



30-DAY CHALLENGE



Reflect on your work habits

Introspective challenge!

1. Do you use non-work provided devices (phones, laptops, etc.), use public Wi-Fi connections or use unauthorized apps (e.g. non-work online email) to work on or transfer work related material?
2. Do you check personal emails on work devices?
3. A lot of us have at one time or another, but did you stop to consider what COULD happen by bypassing the built-in SPAM and PHISHING filters your business has on work devices?

Set up a reward system for yourself when you **remember to use your own cell phone or computer to do non-work-related tasks**. Find your workplace Acceptable Use of IT Resources Policy as a reference so you can be more cyber aware of your work environment.



What You Need to Know

Checking in on and coordinating non-work-related activities during your workday may be necessary at times, but did you know that it can also lead to unsuspected and destructive consequences for your work environment? **Taking care of personal matters on work devices can bypass some of the built-in security that we use to protect our environment.**

When employees work remotely, they might be tempted to use personal devices and public Wi-Fi networks, which can expose their important data to several other vulnerabilities. This poses a major threat to data security. [According to CSO Online](#), “83% of phishing attacks over the past year took place outside the inbox — in text messages or in apps like Facebook Messenger and WhatsApp along with a variety of games and social media services.”