Cybersecurity Risks

Student exercises and trainings — Training Kit

Primary School

CyberEco
قيمتها آلاشتمل صدغا لـقه
Together to a digital safety

الوكالة الوطنية للأمن السيبراني
National Cyber Security Agency

Cybersecurity Risks
Student exercises and trainings

Intellectual Property rights

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This content is produced by the team of
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Dear Student,

This booklet is specifically for you, and you must have it with you when you attend training sessions. Your trainer will guide you on how to use it. This booklet contains a collection of fun and useful exercises, which you will answer either during class or at home.

The booklet also contains a set of educational competitions and cards, as well as general information in which you will find useful and enjoyable. Your trainer will guide you on how to deal with these competitions, and at the beginning of each exercise or competition, we will provide you with general instructions on how to answer.

Dear Student's Parents,

This booklet is specifically for the student and will accompany them during the training they will receive at school. It contains a collection of exercises, training activities, competitions, training games, and training cards, all of which revolve around concepts related to Cybersecurity Risks.

The purpose of this booklet and and its included mental exercises and activities is to reinforce and solidify the information that the student receives during the training session with the primary goal of enhancing the student›s ability to use the internet and technology effectively and safely, and protect them from the risks they might face when using the internet, such as cyberbullying, personal data theft, and other sources and forms of digital threats.

All the exercises and training in the booklet will be accompanied by general instructions on how to answer them. As for the training competitions, the trainer will provide guidance on how to solve them. The booklet also includes some non-classroom exercises, which the student will answer at home. These exercises will also be accompanied by trainer for the solving.

We kindly request your indirect supervision as the student interacts with this booklet. If the student has any question or inquiry about any of the exercises or training activities, please read the specific instructions for each exercise and provide assistance to student in light of these instructions.
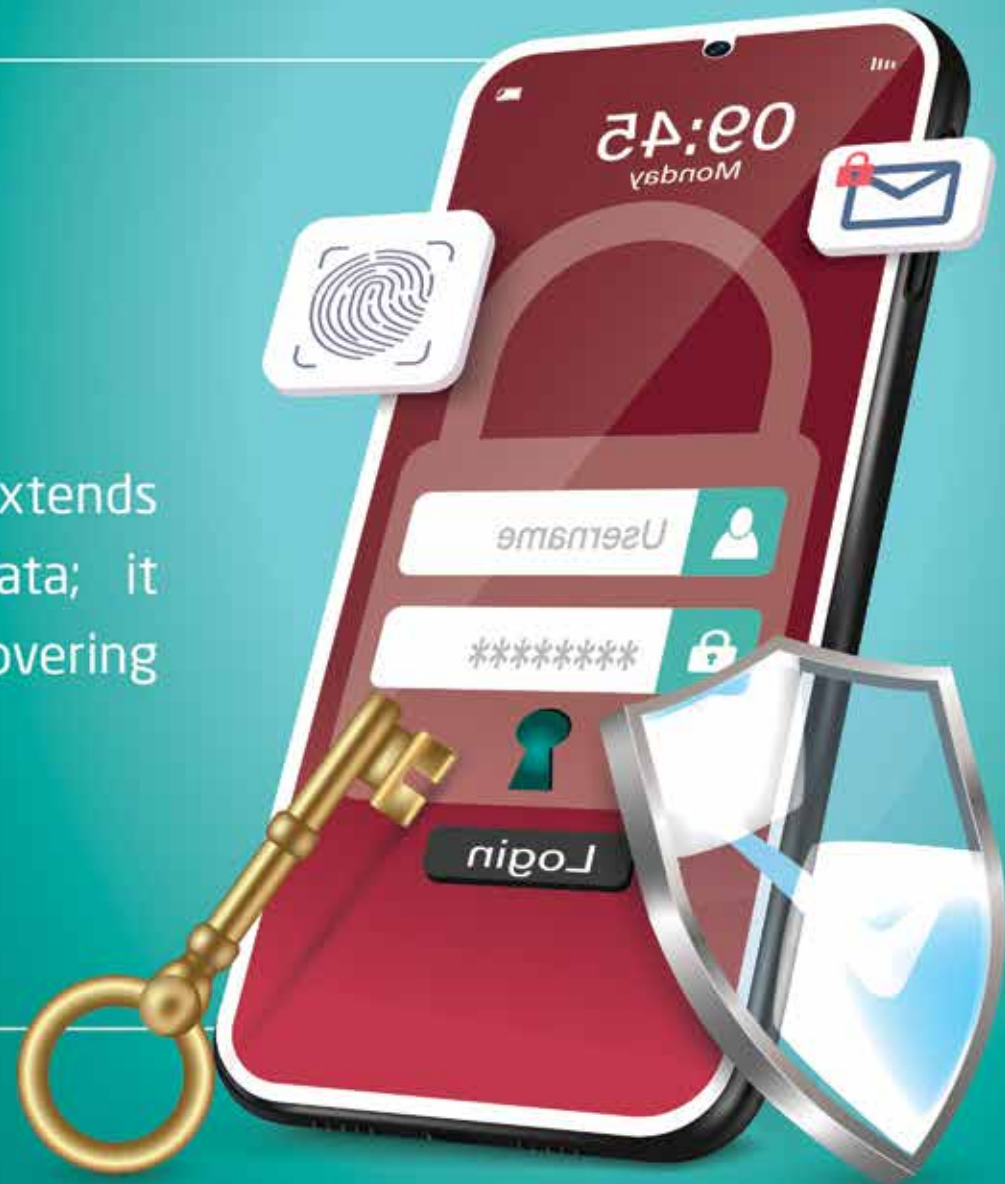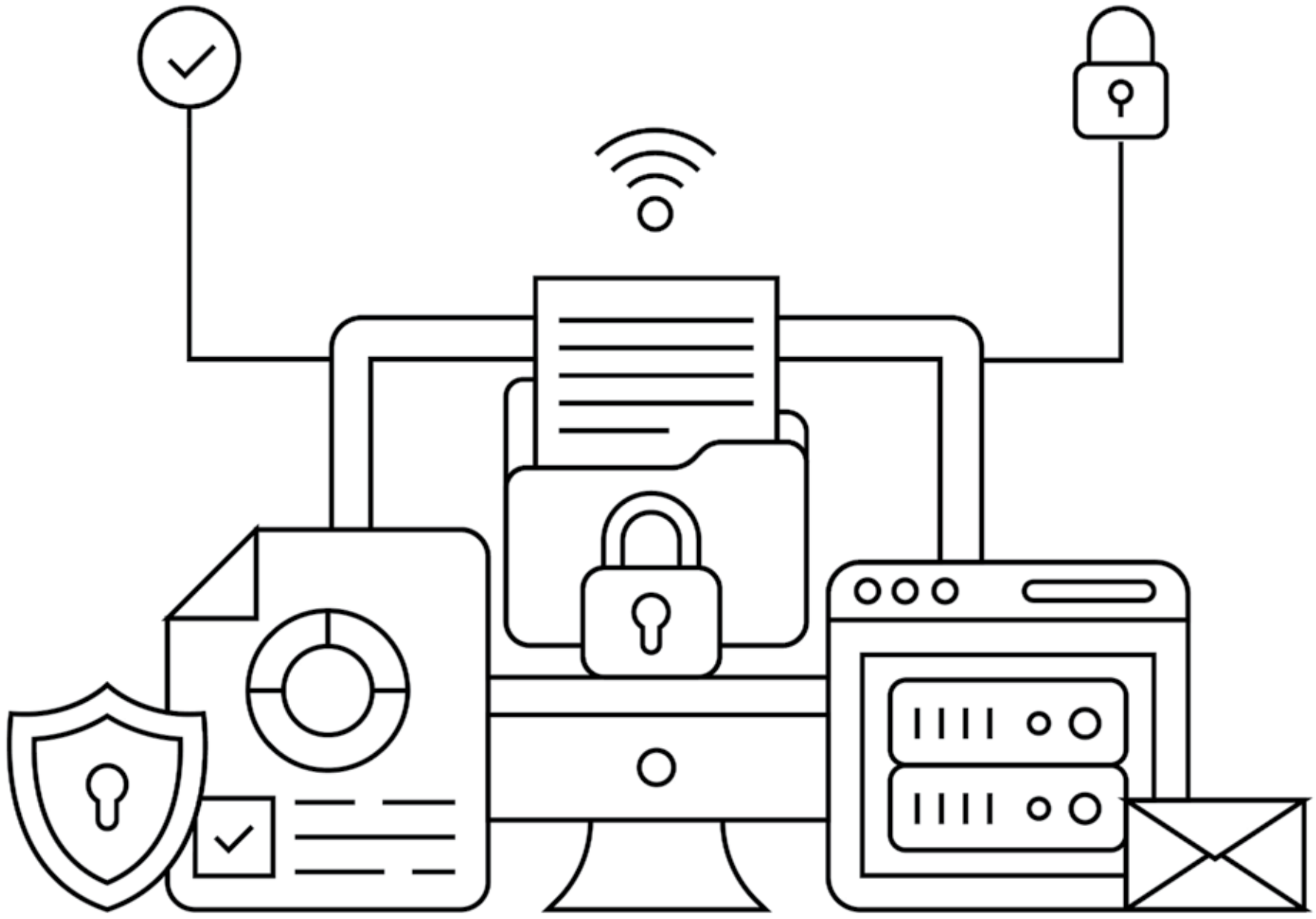
First:
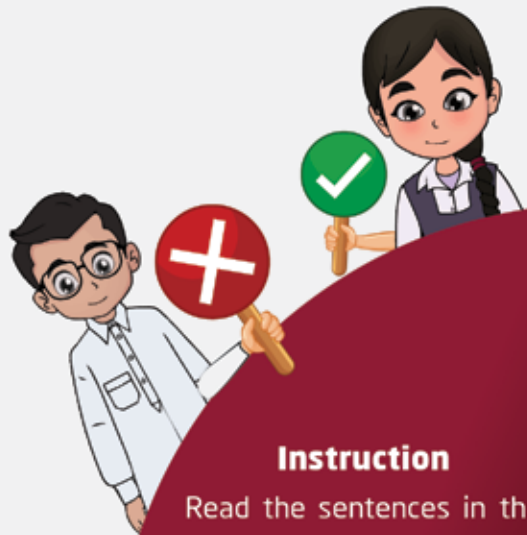In-Class Exercises

Do you know ?

Cybersecurity's mission extends beyond safeguarding data; it also helps in quickly recovering stolen and leaked data.

Exercise 1

Identify the true and false statements in the following sentences:

1. Cybersecurity is the protection of devices, networks, and applications from digital risks.

2. Organizations are not responsible for securing their own data or the data of their clients.

3. Data protection builds trust between the organization and its customers.

4. Specialized measures and tools are necessary to protect data, especially unauthorized access.

5. Individuals need to understand the fundamentals of digital security to protect themselves and their private data from cyber risks.

6 Interest in cybersecurity has increased as most institutions and governments rely on digital and electronic services.

٧ Hacking and data theft pose an easily solvable problem with Insignificant consequences.

8 Cyber-attacks have many advantages.

9 Cyberattacks have the potential to expose confidential data, facilitate its theft, or intentionally lead to its deletion.

10 Cyber-attacks do not happen intentionally, and anyone can execute them.

PASSWORD PROTECTED →

Pay Attention!
Setting a single password for all personal accounts and e-mails increases the chances of hacking your electronic devices.

01001110
01110100
0111011101
111100010110

Do you know?

Hackers, who infiltrate devices and data systems, seek vulnerabilities through which they can pilfer funds and private information. To mitigate such risks, it is imperative to regularly update software, employ robust passwords, periodically change them, and encrypt crucial data.

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Instruction

Carefully read the sentences in the table, starting with the first sentence in column (A). Then, search in column (B) for the sentence that completes its meaning. Below is an example of linking two sentences.

Exercise 2

Match the terms from column (A) with their corresponding meanings in column (B):

Column (A)	Column (B)
Sitting online for long periods...	Hacking attempts and data theft on websites.
Extended internet usage can lead to...	When you sit for long periods on the Internet without interacting with others.
You might be susceptible to privacy hacking through	Leads to ethical, psychological, and physiological issues.
Privacy hacking	Because openness to other cultures without controls may lead to adopting inappropriate elements conflicting with our religious and cultural beliefs.
Exposure to violent and inappropriate content for children	Because some terrorist groups resort to it to recruit young people and harm society.
You can suffer from internet addiction.	Leads to social isolation.
The Internet threatens society's security	is a punishable crime by law.
The Internet threatens national culture	Depression and anxiety and stress.

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Ignoring privacy settings and not keeping up with the latest changes in operating systems exposes you to the risk of being hacked.

Pay Attention!

Read the following words carefully and consider whether these words represent something that can be stolen via the internet. For example, 'private photos and videos' are items that can be stolen through the internet. Color any item from the following list that can be stolen via the internet with one of the colors.

Information and documents on the computer

Bank account numbers

Credit card numbers

Passwords

Cartoon movie files

Official document data such as a license and passport

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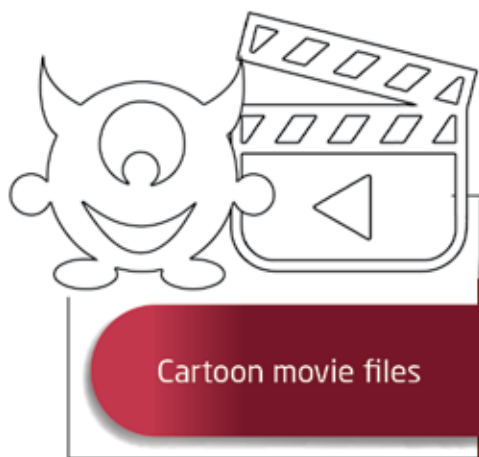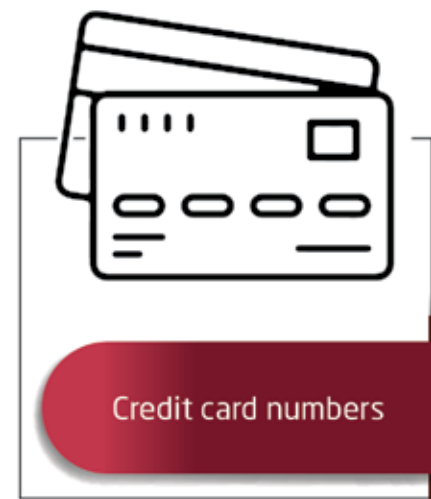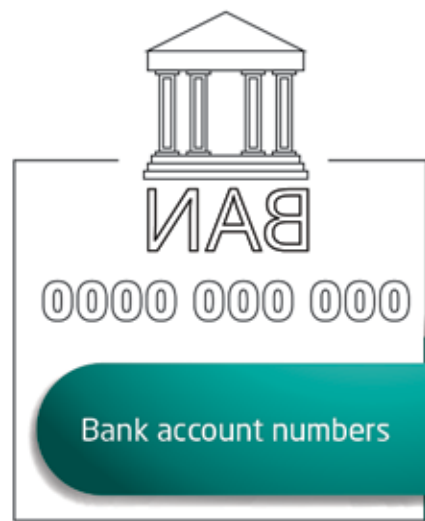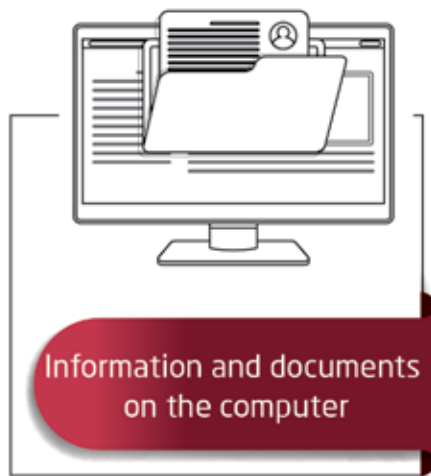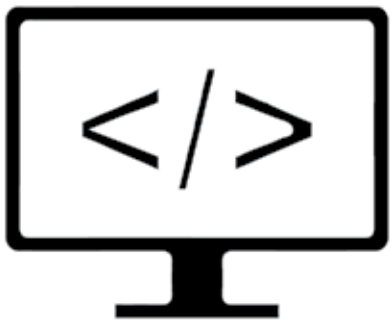
Algorithms

Posts on social media platform

working hours
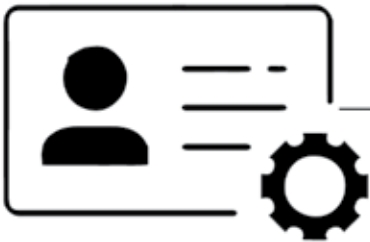
Social media account data

Digital books

Song files

Private photos and video

Customer names and lists

Electronic identities

Applications

Medical records

Human resources records and employee data

Pay Attention!

Failing to update the systems of smart devices, whether they be personal computers, phones, or tablets, exposes them to numerous vulnerabilities exploited by device hackers for data theft and device compromise.

USERNAME

* * * * *

Forgot Password?

LOG IN

Stress

Anxiety

Carefully read the words provided, and consider whether these words reflect the digital impacts and risks. Then, proceed to shade the box containing the word or phrase.
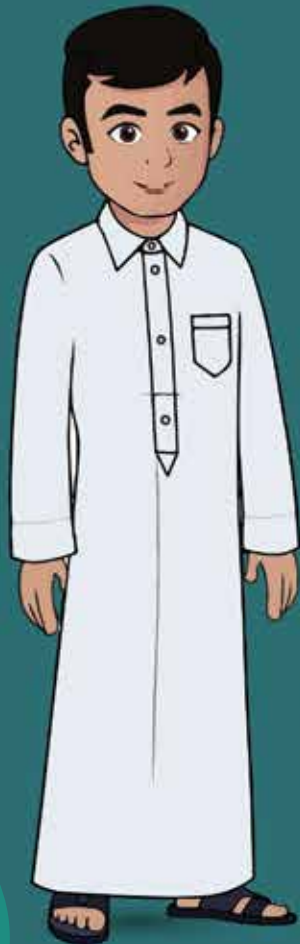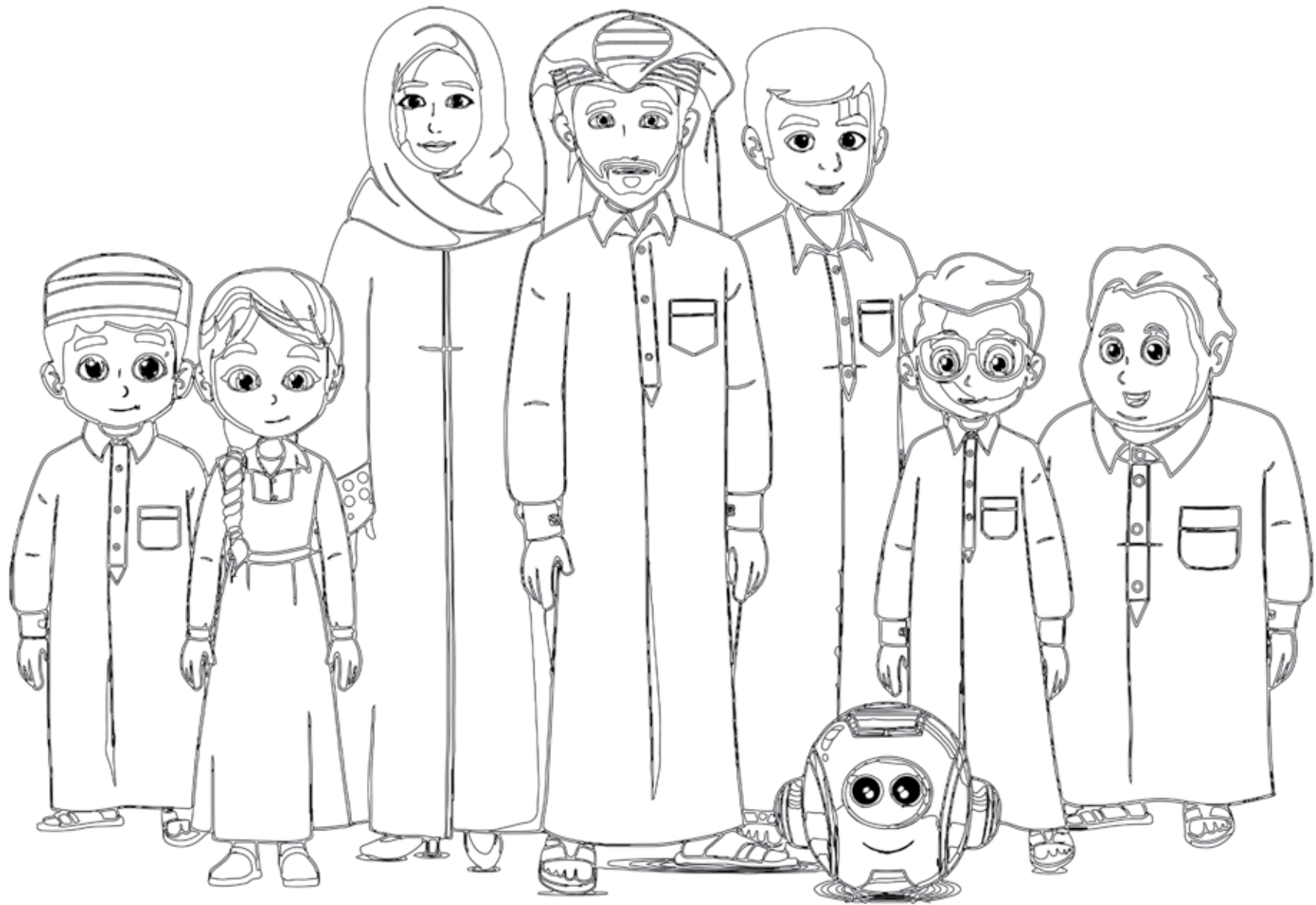
Pride

Happiness

Distraction

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Wanting to leave school

Avoiding friends

Ability to face

Low grades

Loss of self-esteem

Sleep problems

Psychological issues

Loss of energy

Increased friendships

Unhappiness

Loss of self-confidence

Fear of facing

Avoiding leaving the house

Wanting to engage in activities

Weight gain

Concentration

Do you know ?

Numerous advertisements are considered as one form of viruses on websites, which are transmitted to electronic devices with a simple click.

Exercise 5

Choose the best and strongest password to protect the data

Read the passwords below carefully, and think whether these words considered a strong password or not. Recall what the trainer explained to you about the criteria for choosing strong passwords. For instance, the password '123456' is not strong because it is easy to guess and consists of consecutive numbers

- ☐ Medo123
- ☐ Password
- ☐ 123456
- ☐ 654321
- ☐ Penten
- ☐ Me@12do
- ☐ 2020MMeeDDoo$%
- ☐ 123medo
- ☐ Pass123
- ☐ Klmetser

Pay Attention!

Clicking on any unknown or suspicious link will cause personal accounts breaches.

Exercise 6

Choose the correct answer:
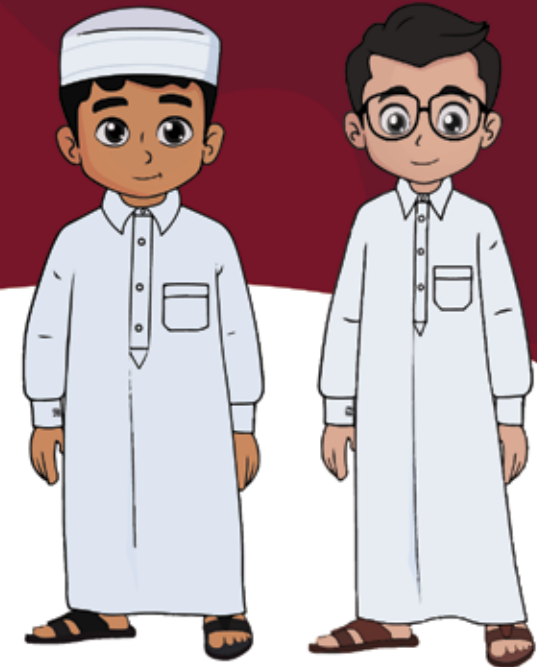
1. **When I am exposed to a cybercrime, I should:**

   ☐ Remain completely silent and not inform anyone.

   ☐ Contact the police without my parents' knowledge.

   ☐ Immediately go to one of my parents or my teacher at school.

2. **When I am exposed to cyber blackmail, the first thing I should do is:**

   ☐ Threaten and provoke who blackmails me

   ☐ Completely block them and report them to service providers.

   ☐ Attempt to give them what they want so they don't harm me with what they know about me

3. **To protect myself online, I should:**

   ☐ Tell everyone everything about me.

   ☐ Never make any friends online.

   ☐ Share regular, non- sensitive information that no one can use against me.

Second:
Non-classroom Exercises

Pay Attention!

Sharing many details about our personal life, the nature of our work and our home on the Internet exposes us to hacking and theft.

Exercise 1

Extract the following words from the table

Carefully read the words listed below and search the table for consecutive letters that form these words. Below is an example for the word "**thieve**" and how its letters were found in the table:

c	o	n	f	i	d	e	n	t	i	a	l	i	t	y
c	y	b	e	r	s	e	c	u	r	i	t	y	r	t
d	i	g	i	t	a	i	s	e	c	u	r	i	t	y
r	f	p	r	o	b	i	e	m	e	t	h	e	f	t
i	r	d	d	n	p	r	o	t	e	c	t	i	o	n
s	a	f	a	a	t	t	a	c	k	c	r	i	m	e
k	u	g	t	t	h	e	f	t	t	h	i	e	v	e
s	d	j	a	b	i	s	e	r	v	i	c	e	s	y
h	d	i	s	a	s	t	e	r	t	h	e	f	t	u

Cybersecurity - Digital security - Attacks - Crime - Data - Confidentiality - Risks - Theft - Fraud

Services - Theft - Problem - Protection - Thieve - Disaster

Exercise 2

Read the phrases below carefully, read the words or phrases provided within parentheses: "...", and select any of the appropriate words. There is an example provided below.

" The Internet is an **International** ☑ **Local** ☐ network ".

" The Internet is a means for **learning and entertainment** ☐ **entertainment and leisure** ☐ " .

"The Internet is important for transmitting and sharing "**data** ☐ **movies** ☐ and series ".

" Spending a long time using the Internet might make you **socially isolated** ☐ **sociable and loves gatherings** ☐".

" Research confirms that using the Internet for a long time can infect you with a lot of **promotions** ☐ **physical** ☐ and psychological diseases ".

" There is a link between being **thinness** ☐ **obese** ☐ and using the Internet for a long time ".
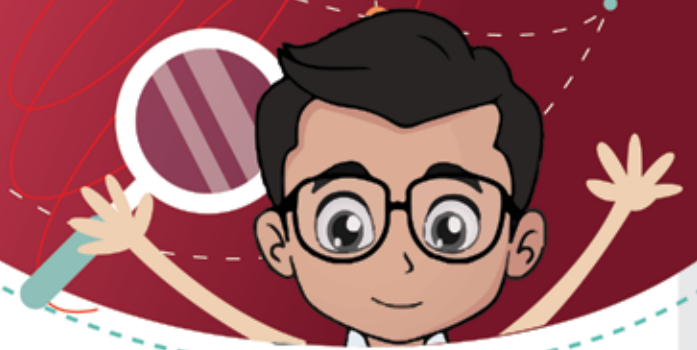
" The Internet is full of "benefits and **risks** ☐ **just risks** ☐ ".

" Terrorist groups exploit the Internet to **educate** ☐ **recruit** ☐ of youth ".

" Data theft and hacking of personal accounts is a **Crime** ☐ **Prize** ☐ in law ".

" One of the most prominent risks of the Internet is that all data is exposed to **Save** ☐ **Theft** ☐ and hacking ".

" Exposure to new cultures without controls may lead to **rejecting** ☐ **acquiring** ☐ customs that ".

" The Internet threatens societal culture because of its "**closure** ☐ **openness** ☐ to the world and its different cultures ".

" Children are most vulnerable to online problems due to **Violent** ☐ **Musical** ☐ content ".

" Internet addiction is a common problem that occurs due to **Using the Internet for a long** ☐ **Time using the Internet for two hours every day** ☐ ".

Exercise 3

Read the sentences in the table carefully, and consider whether the information is true or false. If you find it to be true, write (**Correct**) next to it. If you find it to be false, write (**Incorrect**) next to it. Seek the trainer's help if needed

Hackers can steal users' data through fraud and pretending to be a trusted entity, such as banks or telecommunications companies?		
Weak passwords may be the easiest way to steal data?		
Sometimes the hacker sends a file or link via email, and by simply clicking on it, the device is easily hacked and the data is stolen?		
There is no problem with data theft.		
The hacker cannot benefit from the data he stole.		
You should choose simple passwords that can be easily guessed.		

You must make sure that there are no security gaps in your computer system or suspicious applications on your phone to avoid the risk of data theft.

No human error can lead to data theft.

Downloads are always safe, and devices cannot be hacked or have data stolen through them.

Problems in databases or servers can result in data theft and make it easy for hackers to access networks or devices.

The person himself may lead to the theft of his data without realizing it, just by disclosing a lot of information through social media platforms.
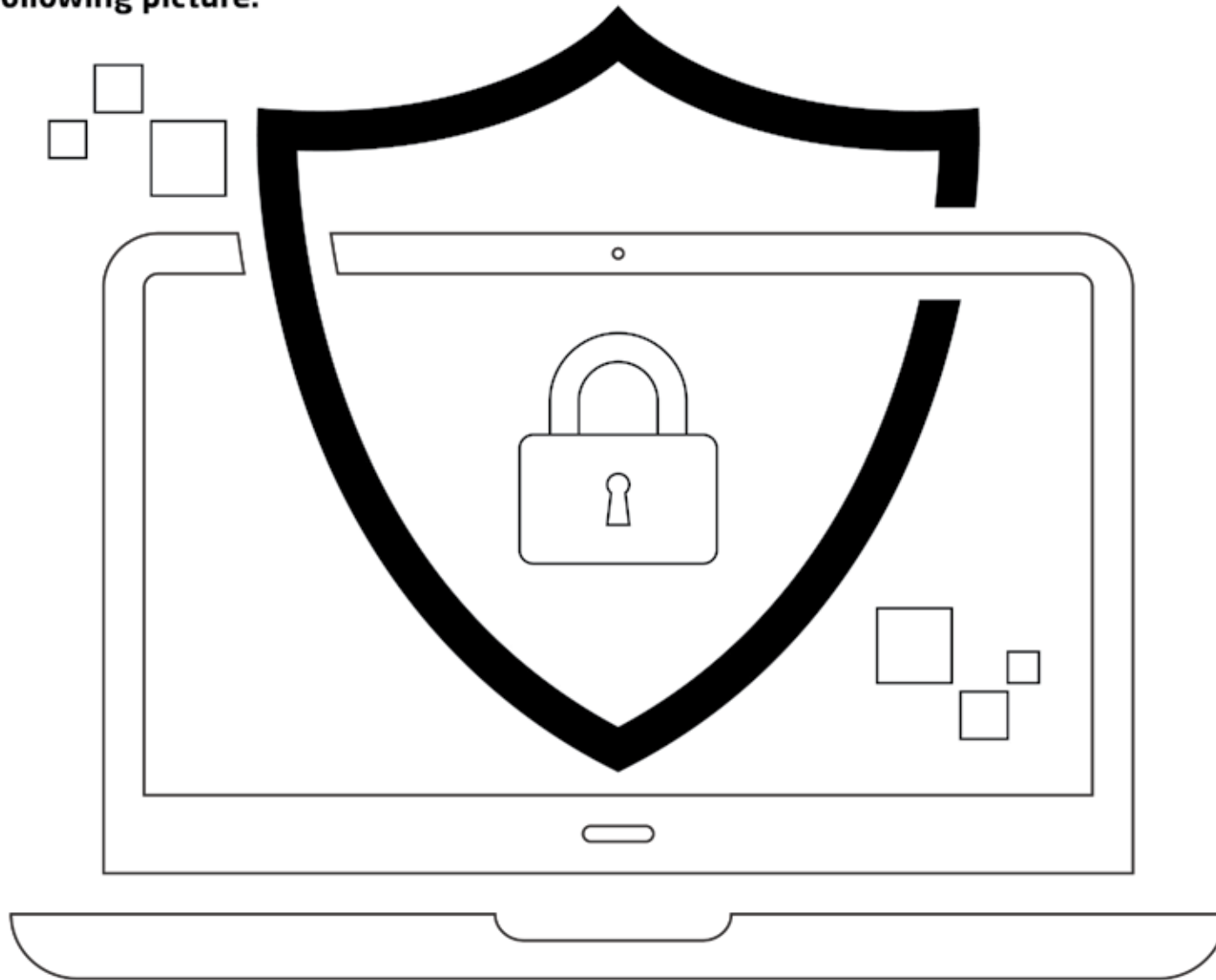
Sometimes theft of phones or computers causes data leakage.

Using public Wi-Fi networks or computers or tablets in public places such as libraries or Internet cafés may expose data to the risk of theft.

Companies or organizations do not need to secure databases or servers in order to protect customer data.

Exercise 4

Color the following picture:

Exercise 5

Place the word **"correct"** in front of the statements that can help you create a strong password:

Instruction

Carefully read the phrase below and think whether these phrases represent the conditions for creating a strong password. Remember what the trainer explained to you about the criteria for choosing strong passwords

Statement	
I use the same letters as the username.	
I use a diverse set of letters and numbers.	
I use my birthday.	
I use a combination of uppercase and lowercase letters and some symbols.	
I use a word I can't remember.	
I use a word similar to old passwords.	
I use the word "password".	
I use my cat/dog's name.	
I use a date that is special to me.	
I use a word that is easy for me to remember and difficult for others to guess.	

Pay Attention!

Accepting friend requests from unknown individuals is risky, as it allows them to breach your privacy and acquire personal information.

Training Games

Discuss the following questions with your colleagues

01 Cybersecurity is also called

(Number of letters 10) (_____)

02 Length of strong password

(Number of letters: 6 letters) (_____)

03 People who cause serious harm to our electronic devices

(Number of letters 7 letters) (_____)

04 One of the types of cybersecurity

(Number of letters: 12 letters) (_____)

05 One of the examples of intellectual property rights

(Number of letters: 15 letters) (_____)

Puzzles

Contains links or files with viruses or malware, and once opened or clicked, your data is stolen... What is it ?

Once you accept it, your privacy and personal information become threatened... What is it ?

Its mission is to protect information technology systems and their components, including devices, services, and data... What is this thing ?

An advanced form of transnational crime that occurs in cyberspace.

Spreading lies or embarrassing images of someone, sending hurtful messages, or threatening someone on social media are all forms of

The password consists of

The graduation project is an assignment that you undertake on your own or in collaboration with one or two of your colleagues, under the supervision of the trainer. Through it, you are required to perform one of the following assignments:

Graduation project

Writing a short story about a student who was exposed to a digital threat or attack; Such as data hacking, and how he responds to this situation.

The student takes on the role of the trainer and writes general guidelines for his colleagues or parents, explaining the procedures required to prevent the digital risks.

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