Data breach: incident where information is taken without permission

Have i been pwned - checks if data has been stolen

Identity theft - when a person uses someone else’s personal information without their permission

Secure passwords are the easiest way to protect yourself:

* Lowercase letters
* Uppercase letters
* Numbers
* Special characters
* Different for each account

Password managers recommended

Python is used as it is open source and easy to learn, containing many resources specific to cyber security

The field of Cybersecurity started in the 1970s when more and more information started being stored on computer systems and networks

The CIA Triad is the model used to discuss cybersecurity.