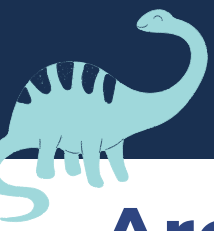
Phriendly Phishing

Data Privacy Week

DATA PRIVACY WEEK: Cyber Hygiene Checklist



Are you a Data Dinosaur?

If you're more of the set and forget kind when it comes to apps, online accounts and social media, you might want to take some action on where your data is going, who can access it and what you have posted.

Here is a quick checklist of items to audit quarterly and monthly and even a handy daily action item for each day of data privacy week.

QUARTERLY: DELETE UNUSED APPS

Try doing an "app audit" every 3 months or so. Go through the apps you've downloaded, check the privacy settings in each one's settings section, then customise them according to how much data you're comfortable sharing. If you're the organised type, set a date with yourself every quarter and check in with your apps again. If you haven't used an app for three months, it's definitely time to say goodbye.

MONTHLY: CHECK APP SETTING PERMISSIONS

Staying up to date on your app and software permissions is a great way to keep control of what you're sharing. Setting aside some time each month for regular check-ups will help ensure that no surprises come up when it comes to data collection. You can find all the settings by accessing general device options but watch out - many apps might try convincing you into giving constant access!

To get started on taking back the reins in terms of privacy, these are just some of the default features worth switching off if they're not necessary or relevant:

- [ ] Camera - off
- [ ] Microphone – off
- [ ] Location - off
- [ ] Sync contacts – off

**Just remember some apps need permission to work correctly – for example Instagram needs your gallery access to upload photos and videos, and the mic to record your voice. It's all up to you and it depends on how you use your apps.

It's time to take data privacy seriously, and it starts with the best practices, awareness and education.

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7 DAY CYBER CHECKLIST - DATA PRIVACY WEEK

DAY 1

Check your most used email address on Have I Been Pwned?

This website will check if your email or phone has been exposed in a data breach.

It will also provide you with helpful security awareness tips.

DAY 2

Change Passwords for online accounts and install a password manager with a master password to keep track of them.

For more tips on passwords, check out our blog post: A guide to creating strong passwords to keep your information secure.

DAY 3

Review which websites have saved your payment details (such as a credit card details.) It's important to change payment details to a third-party payment service, such as PayPal.

DAY 4

Review app permissions on your internet devices – not just the smart phone, look at your smart TV, virtual assistant devices (such as Google Nest, Amazon Echo etc) Air purifiers, surveillance cameras and more - and remove any permissions that aren't required for the device or it's app to work.

DAY 5

Do an online friend stocktake. In the past, you may have unknowingly accepted friend requests and followers from bots, impersonators, or people in passing that you accepted to be polite. Rethink who has access to your info and consider creating 'close friends' lists on applicable socials.

DAY 6

Revise or set up more security on your devices. For example, add fingerprint access to sensitive apps, change your PIN if it's your birthdate or something easily associated with you and edit the timeout function so that your device locks when you're away for a specific amount of time.

DAY 7

Install anti-theft applications to help you locate, lock and wipe your device, should they fall into the wrong hands.