

SECURETOBER

TAKE ONE ACTION EACH DAY. CHECK IT OFF AS YOU GO!

MON

TUE

WED

THU

FRI

SAT

SUN

Small steps. Stronger habits.

Start October 1. Miss a day? Pick up where you left off.

No account or device for a task? Help someone else do it.

01



Delete an unused app

Remove an app you no longer use.

02



Update your phone

Turn on automatic software updates.

03



Check for breaches

Check your email at haveibeenpwned.com.

04



Review social privacy

Choose who can see your posts and profile.

05



Update your computer

Install available software updates.

06



Turn on bank alerts

Get notified about account transactions.

07



Tidy your inbox

Unsubscribe from a trusted list you no longer read.

08



Protect social accounts

Turn on multifactor authentication (MFA).

09



Back up your files

Save a backup of important photos and documents.

10



Check recovery details

Confirm your account recovery email is current.

11



Review your connections

Remove people you do not know or trust.

12



Limit location access

Turn it off for apps that do not need it.

13



Clear browser cookies

Clear stored cookies. You may need to sign in again.

14



Secure your home Wi-Fi

Use a strong, unique Wi-Fi password.

15



Add a screen lock

Use a strong PIN, fingerprint or face recognition.

16



Update your smart TV

Check for and install software updates.

17



Make a family code word

Agree on a private phrase to help verify requests.

18



Strengthen a password

Replace a weak or reused password with a unique one.

19



Clean up your contacts

Remove outdated or unfamiliar entries.

20



Save recovery codes

Store account backup codes in a secure place.

21



Update your wearables

Check your smartwatch or smart ring for updates.

22



Search your name

See what personal information is public online.

23



Update your router

Check for router software updates.

24



Set up a password manager

Use it to create and store unique passwords.

25



Review app permissions

Limit access to your camera and microphone.

26



Explore a Cyber Safety Clinic

Look into attending a CyberMontana clinic.

27



Set automatic locking

Have devices lock quickly when not in use.

28



Protect your email

Turn on MFA for your email account.

29



Review shared files

Remove cloud file access that is no longer needed.

30



Check gaming privacy

Review who can contact you or see your activity.

31



Keep the habit going

Choose one cyber-safety goal for next month.

