

Digital Confidence Starter Kit

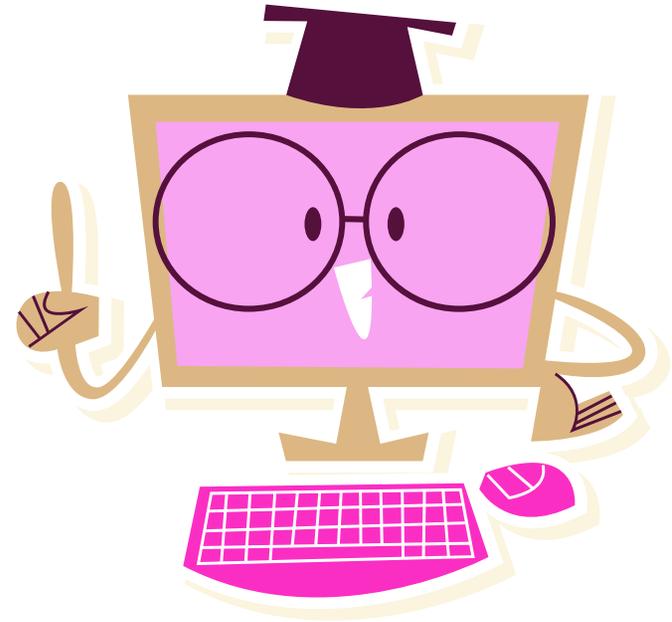
Oh! That's So You!

Your Step-by-Step Guide to Staying Fabulous, Fearless & Firewalled After 50



Start Here

Your Fabulous Digital Confidence Plan



Step by Step suggestions to the following:

- **Install a Password Manager (one master password, zero stress).**
- **Turn on Two-Factor Authentication for email, bank, and socials.**
- **Keep devices set to Auto-Update (your quiet armor).**
- **Use a VPN on public Wi-Fi (cafés, airports, hotels).**
- **Back up photos & docs (cloud or external drive).**



Your Fabulous Digital Tools

Clean, simple, and stylish – just like you.



Tool	What it is	Where to find it	Why you need it	How to use it	Feisty Tip
Password Managers (1Password / Dashlane)	A secure “vault” that remembers all your passwords for you.	Visit dashlane.com or 1password.com .	Stores & autofills strong, unique passwords for every account.	Create your master password, install the browser extension, and let it autofill your logins	One key, many doors – lose the sticky notes.
VPN (NordVPN / ExpressVPN)	A digital cloak that hides your online activity from snoops	Visit nordvpn.com or expressvpn.com	Encrypts your connection & hides location – crucial on public Wi-Fi.	Download the app, sign in, and turn it ON before going online in public	Flip it ON at cafés; browse like an elegant invisible woman.
Antivirus (Bitdefender / Malwarebytes)	A digital security guard that scans for viruses and malware	Visit bitdefender.com or malwarebytes	Blocks viruses & malware, warns on sketchy links. Keeps your computer healthy and hacker-free	Run a full scan weekly and enable automatic protection	Weekly scans = your laptop’s SPF – invisible but essential.



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Ad-Blocker (uBlock Origin)	A browser tool that blocks annoying pop-ups and scammy ads	Search “uBlock Origin” in your browser’s Extensions store	Stops pop-ups, fake prize banners & hidden trackers. Fewer distractions and safer browsing.	Add to your browser and let it block junk automatically	A polite bouncer for your browser – less noise, more joy.
Cloud Backups (Google Drive / Dropbox / Seagate 2TB)	Online storage for your photos, files, and memories	Visit Google Drive or Dropbox.	Keeps extra copies of photos, docs & treasures.	Upload files, and they’ll sync across all your devices	Spilled coffee? Paw on keyboard? Your memories still live on. 🐾

Disclosure:

Some of the tools and resources in this guide are apps or paid software programs that may require a monthly or annual subscription. I’ve included them because they’re genuinely helpful for building digital confidence, and many offer free trials or basic versions to get you started. Always review pricing and privacy details before purchasing or subscribing.



Stay Fabulous, Stay Firewalled

Official Resources worth bookmarking

Resource	What it does	Link
CISA	Free safety tip sheets for older adults	https://www.cisa.gov
National Council on Aging	Fraud prevention & scam alerts	The National Council on Aging (NCOA)
Stay Safe Online	Cybersecurity tips & awareness	https://www.staysafeonline.org
AARP technology	Senior-friendly tech tutorials	https://www.aarp.org/personal-technology

Oh That's So You!

<https://www.ohthatssoyou.com>

@OhThatsSoYou

One latte, one password, one VPN at a time – digital confidence never looked so good



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Digital Confidence Checklist

- ✓ Unique passwords for every account
- ✓ Password manager installed
- ✓ Two-factor authentication turned on
- ✓ Auto-updates enabled
- ✓ Antivirus scanning weekly
- ✓ VPN ready for travel
- ✓ Phishy emails deleted without guilt
- ✓ Digital inventory started
- ✓ Backups complete
- ✓ A latte in hand and a smug smile – because you've got this