

## Cyber-safety and Responsible Internet Use

### COURSE OVERVIEW

This course offers an introduction to the principles, practices, and awareness needed to navigate the digital world safely and responsibly. The curriculum covers essential topics such as online privacy, data protection, safe browsing habits, social media responsibility, recognizing cyber threats and strategies for managing digital footprints. Participants will explore ethical internet use, cyberbullying prevention, and the importance of balancing technology use with wellbeing.

### WHO SHOULD ATTEND?

This course is designed for educators, IT professionals, and general internet users who aspire to strengthen their understanding of safe and ethical online practices. It is also valuable for youth groups and employees in organizations where secure and responsible internet use is essential for protecting personal and organizational information. No prior technical expertise is required.

### COURSE OUTCOMES

Delegates will gain the skills and knowledge to:

- Understand the fundamentals of cyber-safety and online responsibility.
- Recognize common cyber threats such as phishing, malware, and identity theft.
- Apply safe browsing and password management practices.
- Protect personal data and manage digital footprints effectively.
- Use social media responsibly and identify risks of oversharing.
- Follow ethical guidelines for responsible internet use.

### KEY COURSE HIGHLIGHTS

At the end of the course, you will understand;

- Cyber-safety principles and best practices.
- Practical tips for password security, data protection, and safe browsing.
- Awareness training on phishing, scams, and malware prevention.
- Responsible social media use and digital footprints.
- Coverage of cyberbullying, online harassment, and digital wellbeing.
- Exploration of ethics and responsible online behavior.
- Real-world case studies to highlight safe and unsafe internet practices.
- Creating a personal or organizational cyber-safety action plan.

All our courses are dual-certificate courses. At the end of the training, the delegates will receive two certificates.

1. A GTC end-of-course certificate
2. Continuing Professional Development (CPD) Certificate of completion with earned credits awarded.