



everyday identity

## 10 Essential 'Be Safe' Messaging Checklist

### 1. Use a Secure Messaging App

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Choose an app that is fully open-source and offers end-to-end encryption with perfect forward secrecy, such as Signal or iMessage (Apple)

### 2. Verify Contacts' Identities

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Regularly confirm the authenticity of your contacts within the messaging app to prevent man-in-the-middle attacks.

### 3. Enable Disappearing Messages

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Utilize features that automatically delete messages after a set period to reduce data exposure.

### 4. Keep Apps Updated

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Regularly update your messaging applications to incorporate the latest security patches and features.

### 5. Be Cautious with Links and Attachments (ZTH)

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Avoid clicking on suspicious links or downloading unexpected attachments to prevent malware infections. his ideology is known as Zero Trust Human, never click link instead go to website directly.

### 6. Manage Active Sessions

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Regularly review and sign out of sessions on devices you no longer use to maintain account security.

### 7. Use Strong Authentication

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Enable two-factor authentication (2FA) for your messaging accounts to add an extra layer of security.

### 8. Limit Personal Information Sharing

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Be mindful of the personal details you share over messaging platforms to protect your privacy.

### 9. Secure Your Device

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Implement strong passwords or biometric locks on your devices to prevent unauthorized access.

### 10. Educate Yourself on Phishing Scams

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Stay informed about common phishing tactics to recognize and avoid potential threats.