Cyber Seeds Family Pack

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Household Digital Safety & Wellbeing Guide

The Cyber Seeds Family Pack is a calm and practical guide for families seeking to improve their digital safety and wellbeing. Use this guide to implement small, manageable actions that strengthen your household's resilience in the digital world.

Network: Home Wi-Fi & Router

• Change your router's admin password to something unique and secure.
• Use a strong, long Wi-Fi password (12+ characters). Avoid common phrases.
• Disable WPS (Wi-Fi Protected Setup) to reduce easy pairing attacks.
• Create a guest network for visitors and smart devices.
• Enable router firmware updates or schedule monthly checks for updates.

Devices: Phones, Tablets, Computers

• Enable automatic software updates on all devices.
• Set screen locks (PIN/biometrics) on every device.
• Turn on cloud backups (iCloud, Google, OneDrive) to recover data easily.
• Use built-in security (e.g., Windows Defender) or a simple family safety suite.
• Retire or reset old devices that are still signed-in or unused.

Privacy: Protecting Accounts & Data

• Use a password manager to create and store unique passwords.
• Enable multi-factor authentication (MFA) on email, banking, and social accounts.
• Set social media profiles to private and review privacy settings regularly.
• Opt out from common data brokers to reduce personal data exposure.
• Avoid sharing passwords; use family sharing features instead.

Scam Defence: Building a Pause Reflex

• Establish household rules for scams: Pause, Verify, Use official channels.
• Turn on bank alerts for payments and logins to monitor activity.
• Teach children to recognise red flags: urgency, promises of prizes, threats, suspicious links.
• Keep a list of verified contacts for schools, family, and services.
• If you've clicked a suspicious link, run a quick account check and reset passwords.

Wellbeing: Screen Time, Sleep & Calm

• Set device-down times before bed (30-60 minutes).
• Encourage device-free meals to foster connection and reduce stress.
• Use age-appropriate controls and parental guidance features.
• Have open weekly conversations about online experiences and feelings.
• Watch for distress signals (changes in mood or behaviour) and provide support.

Conclusion & Next Steps

• Cyber safety is a journey. Implement changes gradually and consistently.
• Celebrate small wins and repeat positive habits weekly.
• For a professional audit and personalised advice, contact Cyber Seeds for practitioner support.
• Share this guide with family members and friends to promote digital wellbeing.