

Clean Cyber Hygiene

Cyber Safety Lesson Plan (Age 10)

This lesson introduces students to the concept of cyber hygiene, the importance of protecting personal information online, and understanding the motivations behind hacking.

Learning Objectives

Students will be able to:

- Identify what a hacker is and understand their motivations.
- Explain the importance of practising good cyber hygiene.
- Apply daily cyber hygiene rules to protect their information and devices.

Duration


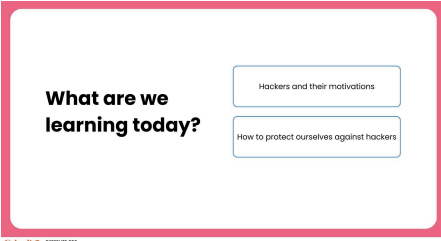
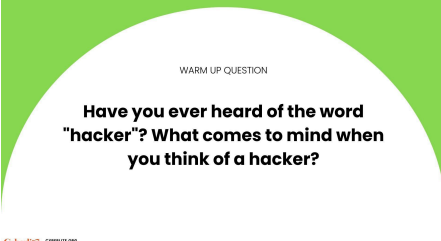
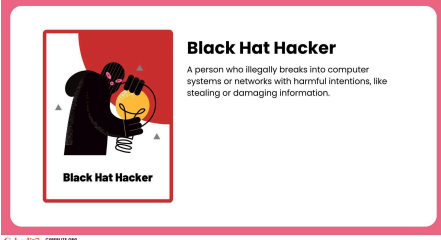

30 minutes

Key Concepts

- **Black Hat Hacker:** A person who illegally breaks into computer systems or networks with harmful intentions, like stealing or damaging information.
- **Cyber Hygiene:** The regular habits and practices that keep your digital devices safe and secure. This includes regular updates, using strong passwords, avoiding suspicious downloads, and being aware of online threats.

Internet Independent Framework

The learning objectives in this workshop are aligned with the Privacy and Information Security pillar of the Internet Independent Framework. Visit cyberlite.org for more information.

LESSON SLIDE	WHAT TO SAY OR DO
 <p>Slide 1</p>	<p>Welcome students to the lesson and briefly explain that today's lesson is about maintaining clean cyber hygiene to protect against black hat hackers.</p>
 <p>Slide 2</p>	<p>Share the lesson objectives of what students will be learning today.</p>
 <p>Slide 3</p>	<p>Initiate a class discussion to gauge the students' understanding of what hackers do in cyberspace.</p>
 <p>Slide 4</p>	<p>Describe the role of a black hat hacker, emphasizing that black hats are the one with harmful intentions that we should watch out for online. There are other types of hackers, such as white hat hackers, who work to improve security.</p>
 <p>Slide 5</p>	<p>Explain the importance of cyber hygiene and its role in keeping us safe online. Draw comparisons to personal hygiene, such as washing hands regularly, that keeps us clean from viruses.</p>

Who are Black Hat Hackers?

Black hat hackers are people who use their computer skills to break into systems or networks to steal, change, or destroy information. They are like the burglars of the Internet.



Did you know that there are also **white hat hackers**? They are ethical hackers who work to help people!

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Slide 6

Introduce the concept of black hat hackers as the criminals of the online world, and the ones to protect against. Explain that this is why it's important to learn how to be cyber safe.

Why Do They Hack?



A black hat hacker's motivations can include:

- Stealing money
- Causing trouble and harm to others
- Spying on your online activities
- Accessing your accounts without your permission

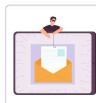
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Slide 7

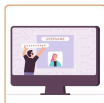
Discuss hackers' motivations, such as stealing money or causing harm.

Common Tricks Used By Hackers

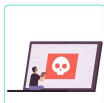
Hackers try all sorts of ways to sneak into our online accounts without being noticed.



Fake Emails or Websites



Guessing Passwords



Virus & Malware

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Slide 8

Describe common tactics used by hackers, such as phishing emails or weak passwords.

That's Why We Need to Practice Good Cyber Hygiene!




Cyber hygiene involves regular habits that help in keeping your information and devices safe and secure from black hat hackers. It's like brushing your teeth or washing your hands, but for the internet!

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Slide 9

Emphasise that practising good cyber hygiene can help to keep black hat hackers out of our cyberspaces. Forming good cyber hygiene habits will keep online accounts more secure!

Daily Cyber Hygiene Rules



1. Always check for the HTTPS and padlock when visiting a website.
This means the site is safe and protected.

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Slide 10

Outline practical daily rules for cyber hygiene that students can apply. Checking for the HTTPS and padlock symbols in the URL bar can provide reassurance that the website is safe and protected.



Slide 11

Explain that viruses often come as downloads or links, so students must be vigilant in what they click on. For students of this age group, they will likely come across malicious links sent through online game chats.



Slide 12

Remind students to always create long, strong, and secure passwords. Emphasise that passwords should also be different for every online account they set up.



Slide 13

Introduce this group activity where students are tasked to create a cyber hygiene checklist together.

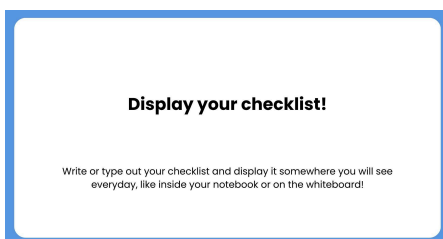


Slide 14

Facilitate a collaborative activity where students create a cyber hygiene checklist. This could involve group work to brainstorm, discuss, and decide on the most important practices.

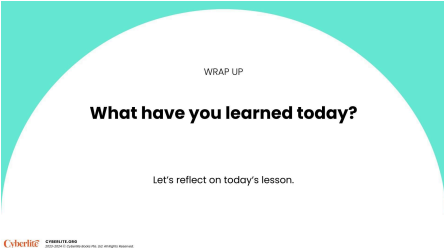
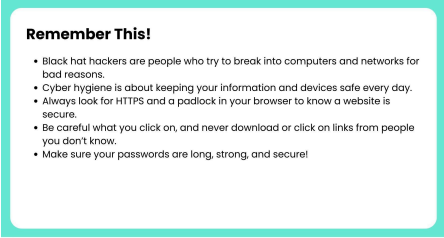

Examples:

- A rule for visiting secure websites: "Always check for the HTTPS and padlock symbol."
- A rule for clicking on links: "I will not click on any links that I've received from someone I don't know or trust."
- A rule for passwords: "My passwords are long, strong, and secure."
- A rule for downloads: "I won't download any files from unsecure websites."



Slide 15

Conclude with a creative exercise, such as designing posters that highlight their checklist rules, which can be displayed around the classroom.

 <p>WRAP UP</p> <p>What have you learned today?</p> <p>Let's reflect on today's lesson.</p> <p><small>CyberLITE CYBERLITE.ORG 2023-2024 © Cyberlite Books Pte. Ltd. All Rights Reserved.</small></p> <p>Slide 16</p>	<p>Recap the key lessons, encouraging students to adopt positive cyber hygiene habits after the day's lesson.</p>
 <p>Remember This!</p> <ul style="list-style-type: none">• Black hat hackers are people who try to break into computers and networks for bad reasons.• Cyber hygiene is about keeping your information and devices safe every day.• Always look for HTTPS and a padlock in your browser to know a website is secure.• Be careful what you click on, and never download or click on links from people you don't know.• Make sure your passwords are long, strong, and secure! <p><small>CyberLITE CYBERLITE.ORG 2023-2024 © Cyberlite Books Pte. Ltd. All Rights Reserved.</small></p> <p>Slide 17</p>	<p>Reinforce key messages such as the motivations of a black hat hacker and how cyber hygiene can be applied to stay safe online. Encourage students to refer to the checklist activity frequently.</p>
 <p>Well Done!</p> <p><small>CyberLITE CYBERLITE.ORG 2023-2024 © Cyberlite Books Pte. Ltd. All Rights Reserved.</small></p> <p>Slide 18</p>	<p>Congratulate the students for their thoughtful participation and remind them to apply positive cyber hygiene habits online.</p>