

Family Pack

Household Digital Clarity • printable guidance

A calm signal — not a score

5 lenses • 2 minutes • clear next steps (no judgement)

Runs locally

No accounts

No tracking

Printable plan

How to use this pack

- ☐ **Take the Snapshot (2 minutes)**
Answer honestly. You get a strongest lens + a focus lens.
- ☐ **Do one tiny action today**
Pick one item from the 'Today' box. That's enough.
- ☐ **Do the week plan when you can**
A single 30-minute tidy-up reduces risk and stress.
- ☐ **Repeat monthly**
Safety is routines, not perfection.

The Calm Baseline (do this once)

- ☐ **Change router admin password**
Different from Wi-Fi password. Stops easy takeovers.
- ☐ **Turn on auto-updates**
For phones, tablets, laptops (and router if possible).
- ☐ **Protect your main email**
Add 2-step verification. Email resets everything.

If you think you've been hacked (calm steps)

- ☐ **Stop + pause**
Don't reply. Don't click more links.
- ☐ **Change password + log out**
Start with email, then banking, then social.
- ☐ **Turn on 2-step**
Use an authenticator app if possible.
- ☐ **Scan device**
Update, restart, and run built-in security checks.
- ☐ **Tell someone**
You don't need to handle this alone.

Network Lens

A calm plan for the next step.

Make Wi-Fi trustworthy for everyone in the home.

Today (10 minutes)

- ☐ **Find the router app/login**
Use the sticker on the router or your ISP app.
- ☐ **Change admin password**
Make it unique and store it safely.
- ☐ **Turn off WPS**
Stops push-button pairing risks.

This week (30 minutes)

- ☐ **Create a guest network**
Use it for visitors + smart TVs.
- ☐ **Check connected devices**
Remove anything you don't recognise.
- ☐ **Rename Wi-Fi**
Avoid names that reveal your address/family name.

This month (steady upgrade)

- ☐ **Confirm firmware updates**
Auto-update if supported.
- ☐ **Write router details**
Keep ISP login + model somewhere safe.
- ☐ **Review again**
2 minutes: who is connected?

Digital Seed

Once a month, open your router/app and check 'connected devices'.

Devices Lens

A calm plan for the next step.

Keep phones, tablets and laptops steady.

Today (10 minutes)

- ☐ **Turn on auto-updates**
iOS/Android/Windows/macOS security fixes.
- ☐ **Set a screen lock**
PIN + biometrics where available.
- ☐ **Enable Find My / device location**
Helps if a device is lost.

This week (30 minutes)

- ☐ **Check backups**
Make sure photos/files are actually backed up.
- ☐ **Remove unused apps**
Less risk, less clutter.
- ☐ **Update browsers**
Chrome/Firefox/Safari up to date.

This month (steady upgrade)

- ☐ **Test restore**
Restore one file/photo to confirm backup works.
- ☐ **Clean old devices**
Sign out and factory reset if not used.
- ☐ **Family 'update day'**
One day a month: updates + tidy.

Digital Seed

Update + Lock + Backup. That trio prevents most household pain.

Privacy Lens

A calm plan for the next step.

Protect accounts that protect everything else.

Today (10 minutes)

- ☐ **Add 2-step to email**
Email is the reset key for most services.
- ☐ **Update recovery options**
Remove old numbers/emails.
- ☐ **Use unique passwords**
Start with the most important accounts.

This week (30 minutes)

- ☐ **Protect Apple/Google**
Enable 2-step; check devices signed-in.
- ☐ **Review banking alerts**
Enable login + payment alerts.
- ☐ **Check public profiles**
Remove address, routines, school info.

This month (steady upgrade)

- ☐ **Try a password manager**
Optional, but reduces mental load.
- ☐ **Delete unused accounts**
Old accounts become risk later.
- ☐ **Check data broker options**
Opt out where possible.

Digital Seed

Root accounts first: email + Apple/Google. Everything else follows.

Scam Defence Lens

A calm plan for the next step.

Build a calm pause reflex.

Today (10 minutes)

- ☐ **Write one rule**
No payments via links in messages.
- ☐ **Save real bank numbers**
Use the number on your card/app.
- ☐ **Talk about urgency**
'Urgent' is the scam red flag.

This week (30 minutes)

- ☐ **Enable alerts**
Banking notifications for payments/logins.
- ☐ **Teach 'PAUSE'**
Pause • Ask • Use official route • Save • Exit.
- ☐ **Report + delete**
Forward scam texts to 7726 in the UK.

This month (steady upgrade)

- ☐ **Practice a drill**
What would we do if we got a fake parcel text?
- ☐ **Check subscriptions**
Cancel unknown direct debits.
- ☐ **Share examples**
Show children 1 scam pattern calmly.

Digital Seed

You don't need perfect judgement — you need a habit: pause, verify, proceed.

Wellbeing Lens

A calm plan for the next step.

Protect sleep, calm, and attention.

Today (10 minutes)

- ☐ **Set one bedtime boundary**
30–60 minutes device-down before sleep.
- ☐ **Charge devices out of bedrooms**
Even one night a week helps.
- ☐ **Use Screen Time tools**
Visibility, not punishment.

This week (30 minutes)

- ☐ **Device-free meals**
One meal a day with no screens.
- ☐ **Open door rule**
No shame for telling adults about online discomfort.
- ☐ **Content hygiene**
Unfollow accounts that spike anxiety.

This month (steady upgrade)

- ☐ **Family check-in**
'Anything online felt confusing this week?'
- ☐ **Review app permissions**
Location/camera/mic — turn off what's not needed.
- ☐ **Balance defaults**
Night Shift, Focus modes, downtime.

Digital Seed

Protect sleep first. Everything gets easier when rest is protected.

The monthly rhythm (recommended)

- ☐ **Week 1**
Snapshot + choose one focus lens.
- ☐ **Week 2**
Do the 'This week' actions for that lens.
- ☐ **Week 3**
Protect your root accounts (email + Apple/Google).
- ☐ **Week 4**
Wellbeing check-in + device updates.

Remember

Cyber safety is not a personality test. It's household maintenance. Small, calm routines protect the people you love.