Cybersecurity & Online Safety for Media Students

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Introduction

Media, digital rights, and cybersecurity professional with over three years of experience in communications, advocacy, and incident response, delivering impactful digital safety and media literacy initiatives across South Sudan and reaching diverse audiences through in-person trainings, campaigns, and strategic digital engagement.

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This initiative is implemented by the Excellence Foundation for South Sudan, with the support of AfricTivistes, within the AHEAD Africa and Digitalise Youth projects, led by the Digital Democracy Initiative

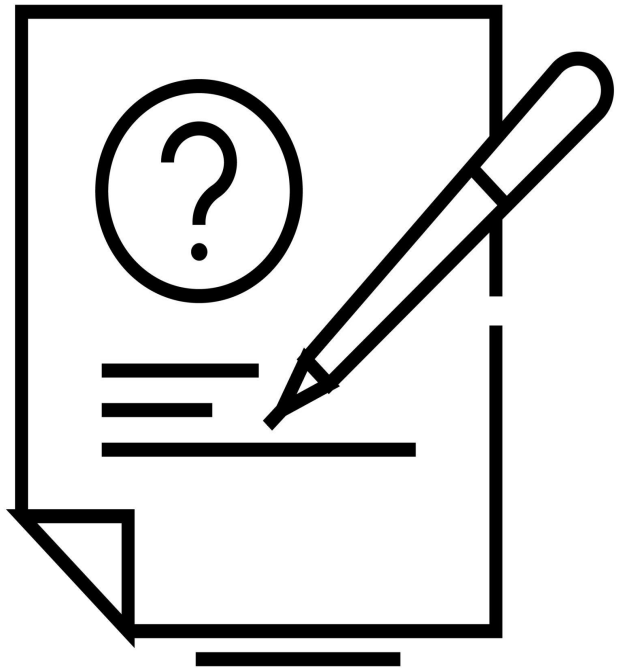
Session Outline

01 Introduction to Digital Security

02 Social Engineering

03 Account Security

04 Netiquette



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Learning Outcomes

Participants will be able to:

- Understand key cybersecurity concepts and terminology
- Identify common digital threats targeting media professionals
- Protect passwords and accounts effectively
- Use tools like VPNs and 2FA appropriately
- Develop a simple personal digital security plan

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Quick Pre-Session Poll

1. Who uses the same password for multiple accounts?
2. Who has enabled 2FA on email?
3. Who has ever clicked a suspicious link?
4. Who has experienced online harassment?

Session 1: Introduction

An Overview of Cybersecurity

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What is Cybersecurity?

Cybersecurity is digital self-defence.

It protects:

- Devices
- Accounts
- Data
- Identity

Like locking your house — but online.

Common Digital Security Terms

- Threat

  Anything that can cause harm to your digital systems, accounts, or data.
  Examples: hacker, phishing message, malware, impersonation.

- Vulnerability

  A weakness that a threat can exploit.
  Examples: weak password, no 2FA, outdated software, public Wi-Fi use.

- Risk

  The likelihood that a threat will exploit a vulnerability and cause damage.

Common Digital Security Terms

A BANK ROBBERY

A HOUSE ON FIRE

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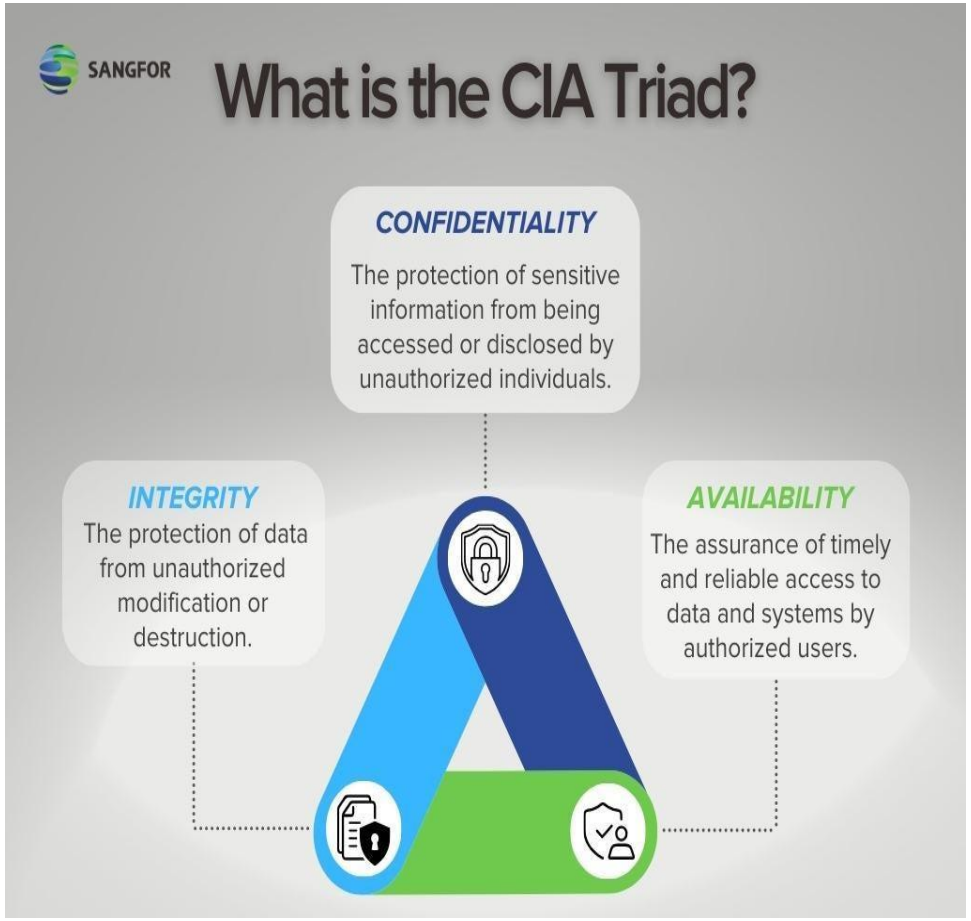
The Core Principles (CIA Triad)

- Confidentiality – Only authorised people access information
- Integrity – Information is accurate and not altered
- Availability – Information is accessible when needed



Common Cyber Threats

- Social Engineering
- Phishing
- Malware
- Ransomware
- Account Takeovers
- Public Wi-Fi interception

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Social Engineering – Hacking the Human

Social engineering manipulates emotions:

- Fear
- Urgency
- Curiosity
- Authority

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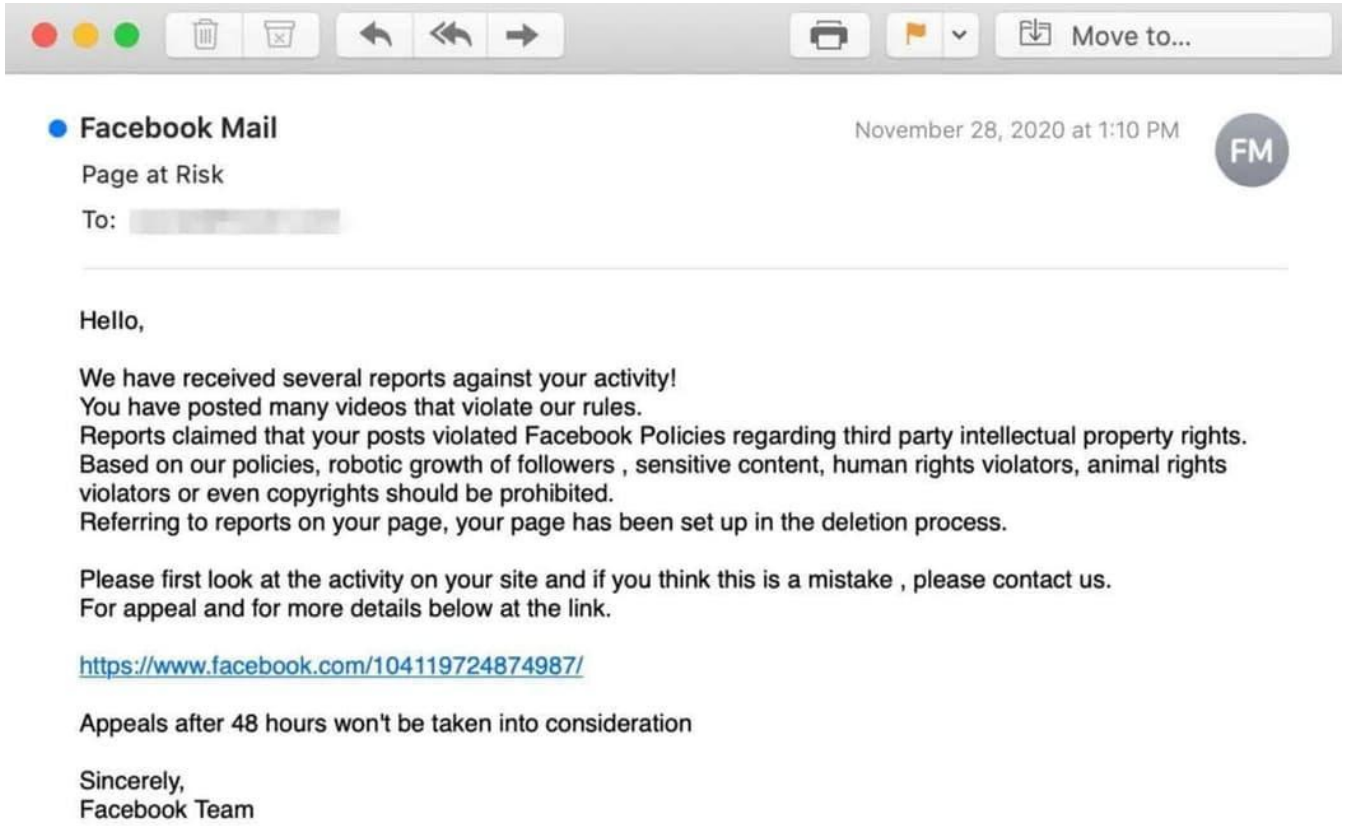
Case Study



Move to...

Facebook Mail

November 28, 2020 at 1:10 PM

FM

Page at Risk

To: [redacted]

Hello,

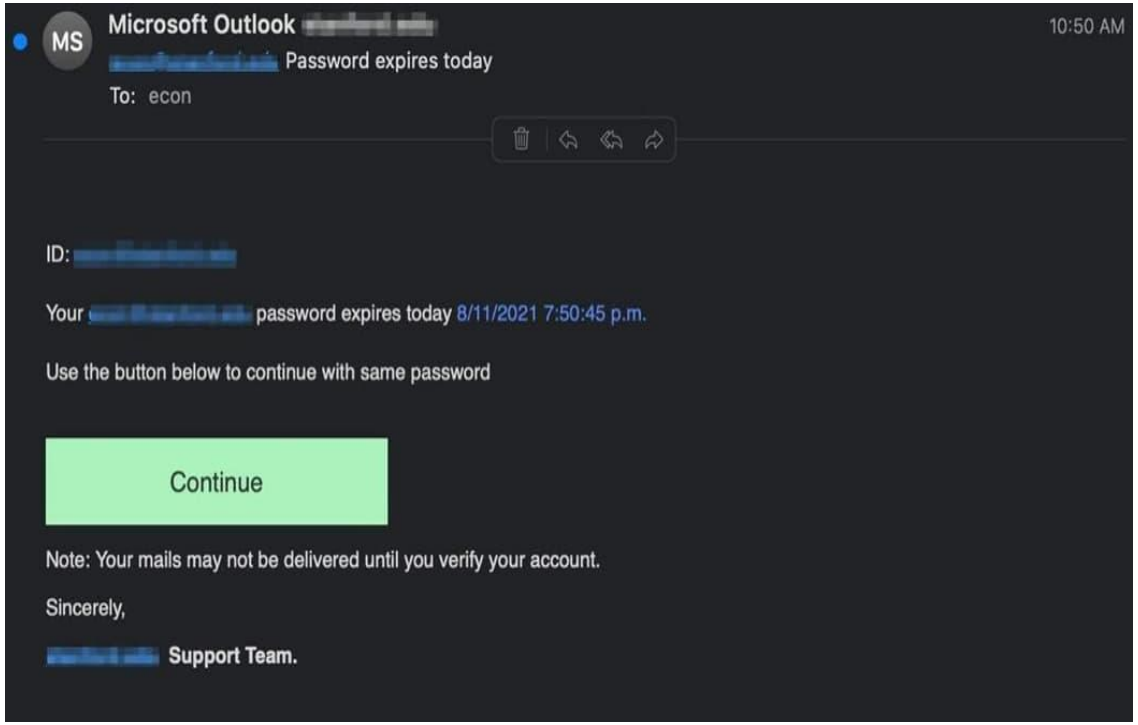
We have received several reports against your activity!
You have posted many videos that violate our rules.
Reports claimed that your posts violated Facebook Policies regarding third party intellectual property rights.
Based on our policies, robotic growth of followers , sensitive content, human rights violators, animal rights violators or even copyrights should be prohibited.
Referring to reports on your page, your page has been set up in the deletion process.

Please first look at the activity on your site and if you think this is a mistake , please contact us.
For appeal and for more details below at the link.

https://www.facebook.com/104119724874987/

Appeals after 48 hours won't be taken into consideration

Sincerely,
Facebook Team



MS

Microsoft Outlook [redacted]

10:50 AM

[redacted] Password expires today

To: econ

ID: [redacted]

Your [redacted] password expires today 8/11/2021 7:50:45 p.m.

Use the button below to continue with same password

Continue

Note: Your mails may not be delivered until you verify your account.

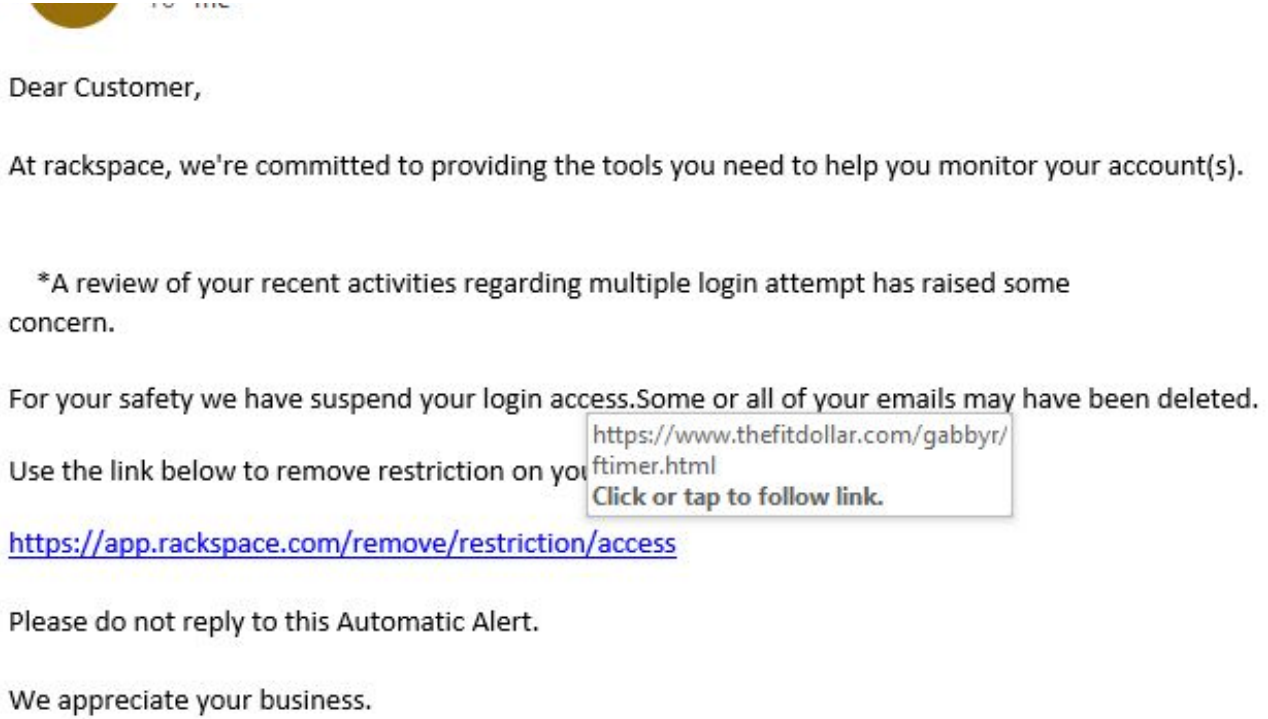
Sincerely,

[redacted] Support Team.

Group Activity

Task:

- In groups of 3–4:
- Identify at least 4 red flags



Dear Customer,

At rackspace, we're committed to providing the tools you need to help you monitor your account(s).

*A review of your recent activities regarding multiple login attempt has raised some concern.

For your safety we have suspend your login access.Some or all of your emails may have been deleted.

Use the link below to remove restriction on yo

https://www.thefitdollar.com/gabbyr/ftimer.html
Click or tap to follow link.

https://app.rackspace.com/remove/restriction/access

Please do not reply to this Automatic Alert.

We appreciate your business.

Session 2: Account Security Fundamentals

How to protect yourself

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Password Management

Strong password principles:

- 12–16+ characters
- Mix of symbols, numbers, words
- Unique per account

Check Password Strength

Use password managers

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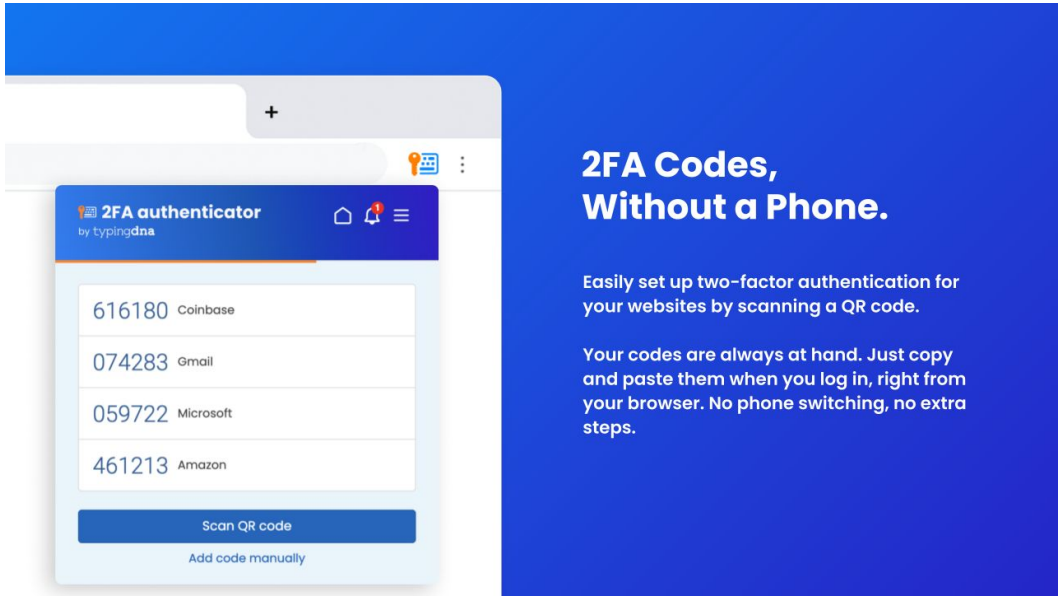
Two-Factor Authentication (2FA)

2FA = Password + Second verification

Examples:

- SMS code
- Authenticator app
- Biometric



Even if password is stolen, attacker cannot log in.

VPNs – What and Why?

VPN = Virtual Private Network

What it does:

- Encrypted internet traffic
- Protects data on public Wi-Fi
- Masks IP address

When useful:

- Using public Wi-Fi
- Researching sensitive topics
- Protecting location privacy

Eg Proton VPN, Outline VPN, Nord VPN

Session 3: Netiquette

How to conduct yourself online

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What is Netiquette?

Netiquette = Internet etiquette

Your online behavior affects:

- Your safety
- Your reputation
- Your career
- Your newsroom credibility

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Final Tips & Best Practices

- Always update your softwares
- Use strong passwords
- Use HTTPS websites
- Avoid Pirated Software
- Avoid public Wi-Fi for sensitive tasks

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Q&A and Closing Remarks

Thank you for attending!

Comments. Observations. Objections.

Connect with me on Linkedin:

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