"Cybersecurity" - tips & tricks for the trainers
Presentation supplement for adult trainers

The topic of cyber security is very broad and discussing it in a two-hour workshop is not possible. A few issues have been selected to be conveyed to the audience. Keep in mind that the audience - seniors - may not be well acquainted with modern technologies. Use simple vocabulary and be ready to explain technical phrases in pictures.

When creating passwords, it is important to remember that in addition to ensuring the security of our digital assets, we must also ensure that they are remembered. To create strong passwords, use long phrases or even whole sentences by adding numbers to them, which for the user will easily associate. We are surrounded by numbers so to create passwords you can use, for example, the size of your clothes, a fragment of your phone number, the number in the name of your car or refrigerator.

Software updates are often neglected not only by seniors. This may be due to a lack of understanding of the messages displayed by devices. Make sure your audience has the right skills to use modern equipment. This may require individual work with each person.

Phishing is one of the most common types of threats to which seniors can be susceptible. In order for recipients to understand the topic well, it is better to use the terms "scam" or "extortion." It should be noted that newer and newer methods are being used in the digital world, but they are similar to those in the real world - someone is trying to manipulate our emotions to get us to do certain things. Use the method of limited trust and always think before clicking on a sent link.