

Cybersecurity Awareness in the Digital Age

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What is Cybersecurity Awareness?

- Understanding online risks
- Knowing how to protect personal information
- Recognizing cyber threats like scams & malware

Why It Matters

- Everyone uses technology daily
- Attacks can lead to identity theft & financial loss
- Social impacts: stress, trust issues, misinformation

Common Cyber Threats

Threats like phishing emails, ransomware, and fake websites trick people into giving up personal info or downloading malware.

These attacks work because hackers understand human behavior – they use curiosity, fear, or urgency to get people to click.

Role of Social Sciences

- Human behavior is often the weakest point
- Psychology helps explain why scams work
- Education builds safer habits online

Improvement Strategies

- Strong passwords and MFA
- Think before clicking links
- Keep software updated
- Share awareness with friends & family

References

- [CISA.gov](https://www.cisa.gov)
- NIST Cybersecurity Framework
- [StaySafeOnline.org](https://www.staysafeonline.org)