----------------------|
| Our Family Genealogy | Dad    | Yes                   | January 2024         |
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## To Recap Best Practices For Online Safety

- 1** Secure Your Passwords
- 2** Use MFA
- 3** Keep Devices Updated!
- 4** Back Up Your Digital Life
- 5** Protect Your Social Media
- 6** Safeguard Your Privacy
- 7** Learn About Common Scams

Need Help? Visit Us

[wizer-training.com/workbook](https://wizer-training.com/workbook)