

# TÖÖLEHT

## E-küalalistunni teema: Why does cyber security start with you?



**Tagasi Kooli**

Check the boxes that describe your knowledge and behaviour about ways to protect yourself against cyber threats the best.

Ten Ways to Protect Yourself	I was not aware of it, and will not apply it	I was not aware of it, but now I will apply it	I was aware of it, but I hadn't applied it	I was aware of it, and now I will apply it	I was aware of it, and I am applying it
Back up your important data					
Limit sensitive personal info on social media					
Use privacy and security settings					
Use a password manager					
Limit social logins					
Know your digital footprint					
Beware of using public Wi-Fi					
Limit followers and access to social media					
Run antivirus scans and keep software updated					
Think twice before you click					

### To what extent do I take responsibility for my cyber security?

- How many actions was I able to tick off as "I was aware of it and I am applying it"?  
.....
- How many given protective actions was I not aware of? .....
- How many of the actions did I mark as something I will not apply? ..... Why?  
.....
- How many actions did I mark as something I will apply? ..... What are my next steps.....

### In total:

What percentage of these pieces of advice do I follow already?.....

What percentage is my target? .....

What percentage of these pieces of advice will I not follow? ..... That will be my risk. How ready am I to take this risk? .....

What will be my alternative ways to tackle this risk?.....