

# Cybersecurity & Awareness Guide

In today's digital age, cyber threats are rapidly increasing. Being aware of the common risks and following safe practices is essential for individuals, organizations, and society at large. This guide provides key cybersecurity awareness points.

## 1. Common Cyber Threats

- Phishing – Fake emails or websites tricking users to steal personal information.
- Malware – Malicious software such as viruses, ransomware, and spyware.
- Social Engineering – Manipulating people into revealing confidential information.
- Password Attacks – Guessing or cracking weak passwords.
- Identity Theft – Using stolen personal information for fraudulent purposes.

## 2. Best Practices for Cyber Hygiene

- Use strong and unique passwords for every account.
- Enable Two-Factor Authentication (2FA) wherever possible.
- Keep software, operating systems, and apps updated.
- Avoid clicking on unknown links or downloading attachments from untrusted sources.
- Regularly back up important data to secure locations.
- Use antivirus and firewall protection.
- Be cautious when using public Wi-Fi; use a VPN if possible.

## 3. Safe Social Media Practices

- Do not overshare personal information online.
- Review and update privacy settings regularly.
- Be cautious of friend requests from unknown people.
- Avoid posting sensitive details such as location, phone numbers, or financial info.

## 4. Responding to Cyber Incidents

- Report suspicious emails, messages, or calls immediately.
- Disconnect infected devices from the internet to prevent spread.
- Contact your IT/security team or local cybercrime authorities for guidance.
- Change compromised passwords as soon as possible.

Cybersecurity is everyone's responsibility. By staying aware and following safe practices, we can reduce the risks of falling victim to cybercrime. Stay alert, stay secure.