Outside the IT industry, small and medium organisations (SMO) often have scarce IT management resources, rely on ‘involuntary IT managers’ and may not even have a single employee with a profound understanding of IT’s strategic potential and the related IT risks for their organisation. Over time, such organisations may be left behind on the wrong side of the digital divide (i.e. failing to adapt their business for the digital age), or the security divide (i.e. failing to cope adequately with information security threats). Based on the outcomes of two recent research projects, this presentation gives insights into the related challenges that SMOs outside of the IT industry face in the digital age, and outlines two uncomplicated and accessible ‘bare minimum’ frameworks that can help SMOs to take the first step towards alleviating this situation.