



CYBERSECURITY WORKSHOP



Energising Wellness™ Program
Enriching Mind, Body, & Soul

BRIEF SESSION OUTLINE

- Introduction to Cyber Security
- Social Media frauds
- What is Cyberbullying/harassment?
- What to do if you're facing online harassment
- How to use social media in a secure manner
- Password security
- Email security
- Online Gaming & Gambling

Duration of sessions: 1hr 30min



Developing People, Inspiring Lives

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