

Checklist - Cybersecurity Checklist for Everyday Users

Cyber security is a complex subject and many of us don't have access to sophisticated cyber security systems or support. You cannot absolutely rely on AI but for those of us who don't know a lot about cyber security it can be used to help you. However, the Golden Rule is always, unless you're sure about something – don't.

1. **Check Suspicious Links**

Paste any link from an email or message and ask: *"Is this link safe?"*

2. **Verify Email Authenticity**

Copy the email text and ask: *"Does this look like a phishing email?"*

3. **Scan Attachments Before Opening**

Ask what risks to look for and how to confirm an attachment is safe.

4. **Create Strong Passwords**

Ask me to generate secure passwords and tips for managing them.

5. **Spot Fake News or Misinformation**

Share a headline or article and ask: *"Is this likely to be misinformation?"*

6. **Explain Security Settings**

Ask: *"How do I enable two-factor authentication on Gmail?"*

7. **Check Website Safety**

Paste a website URL and ask: *"Is this site trustworthy?"*

8. Identify Common Scams

Ask: *"What are the latest charity scams?"*

9. Help with Data Breach Checks

Ask: *"How do I check if my email was in a data breach?"*

10. Generate Cybersecurity Reminders

Ask me to create a simple recurring checklist for tasks like updating software, backing up data, and reviewing privacy settings.

11. Review Social Media Privacy Settings

Ask: *"How do I make my Facebook or LinkedIn account more secure?"* I can give step-by-step guidance.



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