⟨X⟩ Prevent

The theme for Cyber Awareness Month 2022 is 'Take Action'.

Each week we will be focusing on a different area of this topic - Prevent, Protect, Report. This week we are focusing on 'Prevent'.

PREVENT: Be Proactive. In a world of ever-evolving cyber threats, we must take note of and act on cyber security alerts to stay ahead of the game. Working your way through this checklist will help to protect you and reduce the risk of cyber related incidents within Defence.

☐ **List your social media profiles and online subscriptions.**

- This includes saved logins on browsers and other accounts this may be linked to!

- Did you find any old accounts that you don't use anymore? Delete them! You have a right to be forgotten.

☐ **Conduct a password check.**

- How many of these accounts have the same password? Avoid using the same password for multiple accounts.

- Conduct a breach check. Have any of these passwords been leaked? You can check this via various online services, including **'Dehashed'**, **'Have I Been Pwned'** or free services through Apple and Google.

- If any passwords have been breached, change them immediately! Be sure to include a mixture of upper and lower case letters, symbols and numbers.

☐ **Review your profile settings.**

- Take a deep dive into your accounts. Check your profile settings – do you have any personal information on there? If so, no matter how innocuous, ensure that only family and friends can see it by setting your accounts to private.

- Always limit the personal information you share with your apps to only what is strictly necessary.

TAKE ACTION