

CYBER RESILIENCE STARTER GUIDE

Five Practical Actions You Can Take Today

Cybercrime doesn't just target large organisations.

People around the world lose money, personal information and valuable memories through scams, phishing, identity theft, ransomware and online fraud.

Cybercrime affects individuals, families, sole traders, small organisations and communities every day, regardless of where they live.

The good news is that you don't need to be an IT expert to improve your cyber resilience and reduce your risk.

Taking a few practical steps today can make a significant difference.

Cyber resilience isn't built during an incident; it's built before one happens.

1. Protect Your Accounts

- Use strong, unique passwords or passphrases.
- Enable Multi-Factor Authentication (MFA) on your email, banking and important online accounts.
- Use a password manager where possible.

2. Secure Your Devices

- Keep your phone, tablet and computer updated.
- Enable screen locks and device encryption.
- Turn on "Find My Device" or equivalent recovery features.

3. Think Before You Click

Cybercriminals increasingly use artificial intelligence to create convincing emails, text messages, fake websites, cloned voices and other sophisticated scams.

Before acting:

✓ Stop

✓ Think

✓ Verify independently

Never trust urgency alone.

4. Back Up What Matters

Protect your:

- Family photos
- Important documents
- Financial records



Remember:

Cloud storage is helpful—but synchronisation is not always the same as backup.

Maintain at least one independent backup.

5. Prepare Before Something Goes Wrong

Ask yourself:

- Would I know what to do if my email was hacked?
- Could I recover my important files?
- Who would I contact first if I lost money to a scam?

Preparation today makes recovery much easier tomorrow.

Want More Practical Help?

This guide is only the beginning.

If you'd like more practical cyber resilience advice, I regularly share free videos covering cyber scams, identity theft, online safety and practical ways to protect yourself, your family and your organisation.

 **Watch free Cyber Resilience videos on YouTube:** <https://www.youtube.com/@ThiaWComputing>



For those who want step-by-step implementation, the **Thia-W Cyber Resilience Toolkit Series** provides comprehensive checklists, templates and practical action plans.

Personal Cyber Safety Toolkit

Practical checklists and guidance to help individuals and families reduce cyber risk, protect their identity and stay safe online.

Small Business Cyber Resilience Toolkit

Practical checklists, templates and action plans to help small businesses improve cyber resilience and prepare for cyber incidents.

Secure Communications & Vendor Security Toolkit

Strengthen secure communications and manage cyber risks arising from suppliers, service providers and trusted third parties.

Ready to take the next step?

Explore the complete Cyber Resilience Toolkit Series:
<https://thiaw.com.au/cyber-resilience-toolkit-suite.html>

