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Social cyber security refers to the measures that individuals and organizations take to protect themselves from cyber threats that originate through social media. While many people may view social cyber security as a personal responsibility, the truth is that it has far-reaching implications for national security. One of the main reasons why social cyber security is a national security threat is that social media has become a primary tool for spreading disinformation and propaganda. Malicious actors can use social media to disseminate false or misleading information that can influence public opinion and even sway elections. This has the potential to undermine the democratic process and destabilize governments. In addition to disinformation campaigns, social media can also be used to facilitate cyber attacks and espionage. Cyber criminals and state-sponsored hackers can use social media to conduct reconnaissance, gather intelligence, and launch targeted attacks against individuals and organizations. Furthermore, social media has become a critical infrastructure for many businesses and government agencies. A single social media account compromise can lead to the exposure of sensitive data, intellectual property theft, and financial losses. Overall, social cyber security is a national security threat because it can undermine the integrity of democratic processes, facilitate cyber attacks and espionage, and compromise critical infrastructure. Therefore, it is essential that individuals and organizations take steps to protect themselves from social cyber threats, and that governments prioritize social cyber security in their national security strategies.