The CIA Triad  
  
The CIA triad is a basic idea in information security. It stands for Confidentiality, Integrity, and Availability. These three things explain how we should protect data and why it matters.

Confidentiality  
  
This is about keeping information private. Only the people who are allowed should have access to it.  
**Example:** On our phones, we use passwords or fingerprints. That way, nobody else can open it and see our messages or photos.  
  
Integrity  
  
Integrity means the information should stay correct and not be changed by someone who is not supposed to.  
**Example:** If a patient’s medical file in a hospital was changed without permission, the doctor might give the wrong treatment. Integrity makes sure the data stays accurate and trusted.  
  
Availability  
  
Availability is making sure that the system or information is always there when someone needs it.  
**Example:** With online banking, we expect to be able to log in anytime, day or night. If the system is down, people get frustrated. Availability makes sure services are up and working.