

Cyber Security Training



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Introduction

Good morning, ladies and gentlemen!

I am Chris Aldrich from Red Dune IT Support.

Thank you for joining us today for this important discussion on cybersecurity.

In our increasingly interconnected world, where technology is an integral part of our daily lives, it's crucial to understand the importance of protecting ourselves and our digital assets from cyber threats.

In this presentation, we will explore the fundamentals of cybersecurity and share practical tips to enhance your online safety.

Let's dive in!



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Importance of Cybersecurity

Cybersecurity is the practice of protecting computers, servers, mobile devices, networks, and data from digital threats.

The rise in cybercrime incidents highlights the urgent need for individuals to be proactive and vigilant in safeguarding their digital lives.

Cyberattacks can lead to financial loss, identity theft, data breaches, and damage to personal and professional reputations.



Common Cyber Threats

Malware: Software designed to harm your computer or gain unauthorized access to your data.

Phishing: Deceptive emails, messages, or websites that trick you into sharing sensitive information.

Password Attacks: Hackers attempt to crack weak passwords or steal them through various means.

Social Engineering: Manipulation techniques used to deceive individuals and gain unauthorized access.

Ransomware: Malicious software that encrypts your files and demands a ransom for their release.

Data Breaches: Unauthorized access to sensitive information stored by companies or organizations.



Wi-Fi Security

Use strong and unique passwords for your home Wi-Fi network.

Enable network encryption (WPA2 or WPA3) to protect your wireless communications.

Avoid using public Wi-Fi networks for sensitive activities like online banking.



Backing Up Your Data

Regularly backup your important files and data to an external hard drive, cloud storage, or a combination of both.

In the event of a cyberattack or hardware failure, having backups ensures you can restore your data and minimize the impact of such incidents.



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Social Engineering Awareness

Be cautious of unsolicited phone calls or messages requesting personal information or financial details.

Be skeptical of urgent requests for money or sensitive information, even if they seem to come from a trusted source.

Verify the identity of individuals or organizations before sharing any sensitive information.



Secure Online Shopping

Only shop from reputable websites that have secure payment gateways.

Look for the padlock icon and "https" in the URL before entering any payment details.

Avoid making purchases on public Wi-Fi networks or using shared computers.



Children and Online Safety

Educate children about online risks and responsible internet use.

Supervise their online activities and encourage open communication about any concerning experiences.

Utilize parental controls and filtering software to restrict access to inappropriate content.



Best Practices at Work

Follow your organization's security policies and guidelines.

Be cautious when handling sensitive data and avoid sharing it with unauthorized individuals.

Report any suspicious activities or potential security breaches to the appropriate personnel.



Education and Awareness

Stay informed about the latest cybersecurity threats and trends.

Attend workshops, webinars, or training sessions to enhance your knowledge.

Share cybersecurity tips and best practices with family, friends, and colleagues.

Phishing Emails - <https://reddune.co.uk/phishing-emails>

Password security - <https://reddune.co.uk/password-security>



What to do if you fall victim

If you become a victim of cybercrime or encounter suspicious activities, report it to the relevant authorities or your organization's IT department.

Reporting helps in investigating and preventing future incidents.



Protect yourself

Trust no-one!

Keep them up to date and protect your devices and networks.

Antivirus

Email protection



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Q & A

Any Questions?



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Thank You!

Remember, protecting your digital life requires ongoing effort and awareness. By incorporating these cybersecurity practices into your daily routine, you can navigate the digital world with confidence and peace of mind.

Thank you once again and stay safe online!



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