



# Cybersecurity Essentials: Protecting Yourself in the Digital Age

## Module 1 - Understanding Cyber Threats

- 1.1 - Welcome to Essential Cybersecurity 101
- 1.2 - 5 Cyber Threats and How to Stay Safe

## Module 2 - Defending Against Cyber Attacks

- 2.1 - Defending Against Ransomware
- 2.2 - Phishing Attack Awareness

## Module 3 - Securing Your Digital Environment

- 3.1 - Securing Your Home Network
- 3.2 - Best Practices for Securing Work-from-Home Devices and Data

## Module 4 - The Human Element of Cybersecurity

- 4.1 - Understanding Social Engineering
- 4.2 - Protecting Your Digital Identity

## Module 5 - The Role of AI in Cybersecurity

- 5.1 - AI Powered Threat Detection and Prevention
- 5.2 - AI in Cybersecurity Incident Response and Fraud Detection