

Your online safety checklist

Small actions. Real difference. Tick off what you've done. Then share this with someone you care about. Online safety is a team sport.

**netsafety
week 2026**

Powered by **netsafe**



SECURE YOUR ACCOUNTS

- ☐ Enable multi-factor authentication (MFA) on email, banking and social media. Protection even if your password leaks  **SET UP**
- ☐ Use a strong, unique passphrase for each account. Try three random words. Never reuse passwords  **DO IT**
- ☐ Use a password manager to remember passwords safely  **TOOL**
- ☐ Lock your device with PIN, finger print or face ID and set it to lock automatically  **SET UP**
- ☐ Make sure you have antivirus and security software installed and up to date on all devices  **TOOL**



PRIVACY SETTINGS

- ☐ Review social media privacy settings. Who can see your posts and contact you?  **SET UP**
- ☐ Check which apps access your camera, mic and location. Remove permissions you don't need  **DO IT**
- ☐ Turn on automatic updates for devices and apps. Security patches matter  **SET UP**
- ☐ Delete old apps and accounts you no longer use. Less exposure, less risk  **DO IT**
- ☐ Use checknetsafe.nz to check if a website is safe before entering your details  **TOOL**



SPOT AND STOP SCAMS

- ☐ Learn the SCAMS acronym to spot scams – Surprise, Control, Access, Money, Stop!  **RESOURCE**
- ☐ Pause before you click. Unexpected links in texts, emails or social media are often scams  **HABIT**
- ☐ Verify before you act - If a deal or prize feels too good to be true. It probably is.  **HABIT**
- ☐ Never share passwords, PINs or verification codes, not even with someone claiming to be your bank  **HABIT**
- ☐ Report scams to Netsafe  **DO IT**
- ☐ Try re:scam.org, Netsafe's AI, that wastes scammers' time so they can't target others  **RESOURCE**



AI AWARENESS

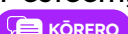
- ☐ Check before you trust: AI can generate realistic text, images and voice. Always verify the source  **HABIT**
- ☐ Be careful about personal details you share with AI tools, what you share may be stored  **HABIT**
- ☐ Seen a deepfake or harmful AI-generated content? Report it to the platform and to Netsafe  **DO IT**
- ☐ Explore netsafe.org.nz/artificial-intelligence guidance on AI risks and how to protect your whānau  **RESOURCE**
- ☐ Ask tamariki: "What AI tools are you using and why?" – curiosity, not alarm  **KŌRERO**

For whānau

DIGITALGUARDIAN.GUIDE



FREE TOOLS FOR PARENTS AND CAREGIVERS

- ☐ Try a Kōrero Card at dinner or in the car “What made you laugh online this week?” builds trust over time 
- ☐ Getting a first phone? Work through the Digital Firsts checklist together before handing it over 
- ☐ Use “Talking About...” guides for harder kōrero — group chats, self-esteem, unwanted contact, sexting 
- ☐ Use the Conversation Planner to prepare for a tricky online safety talk calmly and confidently 
- ☐ Read “Let’s Learn About...” — plain-language explainers on gaming, AI, algorithms and screen time 
- ☐ Create a whānau online agreement using Netsafe’s Family Safe Online Treaty template 



SHARE THE CARE

- ☐ Ask a friend or family member if their accounts have MFA turned on this week 
- ☐ Share this checklist with someone who’d find it useful — online safety is a team sport 
- ☐ Show a trusted older person how to use checknetsafe.nz or spot a scam text 
- ☐ Role-model good habits — tamariki notice how you behave online, not just what you say 

Play my part pledge

THIS WEEK I WILL...

One thing I’ll do to protect myself

One person I’ll share this with

One kōrero I’ll start with whānau

We’re here for you.

Find all of the resources and tips mentioned here, or get help for online harm at:

-  0508 638 723
-  Text “Netsafe” to 4282
-  help@netsafe.org.nz
-  netsafe.org.nz
-  digitalguardian.guide