

# Mother's Day: Embracing Cyber Hygiene

Celebrate this Mother's Day by gifting not just the flowers but the timeless promise of cybersecurity Presented by FNF Global Innovation Hub



# **Update**, update:

Make sure your software and apps are up to date. Delete unused apps and software that could be exploited to access your device



### Stronger Together:

Protect your accounts with passphrases + long and memorable (like apricot-stingray-antarctica). Use a password manager like <u>Bitwarden</u> or ProtonPass for extra security. And don't forget to add an extra layer with multifactor authentication



# **Take Control of Your Privacy:**

Decide which apps can access your phone's features like location and camera. It's your space, so set the boundaries that feel right for you.



Choose browsers like Firefox that prioritize your privacy. Add-ons like Privacy Badger act as your online bodyguard, keeping trackers at bay

Navigate the Web Safely:



Whether you're at a coffee shop or the train station, use a trusted VPN like <u>ProtonVPN</u> to keep your internet activities private and secure



**Lock Away Your Digital Treasures:** 

Embrace end-to-end encryption with services like Signal for messaging, ProtonMail for emails, and Standard Notes for jotting down thoughts. Your data deserves the utmost protections



Be vigilant against phishing attempts. Always verify the sender's address before clicking on any links or sharing sensitive information

