

Protecting your devices

Online Security Course



What you'll learn by complete this 7 part course :

Part 1:

What is Online Security?

Part 2:

Creating Strong & Safe Passwords

Part 3:

Spotting Phishing & Fake Emails

Part 4:

Secure Browsing Habits

Part 5:

Protecting your Devices

Part 6:

Public Internet & Safe Internet Use

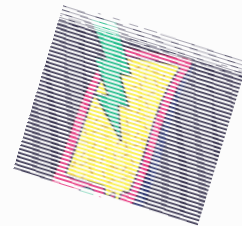
Why device protection matters

Even if you're careful online, your device (phone, tablet, or computer) can still be vulnerable to:

- **Viruses and malware** (harmful software)
- **Outdated software** with security holes
- **Unsafe apps or files** that you didn't mean to install

Good news: protecting your device is **easier than you think** and just takes a few smart habits.

Keep your device updated



Software updates aren't just for new features — they fix **security problems** hackers might exploit.

✓ Do this:

- Turn on **automatic updates** for your phone, apps, and computer
- Restart your device once in a while to let updates finish

Fun fact: Most successful cyber attacks happen on **devices that haven't been updated.**

What is Malware

Malware = “malicious software” a general term for programs that try to:

- Steal your data
- Track your activity
- Lock your files for ransom (ransomware)

Malware often hides in:

- Fake downloads
- Suspicious email attachments
- Pop-ups that say: “Your computer has a virus!”

Use a AntiVirus

Antivirus software helps detect and block threats before they do damage.

Recommended Free Options:

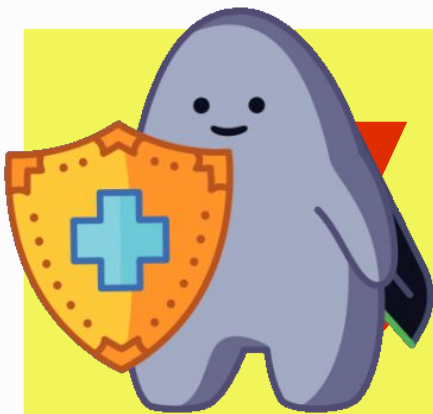
-  **Windows Defender** (built into Windows 10/11)
-   **Avast Free Antivirus**
-  **Bitdefender Free**
-  Apple devices have built-in protection too, but still benefit from safe practices

Tip: You don't need 3 antivirus apps just **one good one** with auto-scanning.

Clean up your device

Clean Up Your Device

- Delete apps you don't use
- Remove suspicious files or downloads
- Clear your browser history and cache regularly
- Don't install apps from outside the **App Store** or **Play Store**



Real world Example:

Story: Jose clicked on a pop-up that said her phone had 3 viruses. It told her to download an app which turned out to be spyware. She noticed strange text sent from her phone.

A factory reset and antivirus check finally fixed it.

Take Action

Go to your **device settings**

Make sure **automatic updates** are turned on

If you don't have antivirus software yet, install one from the list above

Tip: If a pop-up says you have a virus and wants you to download something — **close the tab immediately**. Real antivirus tools don't use scare tactics.



Next Lesson

**Privacy settings on Social
media**