



Cybersecurity

Navigating the online world safely, smartly.



Funded by
the European Union



CYBER RHYTHM

Digital Skills for the Future



The Digital World & You

Understanding the basics of why cybersecurity matters in our daily routines.

The 3 Pillars of Security

Confidentiality

Keeping your private information hidden from people who shouldn't see it—like your personal DMs, banking details, and passwords.

Integrity & Availability

Making sure your important files aren't corrupted or secretly modified by strangers, and ensuring your accounts are always accessible when you need them.



CYBER RHYTHM

Digital Skills for the Future



Spotting Phishing & Scams

- **Fake Messages:** Emails or texts that mimic trusted brands (Netflix, Apple, your bank) urging you to panic.
- **The Trap:** They try to trick you into clicking a malicious link or typing your password into a fake login clone.
- **Golden Habit:** Never click login links straight from texts. Always open the official app or website directly!



CYBER RHYTHM

Digital Skills for the Future



How Hackers Trick People

-  **Stealing Information:** Fake giveaways or unsecured forms harvest your personal data, usernames, and payment credentials without your knowledge.
-  **Social Engineering:** When a hacker manipulates human emotion—urgency, fear, or excitement—through phone calls or DMs to convince you to hand over access codes.
-  **The Human Factor:** Cybersecurity isn't just about computers; hackers target human trust because it's often easier than breaking digital software.

Supercharge Your Habits

Simple daily tweaks that block 99% of common cyber threats.



CYBER RHYTHM

Digital Skills for the Future



Simple Daily Defenses



Strong Passwords

Use long, unique passphrases or a password manager instead of reusing "Password123" everywhere. Password managers help.



Multi-Factor Auth

Turn on MFA (a text code or app push notification) so passwords alone aren't enough to break in.



Quick Updates

Let your phone and laptop install system updates promptly to patch newly discovered security holes.



CYBER RHYTHM

Digital Skills for the Future



The Gmail Alias Trick

Add a Plus Tag to Your Email

If your email is **mymail@gmail.com**, you can sign up for websites using **mymail+facebook@gmail.com** or **mymail+shopping@gmail.com** without making a new account!

Track Who Sells Your Data

All mail still lands cleanly in your main inbox. But if you get a spam message addressed to *mymail+shadyco@gmail.com*, you instantly know which site leaked or sold your address!

Pro Tip: Great way to catch companies red-handed when spam rolls in.



CYBER RHYTHM

Digital Skills for the Future



Hidden Traps: Extensions & Games



Risky Browser Extensions: Cute custom themes, ad-blockers, or coupon finders can secretly spy on your browsing habits or steal session tokens. Only install verified add-ons.



Unconventional Hacks (Gamers Beware!): Malicious mods, custom maps, or trainers (like in the Steam Workshop or third-party game loaders) can sneakily compromise your PC.



Popularity Isn't Safety: Just because a plugin or app has high download counts doesn't mean it hasn't been compromised or sold to malicious actors.



CYBER RHYTHM

Digital Skills for the Future



Backups & Safety Nets



Cloud Sync

Automatically back up precious phone photos and documents to iCloud, Google Drive, or OneDrive.



Offline Drives

Keep an external hard drive copy for critical files to protect against ransomware locks.



Total Resilience

If a device breaks, gets lost, or wiped, backups can be used to restore it.



CYBER RHYTHM

Digital Skills for the Future



Questions?

Stay curious, stay cautious, and browse safe!



CYBER RHYTHM

Digital Skills for the Future

