

• Introduction to Cyber Security

Cyber security refers to the practice of protecting computers, networks, programs, and data from digital attacks. These cyber attacks are usually aimed at accessing, changing, or destroying sensitive information.

With the increasing use of the internet and digital platforms, cyber security has become extremely important. Individuals, businesses, and governments rely on cyber security to protect their digital information.

Many people use platforms like WhatsApp, Instagram, and YouTube, which makes online security even more important.

Importance of Cyber Security

Cyber security is important for several reasons:

1. Protects personal information such as passwords and financial data.
2. Prevents unauthorized access to computer systems.
3. Helps organizations protect sensitive data.
4. Maintains privacy and security in online communication.
5. Prevents cyber crimes such as identity theft and hacking.

Types of Cyber Threats

1. Malware

Malware is malicious software designed to damage or gain unauthorized access to a computer system.

Examples include:

- Viruses
- Worms
- Spyware

2. Phishing

Phishing is a cyber attack where attackers send fake emails or messages pretending to be trusted organizations to steal personal information.

3. Ransomware

Ransomware is a type of malware that locks or encrypts a user's data and demands payment to restore access.

4. Hacking

Hacking refers to unauthorized access to computer systems or networks to steal or manipulate data.

Methods of Cyber Protection

To stay safe online, people should follow certain security practices:

- 1. Use strong and unique passwords.**
- 2. Enable two-factor authentication.**
- 3. Avoid clicking suspicious links.**
- 4. Install antivirus software.**
- 5. Keep software and operating systems updated.**

For example, operating systems like Microsoft Windows regularly release updates to fix security issues.

Advantages of Cyber Security

- Protects sensitive data**
- Prevents financial loss**
- Maintains privacy**
- Protects businesses and organizations**
- Improves trust in digital systems**