

PDF 03 · DAILY CYBER SAFETY

# Daily Habits That Prevent Most Threats.

A 90-second daily routine that blocks the vast majority of cybercrime aimed at women.

**“90% prevention starts with routine.”**

A SheShield Cyber Resource · Free to share

EMERGENCY · 24/7

1930 · [cybercrime.gov.in](https://www.cybercrime.gov.in) · [NCW](https://www.ncw.gov.in) · [stopncii.org](https://www.stopncii.org)

SheShield Cyber

## EMERGENCY SUMMARY

Most attacks succeed because of small daily habits. Fix the habits, prevent 90% of incidents.

### MORNING HABITS

- Check login alerts on Gmail / Instagram / WhatsApp
- Update apps & OS patches
- Quick privacy-setting glance

### WEEKLY HABITS

- Rotate critical passwords
- Backup important files (encrypted cloud or offline)
- Review devices logged into your accounts

### CORE RULES — NON-NEGOTIABLE

- Never click unknown links (especially shortened ones)
- Never share OTPs — not even with 'bank' or 'police'
- Verify profiles with a video call before trusting
- Disable auto-cloud backup for sensitive media
- Use a password manager (Bitwarden, 1Password)
- Never log in to banking on public Wi-Fi

### THE SOCIAL RULE

**If it can be weaponized, don't send it.**

That includes location pins, intimate photos, ID documents, and even 'fun' photos that can be morphed.

### HELPLINES

**1930** — National Cyber Crime Helpline (24/7)

**cybercrime.gov.in** — File official complaint

**NCW** — 011-26942369 / 26944754

**stopncii.org** — Global intimate-image takedown

**iCall** — 9152987821 (counselling)

**Vandrevala** — 1860-2662-345 (24/7 mental health)

# Small habits stop big breaches.

Safety is not an event. It is a rhythm.