

# Introduction to Cyber Security - Beginner's Guide

## Introduction to Cyber Security - Beginner's Guide

### What is Cyber Security?

Cyber Security refers to the practices, technologies, and processes designed to protect networks, devices, programs, and data from attack, damage, or unauthorized access. It is a critical field in the modern digital era, ensuring the safety of personal and organizational information.

### Importance of Cyber Security:

- Protects sensitive data from cybercriminals.
- Prevents financial losses and reputational damage.
- Ensures the integrity of systems and data.

### Common Cyber Threats:

1. Phishing: Deceptive attempts to steal personal information through fake communications.
2. Malware: Malicious software like viruses and spyware designed to damage systems.
3. Ransomware: Locks users out of their systems until a ransom is paid.

### How to Stay Safe Online:

- Use strong and unique passwords.
- Enable Two-Factor Authentication (2FA).
- Keep software and systems updated.

### Key Practices for Beginners:

- Avoid clicking on unknown links.
- Regularly back up important data.

## **Introduction to Cyber Security - Beginner's Guide**

- Be cautious with public Wi-Fi and use VPNs where possible.

By understanding and implementing these basics, you can take the first step toward digital safety and contribute to a more secure online environment.