



# Household Cyber Safety Quick Start

Simple actions a family can start today to reduce malware and scam risk.

<b>Audience</b>	Families, caregivers, older adults, teens, and community helpers.
<b>Purpose</b>	Give the household a clear first path before deeper technical guidance.
<b>Best use</b>	Use this first when a family asks where to begin.

## Start with these actions

<input type="checkbox"/>	Protect email first because it resets many other accounts.
<input type="checkbox"/>	Use a long unique password for email, banking, and phone carrier accounts.
<input type="checkbox"/>	Turn on multifactor authentication for email, banking, social media, and cloud accounts.
<input type="checkbox"/>	Turn on automatic updates for phones, computers, browsers, and apps.
<input type="checkbox"/>	Do not click links in surprise bank, package, prize, or support messages.
<input type="checkbox"/>	Ask a trusted person before sending money, codes, passwords, or gift cards.

## Family rule

If a message creates fear, pressure, or secrecy, pause before acting. Real support should allow calm verification.

## Next step

Open the baseline checklist and the stop verify report playbook. They turn this quick start into a repeatable home routine.

*Keep this guide near the device or account it protects. Small habits make a real difference when they are repeated.*