A DAY IN THE LIFE:
STAY SAFE ONLINE
Every Way Every Day

10PM | Online Messaging
- Be cautious of strangers online
- Never share personal information
- Watch for suspicious links or requests

9PM | Online Shopping & Banking
- Shop only on trusted websites
- Look for HTTPS and secure payment methods
- Never share banking codes or MFA codes
- Check statements regularly for suspicious transactions

8PM • Group Assignments & File Sharing
- Use approved platforms (OneDrive, Teams, Google Drive)
- Check sharing permissions before sending files
- Avoid unknown links or apps
- Be alert to fake file-sharing invitations

7PM • Downloading Study Materials
- Download from trusted university or official sources
- Check file types before opening
- Be cautious of files from unknown websites
- Scan downloads with antivirus software

12PM | Logging into ECU Account
- Use unique passwords for each account
- Enable MFA to stop logins using stolen passwords
- Never approve MFA prompts you didn't initiate

1PM • Checking Emails
- Check sender addresses carefully
- Be suspicious of urgent requests or threats
- Don't click links or open attachments unless expected
- Verify payment or account requests through another channel

3PM • Using Campus Wi-Fi
- Avoid accessing banking or sensitive accounts on public Wi-Fi
- Use a VPN to encrypt traffic
- Confirm you're connected to the legitimate network

4PM • Using a Shared Computer
- Never save passwords in browsers
- Log out completely when finished
- Avoid leaving devices unattended
- Clear downloads from public computers

6PM • Social Media Break
- Set accounts to private
- Disable location sharing
- Only accept people you know
- Remember posts and screenshots can be permanent

Be Aware Know the risks.

Stay Secure Make safer choices.

Think Before You Click Pause. Check. Think.

Protect Your Future Take control today.

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12PM | Logging into ECU Account

- Use unique passwords for every account
- Enable MFA to stop logins using stolen passwords
- Never approve MFA prompts you didn't initiate

Stay safe every way, every day

Keep it private, keep it protected

Think before you click

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1PM | Checking Emails

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3PM | Using Campus Wi-Fi

- Avoid accessing banking or sensitive accounts on public Wi-Fi
- Use a VPN to encrypt traffic
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4PM | Using a Shared Computer

- Never save passwords in browsers
- Log out completely when finished
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7PM | Downloading Study Materials

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8PM

Group Assignments & File Sharing

- Use approved platforms like OneDrive, Teams and Google Drive
- Check sharing permissions before sending files
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