

# Digital Safety Family Checkup

From text scams to social media slip-ups, cybersecurity risks don't just affect IT teams — they show up in our daily lives, across every age group. This 8-question checkup is a simple way to explore how your household, classroom, or workplace is doing with everyday digital habits. Use it to start a conversation, spot easy wins, and learn from each other. Let's get sharper together!

**Discuss each one together as a family and add up your score at the end!**

## 1. If someone texts pretending to be a family member or friend in trouble, what should you do?

- A. Ask them to confirm a personal detail over text before continuing.
- B. Call the person directly or verify using a trusted method before responding.
- C. Respond right away to help. It could be urgent.

## 2. How is your family managing passwords?

- A. We use unique passwords for important accounts like banking and email, and share passwords for shared accounts such as streaming services.
- B. Use the same password across accounts to keep things simple.
- C. We use strong, unique passwords for each account and store them in a password manager.

## 3. How often are your family's devices updated?

- A. We update them when we hear about a new feature or security issue.
- B. We have automatic updates enabled or check regularly for updates.
- C. Updates are annoying and slow my device down. We skip them unless the device forces it.

## 4. How do you secure important accounts like email or banking?

- A. A single, strong password is all you need as long as you don't share it.
- B. We use multi-factor authentication (MFA) for an extra layer of protection.
- C. We use a strong, unique password for each of our accounts.

## 5. Have you reviewed what personal info your family shares online?

- A. We've looked at our social media profiles, but not in detail.
- B. If it's online, it's already public, so it's no big deal.
- C. Yes: we've talked about keeping details like school names and birthdates private.

## 6. Do you have a plan if someone in the family's account is hacked?

- A. We hope it won't happen, so we don't really have a plan.
- B. We've talked about what to do; like changing passwords and reporting it where possible.
- C. We know we should do something, but we haven't planned exactly what.

## 7. Are privacy settings locked down on everyone's apps and accounts?

- A. Yes: we've gone through settings to limit who sees what.
- B. That's too complicated, we just use default settings.
- C. Some accounts are private, but we haven't checked them all.

## 8. How do you verify if a message or link is fake?

- A. Look at the context of the message. The more urgent the message, the more likely it is an attack.
- B. If it mentions a known company, it must be safe.
- C. Trust your gut; if it looks off, it probably is.

### Scoring Guide:

**12–16 points: Cyber Star** | You're making excellent choices and setting a great example for others. Share what you know; your habits could inspire someone else!

**7–11 points: Solid Foundation** | You've got some strong habits in place. A few small changes could level up your digital safety even more. Keep going!

**3–6 points: Room to Grow** | You're on the right path, but there's some work to do. Use this as a starting point. Even one change can make a big difference!

**0–2 points: Fresh Start** | Hey, everyone starts somewhere. The good news? You're here and ready to learn. Let's build safer habits together; one step at a time.

SANS

#Secure the Generations

Answers:  
1) A=1 point, B=2 points, C=0 points  
2) A=1 point, B=2 points, C=0 points  
3) A=1 point, B=2 points, C=0 points  
4) A=0 points, B=2 points, C=1 point  
5) A=1 point, B=0 points, C=2 points  
6) A=0 points, B=2 points, C=1 point  
7) A=2 points, B=0 points, C=1 point  
8) A=2 points, B=0 points, C=1 point