



SO THEY'RE LONG, STRONG AND HARD TO CRACK

Long, strong and unique passwords are much harder for attackers to crack. Upsizing your passwords is one of the best ways to Cyber Up and protect yourself online.

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SO YOUR ONLINE ACCOUNTS HAVE DOUBLE PROTECTION

Upgrading to two factor authentication (2FA) adds another layer of security to your accounts. It's a simple extra step after you log in, like using your thumb print or entering a code from an app. You can enable 2FA on most of your online accounts, and your devices. You'll usually find the option to turn it on in the privacy settings.

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TO KEEP BUGS AND VIRUSES OUT

Updating your apps and devices helps to keep bugs and viruses out. Updates not only add new features, they also fix security risks that attackers can use to gain access to your information. Set updates to happen automatically whenever a new version is available. Then you don't have to think about it.

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TO KEEP YOUR PERSONAL INFORMATION SECURE

Take control of the personal information you share online and uphold your privacy. Start by checking that your social media settings are switched to 'Friends only', and check that any requests for personal information are legitimate before you share your details.

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