Six Simple Online Privacy Tips All Seniors Should Know

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Always lock your devices

Even if you live in a safe neighborhood, you probably lock your doors when you aren't home. Why allow anyone the ability to access your digital life? Use the passcode lock feature on your mobile phone or tablets. Be sure to set a password for your home computer or laptop too.

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Create strong passwords

Use a password management system if possible. But if you need to create a password, combine upper and lowercase letters, numbers and symbols. Maybe create a special sentence, switching characters, numbers, or symbols for certain letters: N@m3ch3@p_1s_my_F@vor1t3!:)

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Be careful where you click

Never click on strange links or attachments in emails... Even from people you know well! "Phishing" scams aimed at your inbox are the most common type of cyber attack. They may seem real, but don't EVER click until you know it's genuine. You can always just text, call, or DM the person to check.

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Only visit secure websites

Most of the popular web browsers like Google Chrome, Safari, and Firefox will alert you when a website is "not secure" and isn't offering you a safe connection. Avoid these websites, and NEVER give them your personal or financial information.

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Use multiple factor authentication (or 2FA)

Multiple factor and two-factor authentication (2FA) add a strong extra layer of protection for your personal and financial data. Alongside your account username and password, you enter a one-off code received via call or text. Many financial institutions (and even Namecheap) offer this feature!

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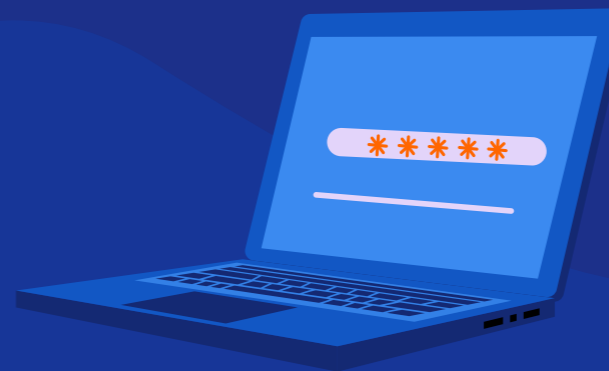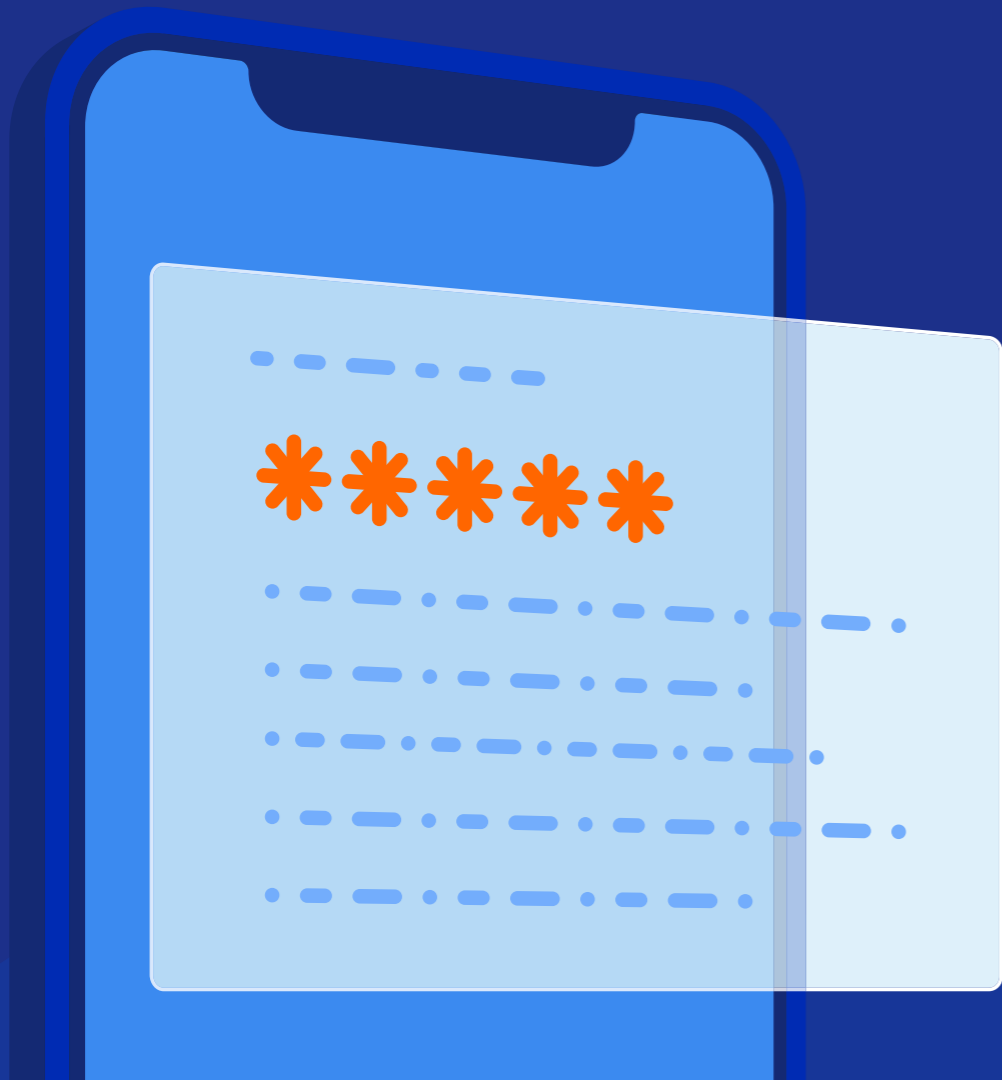
Consult a Trusted Family Member or Friend

Don't let technology overwhelm you, and keep you from making sure your personal data is safe. Ask a trusted tech savvy family member or close friend to help you. If that's not an option, check out reputable resources like AARP (American Association of Retired Persons) or OATS (Older Adults Technology Services).

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