**Data at Rest, In Use, and In Transit**

Understanding the complexities of data transmission and how it relates to the information technology field is a key foundation to comprehending the digital world. How does data flow? Where is it most secure? What are the differences within a technical system as it relates to data in a computer system and across a network?

Create a 2- to 3-minute video for novice cybersecurity students, addressing the following:

·      Discuss the difference in data at rest, in use, and in transmission.

·      Explain how you would secure the data.

·      Describe how the strategy changes depending on whether it's in use, at rest, or in transit.

Show professionalism in your speech and appearance.

Use an online video platform such as Loom, YouTube, or Vimeo to upload your completed video. Ensure that others can access and view your linked video before submitting it to the digital classroom.

This assignment uses a rubric. Review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are not required to submit this assignment to LopesWrite.