



# 15 Day Digital Safety Checklist

**Every step is free. Every step protects your family.**

*Your family's digital safety starts with knowing where you're actually exposed, not generic advice that doesn't fit your home. A family with a 6-year-old has completely different needs than a family with a teenager. A single parent managing everything alone needs different tools than a two-parent household. This 15-step guide walks you through the most common risks, so protection feels manageable, not overwhelming.*

✓	Day	What To Do & Why It Matters	How To Do It
<input type="checkbox"/>	<b>1</b>	<p><b>Freeze Your Child's Credit at All 3 Bureaus</b></p> <p><i>1 in 4 children will have their identity stolen, usually by someone they know, and it goes undetected for up to 12 years.</i></p>	<p>Visit each bureau and submit a minor freeze request with copies (never originals) of: parent/guardian ID, child's birth certificate, child's Social Security card, and proof of address. It's a bonus if you ensure your personal credit is also frozen and if you have experienced identity theft, file a report at <a href="https://www.identitytheft.gov">IdentityTheft.gov</a> for a free recovery plan.</p> <ul style="list-style-type: none"> <li>Equifax: <a href="https://assets.equifax.com/assets/personal/Minor_Freeze_Request_Form.pdf">https://assets.equifax.com/assets/personal/Minor_Freeze_Request_Form.pdf</a></li> <li>Experian: <a href="https://www.experian.com/help/minor-request">https://www.experian.com/help/minor-request</a></li> <li>TransUnion: <a href="https://www.transunion.com/credit-freeze/mail-or-phone#accordiongroup-49a3a5c6b0-item-782931cefe">https://www.transunion.com/credit-freeze/mail-or-phone#accordiongroup-49a3a5c6b0-item-782931cefe</a>. To simplify the process, repurpose a copy of the Equifax form and cross out Equifax at the top and write TransUnion. They require the same information.</li> </ul> <p><b>Takes 20 minutes plus a visit to your local US Postal Service. This step is the only one that has an unavoidable cost for printing and/ or shipping.</b></p>
<input type="checkbox"/>	<b>2</b>	<p><b>Blur Your Home on Google Maps</b></p> <p><i>Anyone can see your front door, driveway, and the window where your child sleeps.</i></p>	<p>Go to <a href="https://maps.google.com">maps.google.com</a> → search for your address → click Street View → bottom right "Report a problem" → center red box on your home → select "My home" → submit. Google reviews and blurs within a few days. Once blurred it is permanent.</p> <p><b>Takes 5 minutes and is limited to home owners.</b></p>
<input type="checkbox"/>	<b>3</b>	<p><b>Set Up a Guest Network for Kids' Devices</b></p> <p><i>If your Wi-Fi is hacked, a guest network keeps the threat away from your financial accounts.</i></p>	<p>Call your internet service provider and ask them to enable your guest network for free, and ask they walk you through it. Give it a generic name. Set a 16+ character password. Move all kids' devices, gaming consoles, and smart home devices onto it. Keep your primary network for financial accounts and personal devices only.</p> <p>Bonus: move your home security system to a third network group if possible.</p> <p><b>Takes about an hour.</b></p>
<input type="checkbox"/>	<b>4</b>	<p><b>Create Your Family Safe Word</b></p> <p><i>AI can now clone voices and call parents pretending to have kidnapped their child.</i></p>	<p>Choose a word unlikely to come up in normal conversation. Share with immediate family only. Use it two ways: (1) Authentication: anyone claiming to be family in an emergency must say the safe word. (2) Exit signal: your child uses it to leave any unsafe situation without explanation or to immediately stop conversations they're not comfortable with.</p> <p><b>Takes 5 minutes. Practice it this week.</b></p>
<input type="checkbox"/>	<b>5</b>	<p><b>Check If Your Email Has Been Compromised</b></p> <p><i>Most people find out their credentials were stolen years after it happened.</i></p>	<p>Go to <a href="https://haveibeenpwned.com">haveibeenpwned.com</a> and enter every family email address. If your email appears in a breach, immediately change the password on every associated account and enable MFA. Do this for every email in your household including your children's accounts.</p> <p><b>Takes 30 minutes.</b></p>
<input type="checkbox"/>	<b>6</b>	<p><b>Secure Your Home Wi-Fi Network</b></p> <p><i>An unsecured home network is an open door... and most families don't know theirs is unlocked.</i></p>	<p>Change your Wi-Fi name (remove family name, address, or router brand). Set a 16+ character password and a calendar reminder to change it every 6 months. Log into your router settings and install firmware updates. Not sure how? Google search for your router brand + "how to access router settings."</p> <p><b>Takes 30 minutes.</b></p>
<input type="checkbox"/>	<b>7</b>	<p><b>Find and Remove Your Digital Footprint</b></p> <p><i>Your address, photos, and daily patterns are publicly available and being sold without your knowledge.</i></p>	<ol style="list-style-type: none"> <li>Turn off camera location tagging. iPhone: Settings → Privacy &amp; Security → Location Services → Camera → Never. Android: Settings → Apps → Camera → Permissions → Location → Don't Allow.</li> <li>Google your email username in quotation marks (ex: "john.doe") then review and restrict everything you wouldn't want a stranger to see.</li> <li>Search yourself on <a href="https://www.whitepages.com">Whitepages.com</a>, <a href="https://www.beenverified.com">BeenVerified.com</a>, and <a href="https://www.spokeo.com">Spokeo.com</a> and submit removal or suppression requests on each site.</li> </ol> <p><b>Takes about an hour. Note: Most public digital footprint activity cannot be deleted. Use this as a teaching opportunity for your family.</b></p>



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<input type="checkbox"/>	<b>8</b>	<b>Set Up MFA and a Password Manager</b> <i>One stolen password can unlock your bank, email, and your child's school portal simultaneously.</i>	Download Google Authenticator or Authy (free). Enable 2-Step Verification on all critical accounts using the app. DO NOT USE SMS. Repeat for every important account. Then go to <a href="https://bitwarden.com">bitwarden.com</a> and create a free account, download on all family devices, and let it generate unique passwords for every account. One master password handles everything else.  <b>Takes about an hour.</b>
<input type="checkbox"/>	<b>9</b>	<b>Take Your Free Digital Risk Assessment</b> <i>6 out of 10 families have zero parental controls because they don't know where to start.</i>	Go to <a href="https://assessment.firewallsaints.com">assessment.firewallsaints.com</a> and answer each question honestly. You'll receive a personalized breakdown of where your family is exposed and what to prioritize first. It is built on the same framework enterprise security teams use but adapted for real families.  <b>Takes 2 minutes.</b>
<input type="checkbox"/>	<b>10</b>	<b>Do a Device Addiction Check</b> <i>Teens with the highest screen time are twice as likely to report poor mental health.</i>	Open Screen Time (iPhone) or Digital Wellbeing (Android), together with your child as a discussion starter, not as punishment. Review total daily usage and late-night patterns. Ask your child two questions: How do you feel when you put your phone down? What do you do when you're bored without a screen? Don't lecture. Listen.  <b>Takes 30 minutes.</b>
<input type="checkbox"/>	<b>11</b>	<b>Set Up Contact Limits and Communication Controls</b> <i>The average online predator grooms 10+ children simultaneously through apps parents never check, starting on Roblox, then moving to Discord, Snapchat, Telegram, and Kik to name a few.</i>	iPhone: Screen Time → Communication Limits → set who can contact your child during school hours and after bedtime.  Android: Google Family Link → Manage Settings → Filters. Then sit with your child and go through their contact list. For anyone you don't recognize, ask calmly: "Help me understand who this is."  <b>Takes 15 minutes.</b>
<input type="checkbox"/>	<b>12</b>	<b>Create a Family Charging Station</b> <i>Most predator contact with children happens after 10pm... in bedrooms... while parents are asleep.</i>	Set up a charging station in a common area, like your kitchen counter, hallway, or living room. Every device charges there overnight. Yours too. When parents do it alongside their kids, it stops being a rule and becomes how the house runs. No apps. No subscriptions. No nightly battle.  <b>Takes 15 minutes to set up. You can purchase an organized family charging station online.</b>
<input type="checkbox"/>	<b>13</b>	<b>Audit Every App's Location, Microphone &amp; Camera</b> <i>8 out of 10 children's apps actively collect location data, microphone access, and camera permissions, with permissions you approved without realizing it.</i>	iPhone: Settings → Privacy & Security → Location Services. Android: Settings → Apps → Permissions. Go through every app. Rule: if an app doesn't need a permission to function then revoke it. Change location from "Always" to "While Using App" for any app that genuinely needs it.  <b>Takes 15 minutes.</b>
<input type="checkbox"/>	<b>14</b>	<b>Unsubscribe from Spam and Clean Up Your Email</b> <i>AI-generated phishing emails now perfectly mimic your bank's voice. A cluttered inbox is where they hide.</i>	Use Gmail's built-in unsubscribe feature. Then in Gmail, create a filter to auto-archive promotional emails before they hit your primary inbox. A clean inbox means anything suspicious stands out immediately.  <b>Spend 15 minutes removing every subscription your family doesn't actively read.</b>
<input type="checkbox"/>	<b>15</b>	<b>Have the Predator Warning Signs &amp; Sextortion Conversation</b> <i>Financial sextortion of children nearly doubled in one year. Some of those children did not survive it.</i>	Tell your child: "If anyone online makes you uncomfortable, asks for photos, or tries to meet you, come to me immediately. No matter what. You will never be in trouble. If someone has a photo of you and threatens you, come to me. We handle it together. You are never alone in this." Then stop. Let them respond. The conversation IS the protection.  <b>Takes 5 minutes. Watch Day 15 video on my Facebook page for the complete script.</b>

**Not sure where to start or want to get this right the first time?**

Schedule your free Family Risk Review at [calendly.com/firewallsaints](https://calendly.com/firewallsaints) to explore your needs and our services.