



KIDS & TEENS FREELANCING TRAINING INSTITUTE

Cyber Security Course Outline

Module 1: Introduction to Cyber Security

- What is Cyber Security?
 - Why Cyber Security Matters
 - Real-life Examples of Cyber Threats
 - Basic Cyber Terms (Hacker, Virus, Firewall, etc.)
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Module 2: Staying Safe Online

- Creating Strong Passwords
 - Safe Browsing Habits
 - Spotting Fake Websites and Links
 - How to Use Social Media Safely
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Module 3: Cyber Threats & How to Avoid Them

- Understanding Malware, Phishing & Scams
 - Avoiding Downloads from Unknown Sources
 - Recognizing Suspicious Emails and Messages
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Module 4: Privacy & Digital Footprint

- What is a Digital Footprint?
 - Importance of Keeping Personal Info Private
 - Smart Sharing Rules (What NOT to share)
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Module 5: Cyberbullying Awareness

- What is Cyberbullying?
- How to Recognize It
- What to Do if You or Someone You Know is Targeted

Module 6: Safe Gaming & App Use

- Online Gaming Safety Tips
- Understanding In-Game Purchases & Chat Risks
- Safe App Download Practices

Module 7: Tools to Stay Secure

- Using Antivirus & Parental Controls
- Importance of Software Updates
- Two-Factor Authentication (Explained Simply)

Module 8: Hands-On Activities & Projects

- Build a "Cyber Hero" Profile
- Create a Safe Social Media Profile (Mock Activity)
- Password Strength Challenge
- Cyber Safety Quiz & Final Project

Bonus: Parents' Mini-Guide (Optional)

- Tips for Monitoring & Guiding Kids Online
- Tools and Resources for Families