



Cybersecurity for Seniors

Inclusive Cybersecurity Education For All Ages.

Recognize and Prevent Scams, Phishing, and Other Cyber Threats

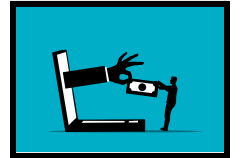
As internet usage increases among older adults, so does the risk of cyber threats targeting this age group. Adults aged 65 and older are often seen as more vulnerable due to their lack of familiarity with technology and online security practices. Here are some practical tips for recognizing and preventing phishing, scams, and other cyber threats that specifically target older adults.

Financial Scams

- Seniors lose \$2.9 billion annually due to financial scams (Senate Special Committee on Aging, 2021).
- 1 in 18 older adults becomes a victim of financial scams each year (NY State, 2021).

Tips

- Be wary of "too good to be true" offers.
- Verify the identity of the caller or email sender before sharing personal information.
- Consult with family or trusted friends before making financial decisions.



Deceptive Emails

- 30% of phishing emails are opened by targeted users (Verizon Report, 2021).

Tips

- Verify the sender's email address.
- Avoid clicking on suspicious links or downloading attachments from unknown senders.
- Be cautious of unsolicited emails, especially those requesting personal or financial information.



Strong Passwords & Extra Security Steps

- 81% of data breaches are due to weak or stolen passwords (Verizon Report, 2021).

Tips

- Create strong, unique passwords for each account.
- Use a password manager to help remember and manage passwords.
- Enable two-factor authentication (2FA) whenever possible.



Safe Browsing Habits

- 49% of adults aged 65+ have experienced a cybersecurity issue in the past year (AARP, 2021).

Tips

- Keep software and devices updated with the latest security patches.
- Avoid using public Wi-Fi for sensitive tasks like online banking.
- Look for "https" in the website URL to ensure a secure connection.



Conclusion

Older adults can significantly reduce their risk of falling victim to cyber threats by staying informed and adopting safe online habits. Share this guide with friends and family to promote cybersecurity awareness and protect against phishing, scams, and other cyber threats.

More at: matheo.cc/seniors