### **7 Smart Online Safety Steps for Seniors**

### **🛡️ 1. Lock Down Your Devices**

  🔹 Set a strong password or passcode on your phone, tablet, and computer.  
   🔹 Turn on automatic software updates to protect against new threats.

### **🛡️ 2. Watch for Scams**

  🔹 Be cautious of phone calls, emails, or texts asking for money or information.  
   🔹 Avoid clicking on links or attachments you weren’t expecting.

### **🛡️ 3. Use Strong, Unique Passwords**

  🔹 Don’t reuse passwords. Each account should have its own.  
   🔹 Consider using a physical password book or a password manager app.

### **🛡️ 4. Set Up Two-Factor Authentication (2FA)**

  🔹 This adds an extra layer of protection — like a code sent to your phone.  
   🔹 Turn on 2FA for your email, bank, and social media accounts.

### **🛡️ 5. Spot Fake Profiles and Romance Scams**

  🔹 Be cautious with online dating or new friendship requests.  
   🔹 Ask a trusted friend or family member if something seems off.

### **🛡️ 6. Keep Personal Info Private**

  🔹 Don’t post your full address, phone number, or travel plans online.  
   🔹 Think twice before sharing personal info on social media.

### **🛡️ 7. Stay Informed & Connected**

  🔹 Subscribe to trusted newsletters like [CybersecurityCoachOnline.com](https://www.cybersecuritycoachonline.com).  
   🔹 Talk regularly with loved ones about online safety.

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