7 Steps to Better Cyber Security

1. Stop thinking it won't happen to you! Everyone is vulnerable to threats online.
2. Don't open email attachments you weren't expecting. Don't respond to texts from unknown numbers.
3. Update your devices regularly: computers, tablets, smartphones.
4. Don't connect to unsecure networks, especially when handling sensitive information, like your bank account.
5. Secure your smartphone with a password or use biometrics such as Face ID.
6. Use strong passwords with a mix of letters, numbers, special characters and spaces. Use 2 factor authentication when available.
7. Stay skeptical! Take the time to verify sources of emails, posts, and text messages.