

Online Protection

Also see [Social Networking & Doxxing](#) and [Online Privacy](#).

Reference

- <https://www.cisa.gov/secure-our-world>
- <https://www.cisa.gov/topics/cybersecurity-best-practices>
- <https://www.techlore.tech/resources>
- <https://cure53.de>

Credit Report

- **Freeze credit report**
 - Free service from credit agencies
 - Can be “frozen and unfrozen” immediately at anytime.
 - <https://www.usa.gov/credit-freeze>

Deleting Online Accounts

- Manually delete everything, such as photos, messages, orders, etc
- Change your name, email, and all personal information to an alias not connected to your real identity.
- Wait 30 days then verify your account is empty of all information. (This may allow company backups to be rewritten with your changed information.)
- Delete account.

Passwords

- **Use a strong password**
 - <https://www.cisa.gov/secure-our-world/use-strong-passwords>
- **Use a password manager**
 - Bitwarden - <https://bitwarden.com> (cloud-based)
 - Keepass - <https://keepass.info> (Local storage)
- **Use a different password for each account**
 - If a hacker gets one password, they can try the same password for other accounts.
- **Use Multifactor authentication (MFA) or Two factor authentication (2FA)**
 - Use the app version recommended by the vendor
 - Text message (SMS) method is not recommended and less secure

Quantum-Resilient Password Lengths

As of May 2025

Password Use Case	Recommended Length (Post-Quantum)	Notes
Standard login password (hashed with bcrypt/scrypt/Argon2)	16+ characters	Include upper/lowercase, numbers, symbols. Use a passphrase (e.g., "CorrectHorseBatteryStaple").
High-security systems (admin, financial, sensitive data)	20-24+ characters	Use passphrases or random strings from a password manager.
Encryption passphrases (e.g., PGP, file encryption)	32+ characters	Quantum attacks may eventually brute-force shorter keys; longer passwords help mitigate risk.
Wi-Fi passwords (WPA3)	16-24 characters	Use maximum supported length to reduce offline cracking potential.

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