



Keep your digital lives safe and secure

Our popular Cyberhood Watch initiative between Neighbourhood Watch and Avast exists to help you keep your digital lives safe and secure. Did you know we offer easy-to-digest practical advice through these downloadable guides?

- How to download your data from Facebook on Mac or PC
- How to change your privacy settings on Instagram
- What is social engineering and how to protect yourself?
- What is a VPN and how does it work?
- Protect your family online: the cyber-savvy parent
- Cookies: the good, the bad and the ugly
- What are password managers and how do they work?
- Popular threats on Android and how to avoid them
- Popular threats on iOS and how to avoid them
- What is Two Factor Authentication (2FA)?
- What is the Internet of Things?
- How to fight phishing
- Cybersecurity terms and metaphors

Download the Cyberhood Watch guides [here](#).
