

Digital Domestic Abuse: 10 Step Guide to Securing a Victim

1. Complete a device and online account audit
 - Use account and device checklist
2. Change all passwords
 - Use 3 random words
3. Turn on two-factor authentication wherever possible
4. Use password manager
 - Search online to find most suitable
5. Install antivirus/ antimalware on devices and keep software and apps updated
 - Windows Defender/ free or paid for versions
6. Factory reset devices if necessary
 - Will remove malware from devices
7. Back up data
 - Cloud or external hard drive
8. Review browser extensions
 - Check in settings on your web browser
9. Review location services settings
 - Switch off where possible
10. Follow NCSC social media guidance
 - <https://www.ncsc.gov.uk/guidance/social-media-how-to-use-it-safely>