THE MOST RESOURCEFUL GENERATION

We've gathered some of our favorite resources to keep your accounts and devices safe

Report suspicious email

DID YOU KNOW?

79% of account takeover attacks started with a phishing email! [1]

Report suspicious email to *phishreport@ufv.ca*

Take the Cybersafe checkup

Take this quick 10-question quiz to assess how safe your current online habits are, and get personalized recommendations

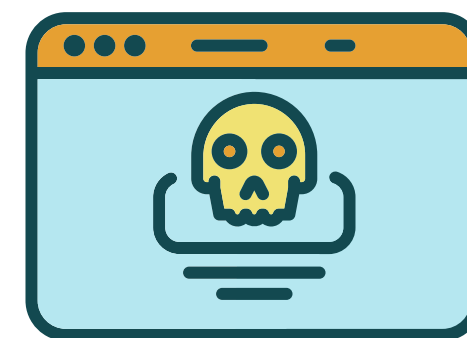Click **here** or scan the QR code to start

Use a password manager

A password manager remembers your passwords for you. It can also generate new passwords - so you'll never have to reuse any.

Have you been pwned?

Check if your email address and/or password has been leaked online at **haveibeenpwned.com**
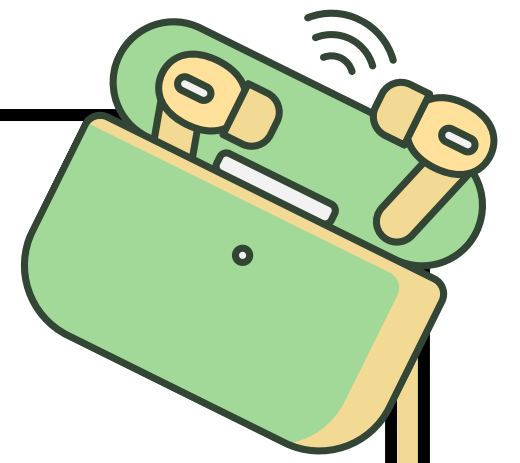
> **pwned**: a derivation of the word *owned*, due to the proximity of the 'p' and 'o' keys. Has origins in video game and hacker culture.

More account security tips & tricks

The Cybersecurity team has gathered even more resources, tools, and tips to help you keep all your online accounts secure.

Visit **ufv.ca/cybersecurity/stay-cybersecure-at-ufv/**
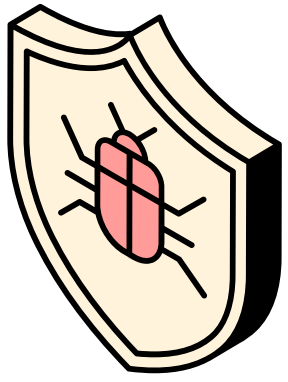
[1] Egress 2024 Email Security Risk Report

Protect your devices

From the phones in our pockets to smart appliances in our home, connected devices are always around us. There's lots of ways you can keep them secure.

Enable antivirus

Windows devices have built-in **Defender and Windows Security**; and Apple macOS devices have **XProtect** built-in.

You can also use a third party antivirus. Popular choices include Bitdefender and Malwarebytes.

Update frequently

Avoid postponing system and app updates; they come with new security patches to help your antivirus catch the latest threats.

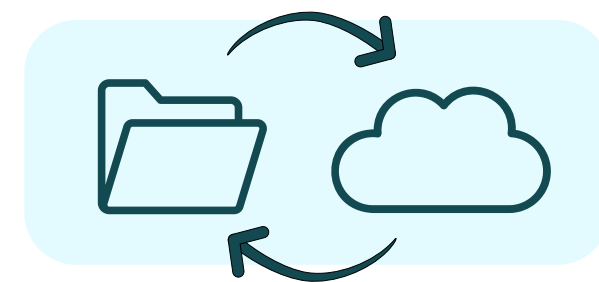Where possible, enable automatic updates so you never fall behind

Virtual Private Network (**VPN**)

VPN: a secure connection between two points; e.g. your laptop and the Internet

VPNs can come in the form of browser extensions, apps, and programs. Some popular VPN choices include **SurfShark**, **NordVPN**, and **Private Internet Access**.
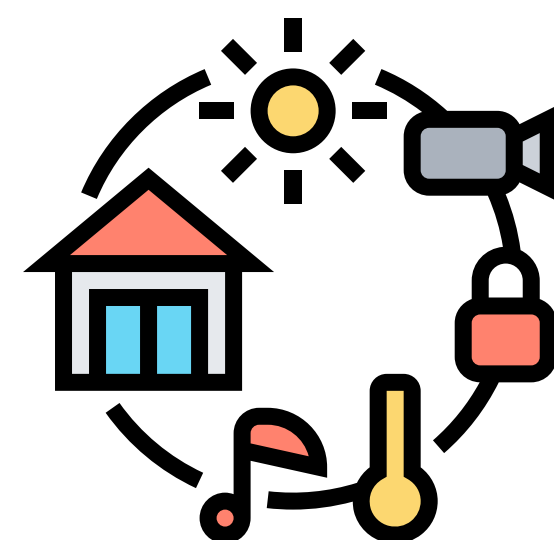
Backup your data

Backing up your data regularly keeps it protected in unforeseen circumstances, from accidentally erasing files, to destructive malware, or a total system failure.

What other smart devices do you own?

From gaming systems to smart TVs, doorbells and lightbulbs, there's tools and tips available to help you secure all of your connected devices.

Check them out at: **Get Cyber Safe - secure your devices**