



## Personal Online Safety Audit Checklist

### 20-Point Everyday Cyber Safety Audit

- Are important passwords unique?
- Is email protected with MFA?
- Is banking MFA enabled?
- Is social media MFA enabled?
- Is a password manager used?
- Are suspicious texts ignored by default?
- Are login links avoided in emails?
- Are shopping sites checked carefully?
- Are payment recipients verified?
- Is public Wi-Fi used cautiously?
- Are phone updates installed?
- Are browser warnings respected?
- Are random downloads avoided?
- Are app permissions reviewed?
- Is social oversharing reduced?
- Are AI scam calls/messages treated sceptically?
- Are family members educated?
- Is there a plan after suspicious activity?
- Is a weekly cyber review habit active?
- Is trust slower than urgency?

Scoring:

17–20 = Strong personal cyber awareness

12–16 = Moderate avoidable exposure

0–11 = High scam vulnerability