

CYBERSECURITY BASICS: HOW TO STAY SAFE ONLINE

WHAT IS CYBERSECURITY?

- The practice of protecting systems, networks, and programs from digital attacks.
- **GOAL:** prevent unauthorized access, data theft, and damage.



Use passwords with at least 12+ characters.



Always enable two-factor authentication (2FA).



Install updates patches close security holes.



Think before you click: hover over links before opening.

GOOD ONLINE HABITS

1

Log out from accounts when not in use.

2

Review privacy settings on apps and platforms.

3

Regularly back up important files.

4

Don't overshare personal info on social media.

COMMON ONLINE THREATS

- Phishing: Fake emails/messages tricking users into giving personal data.
- Malware: Harmful software that damages devices or steals data.
- Ransomware: Locks your files until you pay money.
- Weak Passwords: Easily guessed, allowing hackers access.
- Public Wi-Fi Risks: Hackers can intercept unprotected connections.

SIGNS YOU MIGHT BE HACKED

- Strange pop-ups or toolbars appear.
- Slow device performance.
- Passwords stop working.
- Unknown programs or apps installed.
- Friends receive suspicious emails/messages from your account.

81%

of data breaches are caused by weak or reused passwords. (Verizon DBIR 2022)

90%

of cyberattacks begin with phishing. (CSO Online)

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