



My Digital Safety Cheat Sheet

By Trusty: Your Guide to Digital Safety

A quick reminder to help me stay safe and confident online.

Step 1: My Top 5 Cyber Habits

(Choose or write the five habits that I want to remember or improve)

1. _____
2. _____
3. _____
4. _____
5. _____

Need ideas? Here are some helpful habits to choose from:

- Keep my phone and computer updated
- Only download apps from the official app store
- Hover over links before clicking
- Don't share passwords with anyone who contacts me
- Use a different password for each account
- Back up my important files and photos
- Ignore pop-ups that say I've won something
- Pause and double-check scary or urgent messages
- Use antivirus software
- Delete old apps I no longer use
- Check my social media privacy settings

Step 2: My Reminder Phrase

A short phrase to help me pause and stay alert online My phrase: >

----- >

(Examples: Stop, Think, Then Click or When in doubt, check it out)

Step 3: Where I'll Keep This

I'll keep this: -----

On my computer desk

Near my phone

On the fridge

In a notebook

Saved on my phone as a photo

Optional: Share it with someone!

I will help a friend or family member make their own safety cheat sheet!

Name of person I'll share this with: -----