Digital Safety Essentials

GENERATIONAL KNOWLEDGE LLC

A quick-start checklist for safer everyday technology.

Protect Your Accounts

- Use a unique, long password for every important account. A password manager can help.
- Turn on multifactor authentication (MFA), especially for email, banking, and shopping.
- Keep recovery email addresses and phone numbers up to date.

Recognize Common Scams

- Pause when a message creates urgency, fear, secrecy, or pressure.
- Do not share one-time sign-in codes with unexpected callers or messages.
- Verify requests using an independently located phone number or official app.
- Avoid clicking unexpected delivery, payment, or account-warning links.

Protecting Your Devices & Information

- Install device and app updates promptly.
- Use a screen lock and enable device-finding features.
- Back up important photos and files.
- Review app permissions and remove apps you no longer use.

If Something Goes Wrong

1. Stop interacting with the suspicious message or caller.
2. If you have already entered a password, change it from a trusted device and review account activity.
3. Contact your bank promptly if payment details or money may be affected.
4. Report suspected fraud at ReportFraud.ftc.gov.

My Next Safety Step

This week I will:

*Educational information, not individualized cybersecurity or legal advice.