

Checklist: Are You Vulnerable Online?

Review each statement below and answer honestly. At the end, calculate your score and see where you stand in terms of your digital security.

No	Statement	✓ / ✗
1	You use the same password for multiple accounts.	
2	Your passwords are shorter than 10 characters.	
3	You save passwords in notes, notebooks or unsecured browsers.	
4	You haven't enabled two-factor authentication on important accounts.	
5	You've clicked suspicious links in emails or messages.	
6	You connect to public Wi-Fi networks without a VPN.	
7	You frequently post personal info on social media.	
8	You haven't updated your system or apps in a long time.	
9	You don't have an active backup for important files.	
10	You don't use a secure password manager.	

Score Interpretation:

0-2 ✗ answers: You're well protected. Keep learning and stay alert.

3-5 ✗ answers: Caution! You are exposed. Time to take basic protective steps.

6+ ✗ answers: High risk. You urgently need a digital security plan.

Your final score: You checked ___ out of 10 correctly.