



Family Cybersecurity Checklist

Passwords, VPN & DNS filtering — practical security for the whole family

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Step 1 — Passwords

Weak passwords are the #1 cause of account hacks. Follow these rules for every family account:

- Minimum 12 characters — use a passphrase like **PurpleDog\$RunsFast9**
- Never reuse the same password on two different sites
- Enable Two-Factor Authentication (2FA) on all important accounts
- Use a password manager: **Bitwarden** (free) or **1Password** (paid)

✔ **Free tool:** Bitwarden.com — free password manager for the whole family. Generates and stores strong passwords securely.

Step 2 — DNS Filtering

DNS filtering stops harmful websites before they even load — for every device on your home WiFi.

- 1 Log into your home router (usually **192.168.1.1** in browser)
- 2 Find **DNS Settings** (under WAN or Network settings)
- 3 Set Primary DNS: **1.1.1.3** (Cloudflare for Families)
- 4 Set Secondary DNS: **1.0.0.3**
- 5 Save and restart router — done! Every device on WiFi is now filtered.

Step 3 — Software Updates

- Enable automatic updates on all devices — phones, tablets, computers
- Update your router firmware annually
- Never ignore "Update Available" notifications — they fix security holes

Step 4 — Public WiFi Safety

- Never do online banking on public WiFi
- Use a VPN on public networks — **ProtonVPN** has a free tier
- Teach children: "If the WiFi has no password, treat it like a stranger"

Step 5 — Phishing Awareness

- Never click links in unexpected emails — go directly to the website
- Check the sender's email address carefully — not just the display name
- Legitimate companies never ask for your password via email
- When in doubt, call the company using a number from their official website

Master Checklist

- Password manager installed and in use
- 2FA enabled on email, social media, banking
- DNS filtering enabled on home router (1.1.1.3)
- All devices set to auto-update
- VPN available for public WiFi use
- Family understands phishing basics
- Passwords reviewed and updated in last 6 months
- Router firmware updated