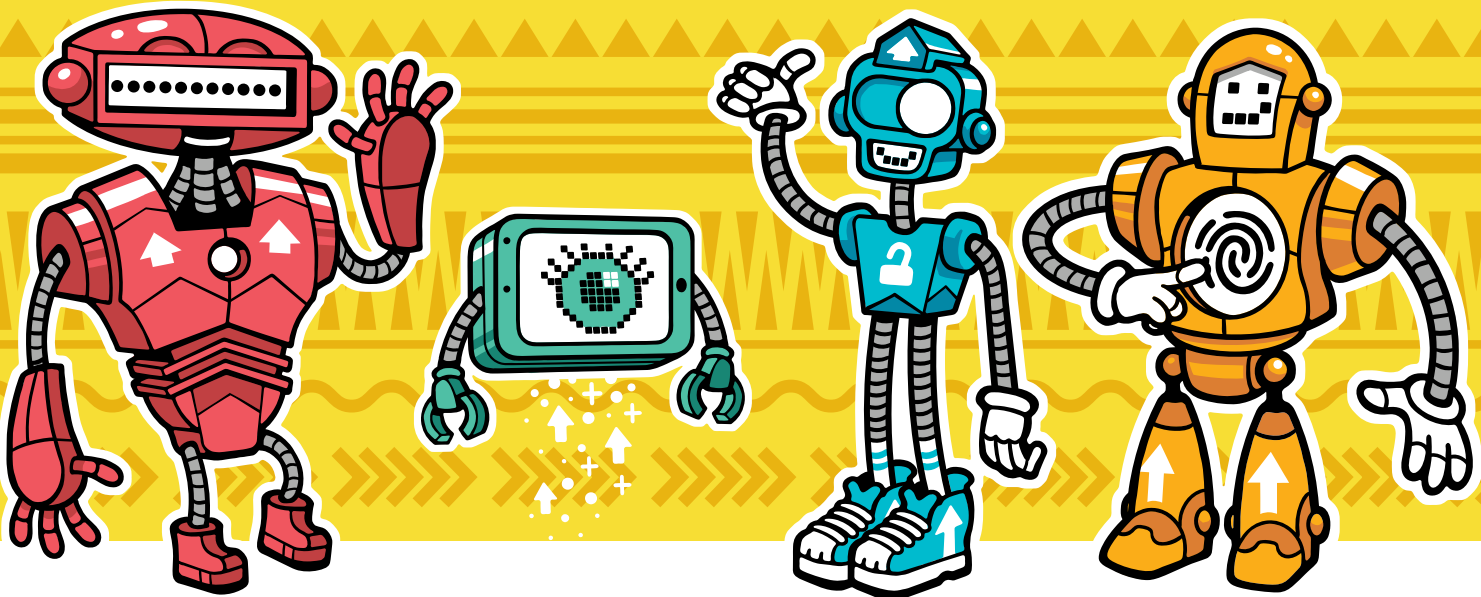


CYBER UP PACIFIC

Cyber security threats are on the rise, and there are four things you can do to up your digital safety and security.



UPSIZE YOUR PASSWORDS

To make them harder to crack.

Long and strong passwords are harder to crack, such as a 'passphrase' which is a string of four or more words. Use different passwords on each account, so that if an attacker gets into one, they can't get into all.

UPDATE YOUR DEVICES AND APPS

To keep bugs and viruses out.

Updates not only add new features, they also fix security risks that attackers can use to gain access to your information. Set updates to happen automatically whenever a new version is available.

UPHOLD YOUR PRIVACY

To control what personal info you share.

Check in settings who can see what, so private stuff stays private. Start by checking social media settings are switched to Friends Only, and that requests for personal info are legitimate before sharing details.

UPGRADE TO TWO-FACTOR AUTHENTICATION

To protect with another layer of security.

It's a simple extra step after you log in, like using your thumbprint or entering a code from an app. You can enable 2FA on most online accounts and devices by turning it on in privacy settings.

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