

THE PURSUIT

PROTECTION WITHOUT CONTROL

Cyber-based stalking and abuse can affect anyone, and knowing how to spot warning signs on your devices helps protect your privacy and keep you in control.



PASSWORDS

REVIEW YOUR PASSWORDS.

THREE WORDS UNIQUE TO YOU CAN
KEEP SOMEONE FROM GUESSING
YOUR PASSWORD.

LOCATION SERVICES

WHO HAS ACCESS TO YOUR LOCATION?
APPS LIKE RING AND FINDMY, YOUR
LOCATION CAN BE TRACKED.

CONTROL WHO CAN SEE YOUR LOCATION

Work
Account

Office 365

Key
Personal

Google / Email
iCloud / Banking

General

Shopping, parking
apps, tv streaming



THE PURSUIT

PROTECTION
WITHOUT
CONTROL

BATTERY USAGE

CHECK WHICH APPS USE THE MOST
BATTERY ON YOUR PHONE.

DO YOU USE THE APP OFTEN? IF YOU
DON'T KNOW WHAT IT DOES, THEN ITS
BEST TO REVIEW AND DELETE IT.



FINANCE

BEFORE MANAGING FINANCES,
UPDATE YOUR PASSWORDS AND
SECURE YOUR DEVICE.

CHECK WHO HAS ACCESS TO YOUR
ACCOUNTS AND MONITOR WHERE
YOUR MONEY IS BEING SPENT.



Keep control of your digital life:

- Secure accounts
- Update passwords
- Review apps & check activity to protect your finances and data

