

Cyber Security Self-Assessment

Is Your Cyber Security Strong Enough? Take the Test!

Cyber threats are everywhere—from phishing attacks to data breaches and malware infections. **Are you truly protected?**

This **quick and easy self-assessment** will help you **evaluate your cybersecurity preparedness**, identify weak spots, and take proactive steps to strengthen your defenses.

Whether you're an **individual, business owner, or IT professional**, understanding your security risks is the first step to **preventing cyber attacks**.

◆ **How it Works:** Answer the following questions honestly. Keep track of your score and at the end, you'll receive a **personalized risk level rating** along with **actionable recommendations** to boost your cyber security.

◆ **Why Take This Test?**

- ✓ Identify security gaps before hackers do
- ✓ Strengthen your digital defenses with simple steps
- ✓ Reduce the risk of financial loss and data theft
- ✓ Protect your personal & business information

⚠ **Cyber attacks are on the rise—Don't wait until it's too late!**

Let's find out how secure you really are.

SECTION 1: BASIC SECURITY MEASURES

✓ **Do you use strong, unique passwords for all accounts?**

- Yes (3 Points)
- No (0 Points)

✓ **Do you use a password manager to securely store credentials?**

- Yes (2 Points)
- No (0 Points)

✓ **Do you enable Multi-Factor Authentication (MFA) for all critical accounts?**

- Yes, for all accounts (3 Points)
- Yes, but not for all accounts (1 Point)
- No (0 Points)

✓ **Do you regularly update your passwords (every 3-6 months)?**

- Yes (2 Points)
- No (0 Points)

SECTION 2: NETWORK & DEVICE SECURITY

✓ **Do you keep your operating system, apps, and antivirus software updated?**

- Yes (3 Points)
- Sometimes (1 Point)
- No (0 Points)

✓ **Do you use a VPN when accessing public Wi-Fi?**

- Yes, always (3 Points)
- Sometimes (1 Point)
- No (0 Points)

✓ **Is your home/office Wi-Fi secured with WPA3 encryption and a strong password?**

- Yes (3 Points)
- No (0 Points)

✓ **Do you disable Bluetooth and location services when not in use?**

- Yes (2 Points)
- No (0 Points)

SECTION 3: PHISHING & THREAT AWARENESS

✓ **Are you trained to recognize phishing emails, links, and scams?**

- Yes (3 Points)
- No (0 Points)

✓ **Do you verify email senders before clicking on links or downloading attachments?**

- Yes, always (3 Points)
- Sometimes (1 Point)
- No (0 Points)

✓ **Have you reported or avoided any phishing attempts in the past year?**

- Yes (3 Points)
- No (0 Points)

SECTION 4: DATA SECURITY & BACKUP

✓ Do you back up your important data regularly (weekly/monthly)?

- Yes, to both cloud & external storage (3 Points)
- Only to cloud OR external storage (1 Point)
- No (0 Points)

✓ Do you encrypt sensitive files and data?

- Yes, always (3 Points)
- Sometimes (1 Point)
- No (0 Points)

✓ Do you have an incident response plan in case of a cyber-attack?

- Yes, a documented plan (3 Points)
- I have a rough idea (1 Point)
- No (0 Points)

SCORING & RISK ASSESSMENT

30 - 40 Points → Cyber Secure (Low Risk)

 Congratulations! Your security measures are **strong**. Keep staying updated on the latest cybersecurity trends and threats.

15 - 29 Points → Moderate Risk

 Your cybersecurity defenses are **decent but need improvements**. Strengthen your passwords, enable MFA, and enhance network security.

0 - 14 Points → High Risk (Vulnerable to Attacks!)

 Your security practices are **highly vulnerable!** Cybercriminals could easily exploit your accounts and data. **Take immediate action** to secure your digital presence.

Next Steps: Strengthen Your Cyber Security!

- ◆ **Improve Your Defenses** – Implement strong passwords, enable MFA, and educate yourself on phishing threats.

- ◆ **Enhance Your Security Skills** – Get certified in **Cyber Security with GSDC** to stay ahead of evolving threats.

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