

12 MONTH DIGITAL SAFETY CALENDAR

Keep yourself safe all year round

JANUARY: NEW YEAR, NEW PASSWORDS



Reminder: Update passwords across key accounts (email, banking, socials).

Tip: Use strong, unique passphrases for each account.

FEBRUARY: BACK-TO-SCHOOL DIGITAL CLEANSE



Reminder: Do a sweep of your devices and data sharing settings..

Tip: Unlink old devices from your accounts and remove access you no longer need.

MARCH: CHECK YOUR TECH



Reminder: Review your phone and laptop for unknown apps or software.

Tip: Look out for spyware or tracking apps. Seek help if you suspect monitoring.

APRIL: AUDIT YOUR APPS



Reminder: Review and clean up apps that have access to your camera, microphone, or location.

Tip: Remove apps you don't use or don't trust..

MAY: UPDATE YOUR SOCIAL MEDIA PRIVACY



Reminder: Review and update your privacy settings on all social platforms.

Tip: Limit who can see your posts, friends list, and contact info..

JUNE: SAFE TECH FOR SAFE TRAVELS



Reminder: Ensure navigation apps don't publicly display your route or history.

Tip: Share your trip with trusted contacts only, not social media.

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JULY: SECURE YOUR EMAIL



Reminder: Set up multi-factor authentication (MFA) on your main email account.

Tip: Your email is often the gateway to all your other accounts — keep it secure.

AUGUST: HEALTHY RELATIONSHIPS DON'T NEED SURVEILLANCE



Reminder: Check for location-sharing permissions on apps and devices.

Tip: Turn off location tracking where unnecessary, especially on social media and shared devices.

SEPTEMBER: SMART HOMES, SAFE HOMES



Reminder: Review smart home devices (cameras, voice assistants, appliances).

Tip: Change default passwords and check who has control over them.

OCTOBER: CYBERSECURITY AWARENESS MONTH



Reminder: Take a short online safety course or webinar.

Tip: Learn to recognise digital red flags in relationships.

NOVEMBER: CHECK YOUR DIGITAL FOOTPRINT



Reminder: Google yourself to see what info is publicly available.

Tip: Request takedown of sensitive content where possible and set boundaries online.

DECEMBER: STAY DIGITALLY SAFE THIS HOLIDAY SEASON



Reminder: Be cautious about sharing travel or holiday plans online.

Tip: Don't post your location in real-time.

For more information, visit stoptechabuse.au