

# FAMILY CYBERSECURITY ASSESSMENT TEMPLATE



## Welcome to Your Family's Digital Safety Checkup!

The assessment you are about to undertake is designed to help families identify areas of improvement and initiate discussions about online safety. It can be used as a starting point for enhancing your family's cybersecurity practices.

### Instructions:

- Rate each item on a scale of 1 to 5, with 1 being the least secure and 5 being the most secure.
- After rating each item, add up your scores for each section.
- Review the recommendations for improvement at the end.

### Section 1: Passwords and Account Security

- We use strong, unique passwords for our online accounts ( )
- We change our passwords regularly ( )
- We store passwords securely (e.g., using a password manager) ( )
- We have enabled two-factor authentication (2FA) on important accounts ( )
- We do not share passwords with others ( )

### Section 2: Social Media and Privacy

- We review and update privacy settings on social media profiles ( )
- We are cautious about sharing personal information online ( )
- We do not accept friend requests from unknown individuals ( )
- We are aware of the risks of sharing location information ( )

- We have set social media profiles to private ( )

### **Section 3: Safe Browsing Habits**

- We use secure, up-to-date web browsers ( )
- We avoid clicking on suspicious links or downloading unknown files ( )
- We have ad-blockers and anti-malware software installed ( )
- We are cautious when sharing personal information on websites ( )
- We verify the legitimacy of websites before entering personal data ( )

### **Section 4: Device and Network Security**

- We keep our devices (computers, smartphones) updated with the latest security patches ( )
- We have a strong, unique Wi-Fi password ( )
- We use a secure, encrypted Wi-Fi network ( )
- We have installed and regularly update antivirus software ( )
- We use a firewall on our devices ( )

### **Section 5: Family Education and Communication**

- We regularly discuss online safety as a family ( )
- We have a plan in case of cyber threats or incidents ( )
- We educate our children about online safety ( )
- We communicate openly about our online experiences ( )
- We know how to recognize and report online threats ( )

**Total Score (out of 100):** \_\_\_\_\_

### **Recommendations for Improvement:**

- Focus on improving areas where you scored the lowest.
- Consider using a password manager to strengthen your password security.
- Educate family members on the importance of online safety.
- Enable two-factor authentication on all important accounts.
- Regularly update all devices and software for security.

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