

Data Breaches in the Digital Age: Strengthening Personal Data Protection and Privacy Awareness | By Paul Kwiringira

As we mark Data Protection and Privacy Week, it is important to acknowledge a critical reality of the digital age: data breaches are no longer a theoretical risk; they are an everyday occurrence. Personal data, particularly email addresses, is frequently exposed through cyber incidents affecting organizations across sectors and jurisdictions.

From a data protection perspective, this underscores a key principle under modern data protection laws, including the Data Protection and Privacy Act (Uganda) and the GDPR: personal data must be processed securely, and risks to data subjects must be actively mitigated.

Email addresses are especially vulnerable because they serve as digital identifiers across multiple platforms, namely professional, financial, and personal. When compromised, they can enable phishing attacks, account takeovers, identity misuse, and broader security breaches.

Protecting personal data is a shared responsibility. Awareness, good digital hygiene, and proactive risk management

are essential to safeguarding both individual privacy and institutional integrity

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In line with good data protection and cybersecurity practice, people are encouraged to:

- Regularly update passwords
- Avoid password reuse across systems
- Use strong passwords and multi-factor authentication where available

For guidance on data protection compliance, data breach risk management, and privacy governance under the Data Protection and Privacy Act (Uganda) and the GDPR, **KTA Advocates' TMT, IP & Sustainability Practice** offers specialised legal advice to help clients protect personal data and manage regulatory risk.

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Please feel free to reach out to KTA Advocates at tmtandip@ktaadvocates.com to discuss your specific needs.