



CYBERUNIVERSITY

by  DataScientest

Cyber Essentials Program



The world is digital today. Everything is connected, and a digital ecosystem evolves alongside our lives. This hyperconnected, complex ecosystem is not without risks. To navigate it with confidence whether in personal, academic, or professional life it is essential to adopt and understand proper digital hygiene. This training course validates the fundamental knowledge needed to develop the right reflexes for better digital hygiene.

TARGET AUDIENCE

General public

PREREQUISITES

None

Duration: 1 day

TRAINING PROGRAM

1 - WHAT IS CYBERSECURITY?

- The VIPs of cybersecurity
- Key players
- Am I a stakeholder?
- Policeman or thief?
- Vocabulary

Practical exercises: Quiz

2 - ONLINE THREATS

- What information about me is available online?
- Passwords: A sieve or a fortress?
- Phishing, spear-phishing: Is my email inbox secure?
- Web browsing: A space of freedom that needs protection
- Mechanics of a cyberattack
- Associated hardware and protocols

Practical exercises: Cracking weak passwords, analyzing a phishing email, identifying a vulnerable website, OSINT techniques

3 - SECURITY IN THE WORKPLACE

- Is my company vulnerable?
- IT policy: The security contract
- Cyber hygiene best practices
- Encryption: What does it mean?
- VPN: What is it used for?

Practical exercises: Using Shodan, cybersecurity hygiene quiz, clear vs. encrypted protocol demonstration

4 - SECURITY AT HOME

- Remote work: Am I really safe at home?
- My workstation: A goldmine of information
- What about my mobile device?
- Where is my data stored?
- Who has access to my data?
- How to become a master of cybersecurity best practices?

Practical exercises: Quiz

LEARNING OBJECTIVES

By the end of the training, participants will be able to:

- Identify the key cybersecurity stakeholders in France
- Implement best security practices
- Understand the definitions and types of cyber threats
- Recognize the risks affecting their company and how to address them
- Comprehend the importance of an IT security policy