

# Family Online Safety Plan Worksheet

*Worksheet · Per-Family-Member Plan: Who's Most Exposed, Who's Doing What.*

**Your defence is only as strong as your most exposed family member. Fill in each person, rank them by risk, and assign one specific action to each.**

## Spouse / Partner

Name: \_\_\_\_\_

Current cyber-status (1-5): \_\_\_\_ · Top risk: \_\_\_\_\_

Action they need to take: \_\_\_\_\_

Who's responsible for this happening: \_\_\_\_\_ · By when: \_\_\_\_\_

## Child / Teen #1

Name & age: \_\_\_\_\_

Devices: \_\_\_\_\_

Parental controls active? Y / N · Last reviewed: \_\_\_\_\_

Top risk: \_\_\_\_\_

Conversation needed (cyberbullying, sextortion, deepfakes, etc.): \_\_\_\_\_

Action: \_\_\_\_\_

## Child / Teen #2

Name & age: \_\_\_\_\_

Devices: \_\_\_\_\_

Parental controls active? Y / N · Last reviewed: \_\_\_\_\_

Top risk: \_\_\_\_\_

Action: \_\_\_\_\_

## Elderly Parent / In-Law #1

Name: \_\_\_\_\_

Devices: \_\_\_\_\_

Bank fraud alerts on? Y / N · Identity protection in place? Y / N

Top risk (romance scam, IRS impersonation, tech support, grandchild emergency): \_\_\_\_\_

Action: \_\_\_\_\_

Who calls them this week to walk through it: \_\_\_\_\_

## Elderly Parent / In-Law #2

Name: \_\_\_\_\_

Top risk: \_\_\_\_\_

Action: \_\_\_\_\_

## College-Age Adult

Name: \_\_\_\_\_

Has independent password manager? Y / N

MFA on email + bank + school portal? Y / N

Action: \_\_\_\_\_

## Family-Wide Defenses

- Family verify-word for urgent money requests has been chosen and shared. Word: \_\_\_\_\_
- Emergency contact card lives somewhere everyone knows.
- Annual family cyber-meeting is on the calendar. Date: \_\_\_\_\_
- Shared password manager (or family vault) is set up and used by all.

## Most-Exposed Family Member

Who: \_\_\_\_\_ · Why: \_\_\_\_\_

Plan to spend 30-60 minutes with them this weekend doing: \_\_\_\_\_

### FROM THE VAULT

#### The Phishing Email Red-Flag Cheat Sheet.

Twelve red flags + a 4-step verify-before-click flow. Print it and keep it next to your screen.

Visit [Making Sense Of Security](#) →