



*Being
'Safe & Secure'
in the Online Space*

CYBER SECURITY: SAFETY IN
A VIRTUAL ENVIRONMENT

Pre Session Activity: Watching a Video



Discussion Time

- What is your take away from this video?
- Have you ever experienced cyber bullying?
If yes, please share what steps you took against of it.



Learning Outcomes

At the end of the session, the participants will be able to:

- Understand the threats of cyber world for students.
- Understand and apply cyber safety strategies w.r.t.
 - ✓ Cyber bullying
 - ✓ Social media safety
 - ✓ Computer/Internet safety
 - ✓ Cyber crime cell

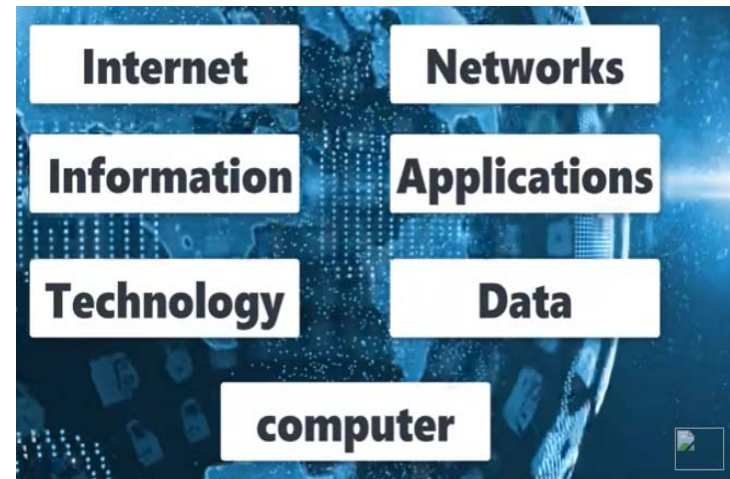
What Does Cyber Mean?

Relating to or characteristic of the culture of computers, information technology, and virtual reality

.....By Oxford dictionary

Or

Anything that is related to computer, information, technology, the Internet, networks, application and data is called cyber.



***Cyber safety is the safe and responsible use of Information and communication technology (ICT).
Secure our personal information at cyber.***

Cyber Threats



- Addiction
- Eye sight effects
- Posture defect
- Cyber-bullying

- Harmful content (sexual/ violent)
- Anonymous messages
- Social disconnect
- Online scams

Forms of Cyber Threats

- Harassment, cyber bullying
- Excessive gaming
- Invasion of privacy
- Rumor mongering
- Exposure to inappropriate or obscene material
- Harmful and illegal content
- Phishing and pharming, redirecting to false websites



Cyber Security and Precautions Against Cyber Threats

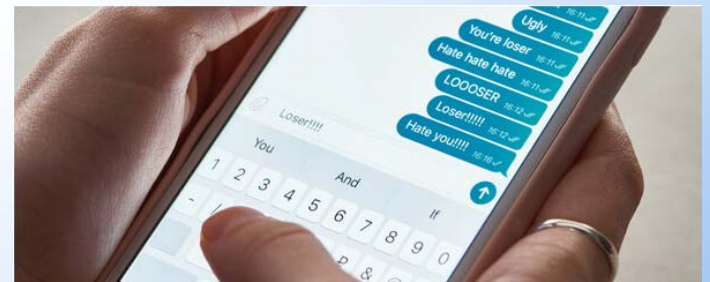
- **Cyber bullying**
- **Social media safety**
- **Computer/Internet safety**
- **Cyber crime cell**

What is Cyberbullying?

Cyberbullying is bullying with the use of digital technologies through.....

- ✓ social media platform,
- ✓ messaging platforms,
- ✓ gaming platforms and
- ✓ Mobile phones

Cyberbullying leaves a digital footprint – a record that can prove useful and provide evidence to help stop the abuse.



What should I do if someone is bullying me online?



Step 1

Seek help from someone you trust such as your parents, a close family member or another trusted adult, a counsellor

Step 2

Collect evidence – text messages and screen shots of social media posts

Step 3

Blocking the bully If it is happening on a social platform

Step 4

Formal reporting their behaviour on the platform itself

Step 5

For bullying to stop, it needs to be identified and reporting

Step 6

In immediate danger, then you should contact the police or emergency services or helpline in your country



Case Studies on Cyber Bullying

Online Troll or harassment

Ankita*, 19, a resident of Ashok Vihar in North West Delhi, had been trolled violently five years ago for a Facebook post critical of the government. But she did not report the harassment, she said because she had no idea how to seek help.

How can Ankita seek help to get out of the trolling ?



Cyberbullying and Lasting Impact

Shreya Singh*, 21, an undergraduate student of Lady Shri Ram College, Delhi, became the target of online harassment when she was just 12. "A classmate from my previous school had been collecting my photos and information about me and had used this to forge a Facebook page in my name," Singh told *India Spend*. "I had no idea initially and afterwards found out about this fake page through my peers."

How could Shreya respond to the cyberbullying ?

Brainstorming



- 1. What are the social media apps that we commonly use in our day to day life?*
- 2. On an average for what time duration are we online on a daily basis?*

Some of the Social Platforms We Use



Facebook



Instagram



YouTube



Twitter



TikTok



LinkedIn



Snapchat



WhatsApp



Pinterest

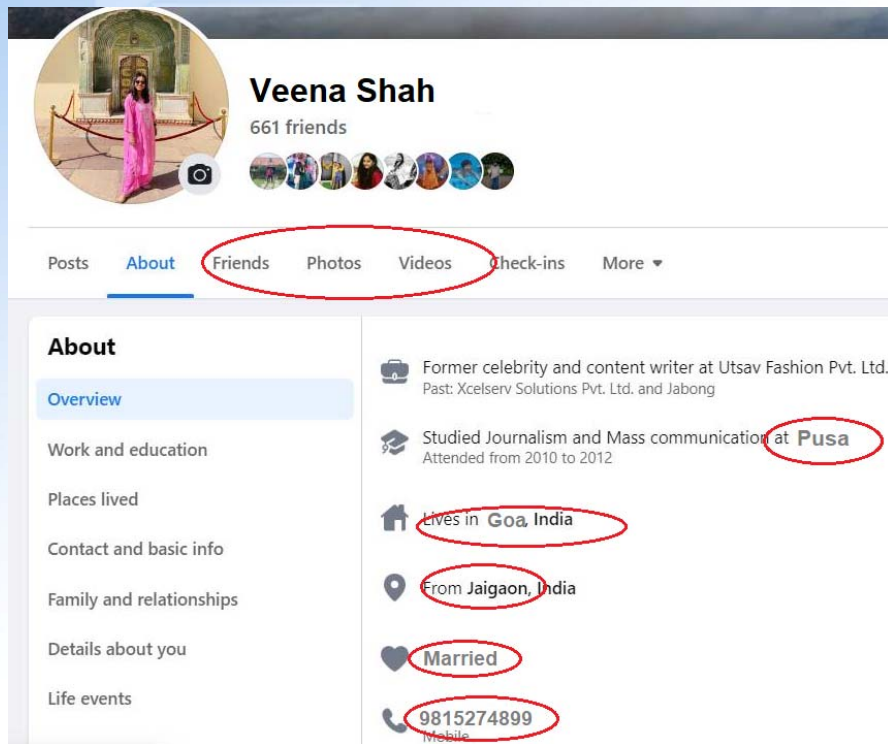
Reflection Activity 1: Mobile Messages

- *Do you get such type of messages in your phone?*

Hi Dear Your A/
c No-XXXX 4265
can be credited
with Rs.45,875 on
09-March-23 For more
details check here :-
tk.p2r.in/dS2JgweoL
ARJNLA

- *What do you do in such cases?*

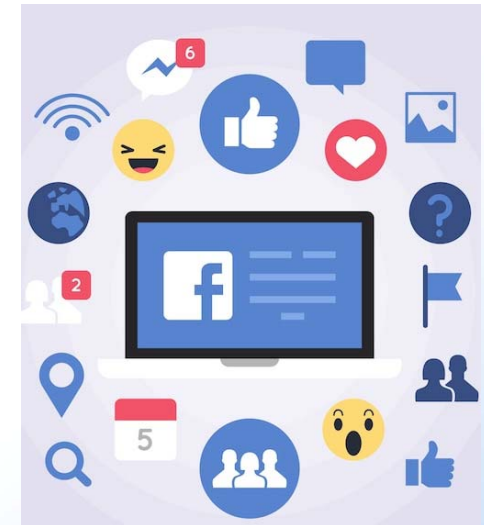
Reflection Activity 2: Facebook Pages



- *Do you post your instant/current situation such as watching a movie or out with friends over Facebook?*
- *Facebook asks for a detailed description about you such as mobile no., etc. Do you post such information there?*
- *Why do you do this? Is it safe?*

Safe Social Networking

- *Avoid revealing too much of your personal information such as your age, address, telephone number, school name etc. as this can lead to identity theft.*
- Do your **privacy settings** very carefully on social networking sites.
- **Never reveal your password to anyone** other than your parent or guardian.
- Communicate and collaborate only with people known to you.
- Do not post anything which hurts others feelings.
- *Always be careful while posting photographs, videos and any other sensitive information in social networking sites as they leave digital footprints which stay online forever.*



Computer Safety

- Log out your Computer when not in use and don't leave them un-attended
- Do not plug the computer directly to the wall outlet as power surges may destroy computer. Instead, use a stabilizer to plug a computer
- Do not install pirated software
- Do not connect unknown devices to your computer as they may contain viruses
- Use only verified open source or licensed software and operating systems
- Check that antivirus software in each system is regularly updated



Internet Safety and Ethics

- Respect other people's privacy
- Follow proper protocol in language use while chatting, blogging and emailing
- Do not log in to other people's email, social media accounts.
- Do not download and use copyrighted material
- Enable automatic browser update to ensure detection of malicious sites



Safe Email Practices

- Do not reply to emails from unknown sender even if it looks like a genuine email
- Do not provide personal information like name, date of birth, school name, address, parent's names or any other information
- Do not fall for lucrative offers/discounts as they might be coming from unknown source and it may not be reliable. Ignore/delete those mails
- Do not open attachments or click on links from unknown senders, since they may contain malicious files that might accept your device.



Reflection Activity

1. You received a mail from an unknown source that you'll have won a lottery of 25 lacs on your Facebook account.

For this they are telling to click on a link mentioned in mail and give details. What will you do?



2. What are the steps you usually take for the safety and security of your computer?

Authentic Reporting of the Cyber Crime

As per the Ministry of Home Affairs, the authentic portal of reporting any kind of cyber crime is the Indian cyber crime coordination centre (ICCCC).

भारत सरकार
GOVERNMENT OF INDIA

गृह मंत्रालय
MINISTRY OF HOME AFFAIRS

Language

Indian Cyber Crime Coordination Centre

राष्ट्रीय साइबर अपराध रिपोर्टिंग पोर्टल
National Cyber Crime Reporting Portal

75 आज़ादी का अमृत महोत्सव

[REPORT WOMEN/CHILDREN RELATED CRIME +](#) [REPORT CYBER CRIME +](#) [TRACK YOUR COMPLAINT](#) [CYBER VOLUNTEERS +](#) [RESOURCES +](#) [CONTACT US](#) [HELPLINE](#)

Helpline No **1930**

HELPLINE NUMBER

1930

If you are a victim of Financial Cyber Fraud
Dial Helpline Number 1930

गृह मंत्रालय
MINISTRY OF HOME AFFAIRS

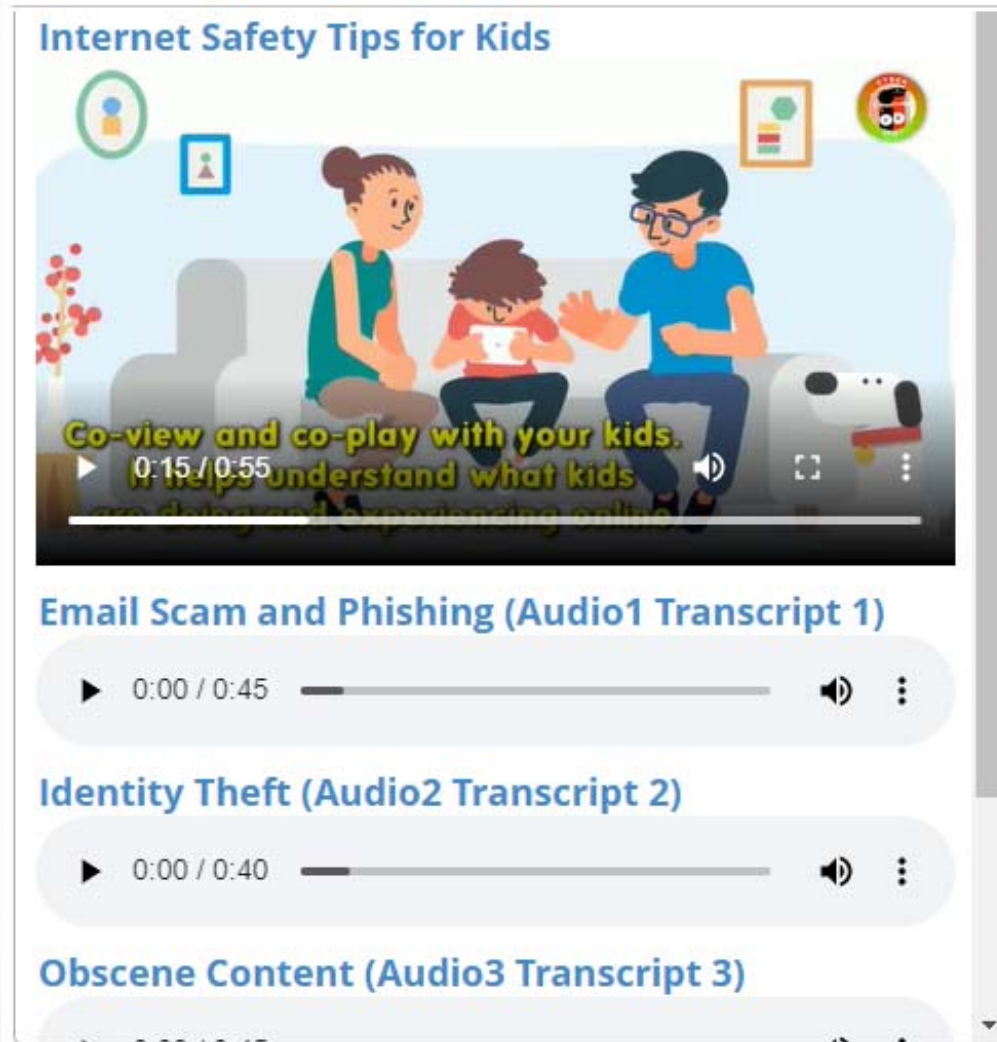
bharti

Official weblink of the site is:

<https://cybercrime.gov.in/#:~:text=National%20police%20helpline%20number%20is,Cyber%20Crime%20Helpline%20is%201930>

It consists of multiple short videos for young children explaining different kinds of cyber crimes such as cyber theft, email scam, phishing, etc.

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Internet Safety Tips for Kids

Co-view and co-play with your kids. It helps understand what kids are doing and experiencing online.

0:15 / 0:55

Email Scam and Phishing (Audio1 Transcript 1)

0:00 / 0:45

Identity Theft (Audio2 Transcript 2)

0:00 / 0:40

Obscene Content (Audio3 Transcript 3)



Any Questions