

Everyday Confidence

Stay calm, stay aware, and stay in control online.

Why It Matters

Cyber threats can feel overwhelming, but most risks are preventable with small, steady habits. Confidence comes from knowing what to do — not from being technical.

You don't need to know everything about cybersecurity; you just need to know *enough to act safely*.

Confidence Builders

- |  **Keep learning** | Read one short tip a week — small steps add up. |
 - |  **Trust your instincts** | If something feels off, it probably is. |
 - |  **Use layers of protection** | Passwords, MFA, and updates work together. |
 - |  **Practice, don't panic** | The more you rehearse safe habits, the faster they become normal. |
 - |  **Talk about it** | Share experiences — it helps others feel safer too. |
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Everyday Habits That Help

-  **Check links and messages** before clicking.
 -  **Update your apps and devices** when prompted.
 -  **Use unique passwords** and a password manager.
 -  **Turn on MFA** wherever possible.
 -  **Back up what matters most.**
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When Something Goes Wrong

- 1 Pause first.** Take a breath — reacting quickly is how scams win.
- 2 Gather details.** Screenshot or note what happened.
- 3 Report it** to [Action Fraud](#) or report@phishing.gov.uk.
- 4 Recover and reset.** Change passwords, run scans, and learn from it.