**L3 Cybersecurity FDL Template**

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| **Date** | **20/02/2023** |

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| **Watch this video by TED and reflect about it in the box below. Your reflection should include what was it all about and what you have learned from it.**  **(min 500 words)**  [**https://www.ted.com/talks/james\_lyne\_everyday\_cybercrime\_and\_what\_you\_can\_do\_about\_it**](https://www.ted.com/talks/james_lyne_everyday_cybercrime_and_what_you_can_do_about_it) | |
| Firstly, cyberattacks can have a essentially effect on our daily lives as they can think our personal information, including our financial data and online accounts. This can result in identity theft, financial loss, and other negative consequences. Cybersecurity threats can also lead to the disruption of critical infrastructure such as govt industry, transportation systems, and healthcare system.  Secondly, cybercriminals can use various techniques to attack our networks, including malware, phishing, and social engineering. Malware is a type of software that can infiltrate our devices and steal data or take control of the device. Phishing is a type of attack that uses fake emails, messages or websites to trick users into providing sensitive information. Social engineering attacks involve tricking people into providing sensitive information or granting access to systems or networks.  To protect our password, Ted suggests some best practices such as using strong, unique passwords and enabling two-factor authentication. He also recommends avoiding sharing passwords across multiple accounts, using a password manager to store and manage passwords, and regularly changing passwords to minimize the risk of a cyberattack.  Furthermore, Ted talk about the responsibility of cybersecurity is not only on individuals but also on organizations and governments. Organizations need to take measures to protect their customers' data and secure their networks. Governments can play a role by regulating the cybersecurity industry, educating citizens about cybersecurity threats and creating laws to protect individuals and businesses from cyberattacks.  In conclusion, the TED Talk on Cyber Security highlights the importance of being aware of cybersecurity threats and adopting best practices to protect our personal information and networks. It is essential to take cybersecurity seriously and understand that cybersecurity is a shared responsibility. By following cybersecurity best practices and working together, we can help to minimize the risks of cyberattacks and protect ourselves and our society from cyber threats.  Practicing good cybersecurity is important to protect your data and systems from various online threats. Here are some tips to help you improve your cybersecurity practices:  Think before plugging in USB: USB drives can be used to introduce malware to your system, so be cautious when plugging them into your computer. Only use USB drives from trusted sources and scan them with antivirus software before accessing any files  Keep your software up to date: Ensure that you regularly update your operating system, software, and applications to the latest version. This helps to patch security vulnerabilities and protect against known exploits.  Use strong passwords: Always use strong passwords that are difficult to guess and avoid reusing passwords across different accounts. Consider using a password manager to securely store your passwords.  Enable two-factor authentication: Two-factor authentication adds an extra layer of security by requiring a second form of authentication, such as a code sent to your phone, in addition to your password.  Backup your data: Regularly backup your important data to an external hard drive or a cloud storage service to ensure that you can recover your data in case of a security breach or system failure.  Be cautious with email: Be wary of opening email attachments or clicking on links from unknown sources, as they could contain malware or phishing scams. Verify the sender's email address and avoid responding to unsolicited emails.  Use antivirus software: Install reputable antivirus software on your devices to detect and remove viruses, malware, and other threats. | |
| **Signature** | **Muhammad Saleem** |