

CYBER AWARENESS MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			01 Find the last dodgy email you got and report it your security team . Can't find one? Look harder!	02 Check haveibeenpwned.com for your work email. And let that number sink in.	03 Count how many of your accounts share the same password .	04 Turn one of those reused passwords into a passphrase you'll actually remember.
05 Glance at your phone's lock screen. Can someone standing behind you read your messages? Turn off message previews .	06 Switch on two factor authentication for one account that doesn't have. Just one. Right now.	07 Hover, don't click . Open your inbox, hover over three links, and read where they genuinely go.	08 Next payment or "urgent" request that lands by email, verify it with a phone call to a number you already trust.	09 Lock your screen every single time you stand up today. Even if you're working from home. Repetition makes it stick.	10 Update the app that's been nagging you for a week. Updates are security . Do it during the ads.	11 Chat to one person outside work about a scam they've seen. Awareness spreads at dinner tables, not just desks .
12 Google your own name and your company. See what a stranger sees. That's the raw material for a targeted attack.	13 Read your out of office . Does it tell a stranger you're away, for how long, and who's covering (i.e. who to impersonate)? Trim it!	14 Report something . Anything mildly off. One rep on the report button so it becomes muscle memory before it matters.	15 Next QR code you meet on a poster: ask yourself, would I scan this and then log in? "Quishing" is exactly that trick .	16 Open your Downloads folder. Delete any sensitive files you forgot were sitting there in the open.	17 Set up a password manager, or add one more password into the one you already have.	18 Read one data breach headline this week and ask the only question that matters: how did they get in? It'll likely be a person .
19 Think about what a caller would actually need for it to sound like IT was calling you. Now notice how much of that is on your LinkedIn .	20 Try and get a colleague's date of birth out of them today without looking suspicious. Explain what you did to them at 5pm.	21 Check the app permissions on your phone. Which ones have your microphone, camera or location that have no business with it?	22 Read a sender's domain letter by letter. "n" looks like "m". Train the eye that skims .	23 Would you challenge someone tailgating a through a door? Plan the exact polite sentence you'd use to do it .	24 Switch off webcam and check your default mute settings on calls. Small habits, fewer surprises .	25 Delete one dormant account you never use anymore. Every account is a door. Fewer doors, fewer problems.
26 Forward the sketchiest text message you've had recently to your security team. Reporting things helps everyone .	27 Do you actually know who to tell the second you realise you've clicked something bad? Find out today, not in a panic .	28 Thank someone who reported or spotted something this month. Security cultures are built on catches being celebrated .	29 Look back on the month, which drill felt the most awkward or hardest? That's your weak spot . Write it down.	30 Pick the one habit from this month worth keeping and actually keep it .	31 Happy Hallowe'en! The scariest thing in cyber isn't an attacker in a hoodie. Remember practice beats posters.	

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