

Cyber security month

October 2018



Cyber security awareness month stay safe online

Cyber security is a shared responsibility

A month-long awareness campaign has been launched globally to promote cyber security, highlighting the importance of information security and the simple steps that can be taken to protect personal, financial and professional data. The main goal of the campaign is to raise awareness, change behaviour and provide resources to protect everyone online.



Week 1: Practice basic cyber hygiene

Assist employees in establishing and maintaining daily routines, checks and behaviours required to stay safe online.

Week 2: Expand your digital skills and education

Transform technical skills and security and get updated about the latest technologies.

Week 3: Recognise cyber scams

Learn about regional cyber scams and explain how they could impact organisations.

Week 4: Emerging technologies

Emerging technologies in the region.

Cyber security is a shared responsibility!

Stop, think, connect

Cyberbullying!

What is cyberbullying?

Kids call it hating, drama, gossip or trolling. Whatever name it goes by, cyberbullying is serious. It can be emotionally damaging and even lead to tragic consequences. It's happening enough that, as a country, we need to do more about it.

Simply put, cyberbullying is when a child or teen becomes a target of actions by others – using computers, cell-phones or other devices – that are intended to embarrass, humiliate, torment, threaten or harass. It can start as early as age eight or nine, but the majority of cyberbullying takes place in the teenage years, up to age 17. Most often, it's sustained and repeated over a period of time. But whether it's sharing one humiliating photo or 1,000 harmful text messages, it can damage a young person's feelings, self-esteem, reputation and mental health.



Unlike face-to-face bullying, cyberbullying can be relentless. It can reach a victim anywhere at any time, alone in their bedroom, walking home from school, or even on a family vacation.

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