Cyber Savvy: Your Simple Guide to Staying Safe Online

Welcome to "Cyber Savvy" a straightforward and empowering session designed to demystify the digital world and equip you with practical skills to protect yourself online. Forget the impenetrable technical terms and scare tactics on some devious vendors. We'll break down essential cyber security concepts into easy-to-understand steps, showing you just how simple it is to stay safe from common online threats. You'll leave feeling confident and capable, ready to navigate the internet securely in your daily life.

High-Level Outline:

1. Introduction.
2. Scams by email, text, phone and video.
3. Securing your online accounts.
4. The truth about ransomware.

Additional topics that can be added:

o Setting up an effective backup strategy.
o Working-from-home and on-the-road securely.
o Tips for securing an SME's website and social media.

Objectives:

Upon completion of this course, participants will be able to:

- Understand the most prevalent types of online scams and how to recognise them across various communication channels (email, text, phone, video).
- Implement strong, unique passwords and enable multi-factor authentication (MFA) to significantly enhance the security of their online accounts.
- Grasp the real nature of ransomware, how it operates, and practical steps to avoid becoming a victim.
- Identify and report suspicious digital interactions effectively.

Learning Outcomes:

By the end of this course, attendees will be able to:

- Critically evaluate incoming communications (emails, texts, calls) for signs of phishing and social engineering attempts.
- Create and manage robust passwords and activate MFA across their personal online services with confidence.
- Describe the common attack vectors for ransomware and articulate preventative measures to mitigate risk.
- Apply newfound knowledge to enhance their personal digital security posture in their daily online activities.

Course Duration: 2 Hours (for the basic training, add 20 minutes each for the additional topics)

Included: Guide to implement Multi-Factor Authentication, Backups and copy of the slides.

Audience: Micro/Small/Medium Business Owners or Managers, and any of their staff.

Capacity: Maximum 20 attendees