

Cyber Security

Cyber security refers to the practice of protecting digital information, computers, and networks from unauthorized access, use, disclosure, disruption, modification, or destruction. This includes protecting against cyber threats such as hacking, malware, and phishing. Cyber security is important because it helps to safeguard sensitive information, prevent financial loss, and protect against identity theft. It involves using a combination of technologies, processes, and practices to ensure the confidentiality, integrity, and availability of digital information. Individuals and organizations can take steps to improve their cyber security by using strong passwords, keeping software up to date, and being cautious when clicking on links or opening email attachments.

Best Resources:

- YouTube search: https://www.youtube.com/results?search_query=Cyber+Security
- Cyber Security Guide
- What is Cyber Security?