

# Basic Cybersecurity Guidelines for Everyday Internet Users

This guide provides clear, beginner-friendly cybersecurity guidelines for everyday users—parents, seniors, and anyone who uses the internet for browsing, shopping, banking, or social media.

## What Is Cybersecurity?

**Cybersecurity is the practice of protecting your personal information, accounts, and devices from online threats such as scams, fraud, hacking, and identity theft.**

## Be Skeptical of Unexpected Messages

Most cyberattacks begin with deception, not hacking. Be cautious with messages that create urgency, request personal information, or ask you to click links or open attachments.

## Use Strong, Unique Passwords

Never reuse passwords across important accounts. Use long passwords or passphrases and avoid personal information.

## Enable Two-Factor Authentication (2FA)

Two-factor authentication adds a second layer of protection and blocks most account takeovers.

## Keep Devices and Software Updated

Updates fix known security weaknesses. Turn on automatic updates for devices, browsers, and apps.

## Browse the Web Carefully

Look for secure websites, avoid suspicious pop-ups, and be wary of offers that seem too good to be true.

## Protect Financial Accounts

Review statements regularly, enable alerts, and avoid accessing financial accounts on public Wi-Fi.

## Limit Social Media Sharing

Oversharing makes scams easier. Avoid posting birthdates, addresses, or travel plans.

## Back Up Important Data

Backups ensure recovery if your device is lost, stolen, or infected. Use cloud and/or external backups.

## Cybersecurity Is About Confidence, Not Fear

Cybersecurity does not require perfection. Awareness, consistency, and calm decision-making dramatically reduce risk and help you use the internet with confidence.

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