# COURSE CONTENTS

# Introduction Presentation

Introduction to Cyber Security Awareness (Time= 20 minutes)

* What is Cyber Crime?
* What is Cyber Security and why it is Important?
* What is a Threat?
* What is a Vulnerability?
* What is a Cyber Risk?
* Cyber Security Laws
* Module Recap

Main topics covered in course

# Module 1

Email & Internet Security (Time= 20 Minutes)

* Social Engineering
  + What it is?
  + Examples
* Phishing Attacks & Spam
  + What it is?
  + Examples (includes 2 handouts email + texting)
* Spoofing
  + What it is?
  + Examples
* Whaling Attacks
  + What it is?
  + Examples
* Malware
  + What it is?
  + Examples
* Ransomware
  + What it is?
  + Examples
* Identity Theft
  + What it is?
  + Examples
* Email Security (Spotting a Fake)
* Quiz
* Risk Recap and Glossary

# Module 2

Good Practices/How to Avoid Unnecessary Risks (Time= 15 Minutes)

* Computer Use Good Practices
* Login Security
* Work Area Security
* Laptop Security
* Mobile Device Security
* Building Security (Identifying suspicious activity)
* Quiz
* Recap and Glossary

# Module 3

Working from Home Security (Time= 15 Minutes)

* Home Network Security
* Antivirus and Patching
* VPN Security
* Password Management
* Video Conferencing Security
* Quiz
* Recap and Glossary

# Module 4

Data Regulations & Compliance Topics Overview (Time= 30 Minutes)

* Why is data protection important
* GDPR Overview
* ADPPA (Federal Privacy Law)
* Transatlantic Data Privacy Law
* ISO Standards
* NIST Standards
* CIS Standards
* Avoiding Data Exposure
* Secure Data Handling
* Quiz
* Recap and Glossary