







# **AUTHOR:**DANA MALIKOVA

independent researcher in the field of digital rights and freedoms, cybersecurity expert

# HOW TO PROTECT YOURSELF ONLINE?

## **Cybersecurity Checklist**

#### **INTERNET SECURITY:**

- O AVOID USING PUBLIC WI-FI.
- DO NOT ALLOW OFFICE/WORKSPACE VISITORS TO CONNECT TO THE WORK WI-FI NETWORK.
- O USE A SECURE VPN.
- O DO NOT CLICK ON UNVERIFIED LINKS AND QR CODES.

#### **DATA PROTECTION:**

- Read user agreements.
- Use only licensed software and update your computer and phone software.
- O Backup documents regularly.
- O Do not share personal photos and sensitive data (personal identification number, CVV code).
- Use a strong password, consisting of at least 13 characters, and avoid using important names or dates.
- O Enable two-factor authentication.
- Do not send documents through messaging apps, such as What's App, other than Signal.
- O Use trusted messengers, such as Signal.
- Set a password on your computer and lock it when leaving the desk.
- Know the data protection legislation of Kazakhstan.



### **MY TEAM AND I:**

- Develop a privacy policy for our own security and the protection of our participants' data.
- If collecting participant data, explain why we do it and obtain consent for the collection, processing, and use of their data.
- Obtain consent for photographing participants and publishing their photos at events.
- Undergo training to maintain cybersecurity within our organization.



#### **COPYRIGHT PROTECTION AND NEURAL NETWORKS:**

- Credit the author when using photos.
- O Provide the source of information when using texts.
- O Use AI without violating the law.
- O Do not upload confidential data into artificial intelligence programs.