# Protect

CYBER AWARENESS MONTH

## 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 'Protect'.

**PROTECT:** Be Vigilant. By staying alert and intervening early when we identify suspicious activity, we can reduce, mitigate, and control our cyber vulnerabilities. Working your way through this checklist will help to protect you and reduce the risk of cyber related incidents within Defence.

- [ ] **Regularly check your devices and applications for security updates or patches.**
  - Make sure that automatic updates are enabled where possible to provide a fallback.

- [ ] **Review your applications and permissions.**
  - If you no longer use an application, consider deleting it.
  - Do you know what permissions (e.g. location, camera, microphone) you have granted to the applications on your device? If the permission is not necessary for the app to function, turn it off!
  - Be wary of apps that require location data to track your movements. This can be used by malicious actors. Always consider why, with whom, and where you share location data.

- [ ] **Review your usernames and gaming handles.**
  - Do they mention any personal details such as a name, date of birth or specific job information? Avoid using any information that could be easily identifiable.

- [ ] **Check your background.**
  - Ensure that no sensitive or personal information is showing in your background.
  - Blurring your background does not necessarily remove the risk. A determined threat actor can easily remove this and view potentially sensitive information.

TAKE ACTION