



# 10-Minute Family Safety Checklist

Simple steps you can take tonight to protect your home network and devices.

## 1 The Basics (Do this tonight)

- Update your Wi-Fi Password**  
Change the default password on the bottom of your internet router to something unique.
- Turn on Automatic Updates**  
Ensure phones, tablets, and laptops are set to update overnight. (Hackers rely on outdated software).
- Check the "Have I Been Pwned" list**  
Enter your main email at [haveibeenpwned.com](https://haveibeenpwned.com) to see if your passwords have been leaked in past data breaches.

## 2 Securing Accounts (Do this this weekend)

- Enable 2FA on the "Big Three"**  
Turn on Two-Factor Authentication for your Email, Bank, and main Social Media account.
- Download a Password Manager**  
Stop writing passwords in notebooks. Install a trusted manager (like Bitwarden or 1Password) for the family.
- Review Privacy Settings**  
Sit down with your kids and set their social media accounts (Instagram, TikTok) to "Private."

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### **Family Culture** (Ongoing)



#### **Establish "Tech-Free" Zones**

Agree on physical spaces where devices are not allowed (e.g., the dinner table, or bedrooms after 9 PM).



#### **The "No-Panic" Rule**

Agree that if a child clicks a bad link or sees something disturbing, they can tell a parent without getting their device immediately taken away.

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**Need help setting this up?**

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