Purpose	Strategy	Mac
Reduce phishing.	Mark junk/ spam/ scam emails as 'junk' or 'spam'	All email systems attempt to identiy spam/scams/phishing. But, in addition, you can teach it what *you* regard as suspicious mail, and doing so informs your email service. Apple Mail: select message then select Junk (icon with "x" in the box). Or drag the email into Junk folder at the left. Gmail: Gmail will automatically put spam into the "Spam" folder. You can also add an email to the Spam folder yourself. Other email clients will handle Junk/Spam in similar ways. NOTE: Check your Junk or Spam folder regularly! Sometimes mail you WANT winds up in that folder.
Reduce phishing.	Update operating system, because OSs continually update their security features	Mac OS: Open your settings: -System Preferences/ -Software Update/ -Automatically keep my Mac up to date Your OS will update at night when plugged in and on Wifi. It's best to leave computer on most of the time, and restart once a week or so.
Reduce risks of phishing.	On/Off	Turn the device completely off (shut down) for at least 30 seconds once a week.
Reduce phishing.	Update browsers	Safari is updated when the OS is updated. Chrome: -Launch Chrome (look for Google Chrome on your computer and open it.) -Click on button with three horizontal bars on upper right corner to bring down main menuTurn on the auto-update link "About Google Chrome" from the menuExit Chrome. Firefox: By default, Firefox updates automatically.
Reduce the risks of phishing.	Back up regularly	iCloud: Go to System Preferences, then - iCloud to select plan Again go to System Preferences, then - Apple ID to select what to sync on iCloud Time Machine (local hard drive): Request assistance setting up a local hard drive for Time Machine.
Reduce the risks of phishing.	Passwords for apps	Use different, and complex, passwords for your email and for your apps. Reset your passwords if you're hacked. OPTIONAL: A password manager is ideal, but there is a learning curve. We plan a workshop on this topic in the future. If you don't use a password manager, it's okay to write your passwords on paper, unless people in your house are apito log in as you. Do NOT write them down if you're in a business.
		ONLY IF TIME PERMITS, OR THE TOPIC COMES UP
Reduce phishing.	Block pop- ups	Safari: Open SafariFrom the Safari menu, choose PreferencesClick the Websites tabClick Pop-up Windows on the left sidebarIf you want to block popups, find the "When visiting other websites" option (bottom of the window)If you select Block and Notify, then you will be notified an a popup is blocked. Firefox: Open FirefoxTap parallel line icon upper rightClick PreferencesClick Privacy & Security in the list on leftUnder Permissions, click Block Pop-UpsUnder Security, click "Block dangerous and deceptive content." Chrome did not test (don't use Chrome) -Click on Chrome's menu icon in the upper-right corner of the browser and click on SettingsType "Pop" into the Search settings fieldClick Site SettingsUnder Popups it should say Blocked. If it says Allowed, click Pop-ups and redirects. Turn off the switch next to Allowed.