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POIVRE

# CYBERSECURITY LESSON

PROTECTING YOUR DIGITAL FUTURE

<https://bts-lpp.re/>





# INTRODUCTION



## Why Cybersecurity Matters

Cyber security is basically the way we protect our digital life—our accounts, our devices, and all the personal information we share online. It focuses on stopping hackers from accessing our data, stealing our passwords, or installing harmful software. In short, cyber security is about staying safe and responsible in a world where everything is connected.



**Protect Data**



**Enhance Reputation**

# CURRENT CYBERSECURITY THREATS

## The Growing Threat

Cyber threats are constantly evolving, with hackers using increasingly sophisticated techniques to exploit vulnerabilities. Phishing, ransomware, and data breaches are some of the most common forms of attack. As digital dependency grows, so do the risks, making cybersecurity more crucial than ever.



› **Ransomware**

› **Phishing**

› **Data Breaches**

› **Malware**



Pending Order [#584125478610000]

**PLease\_Confirm\_Your\_Shipping\_Address!!**



# PHISHING

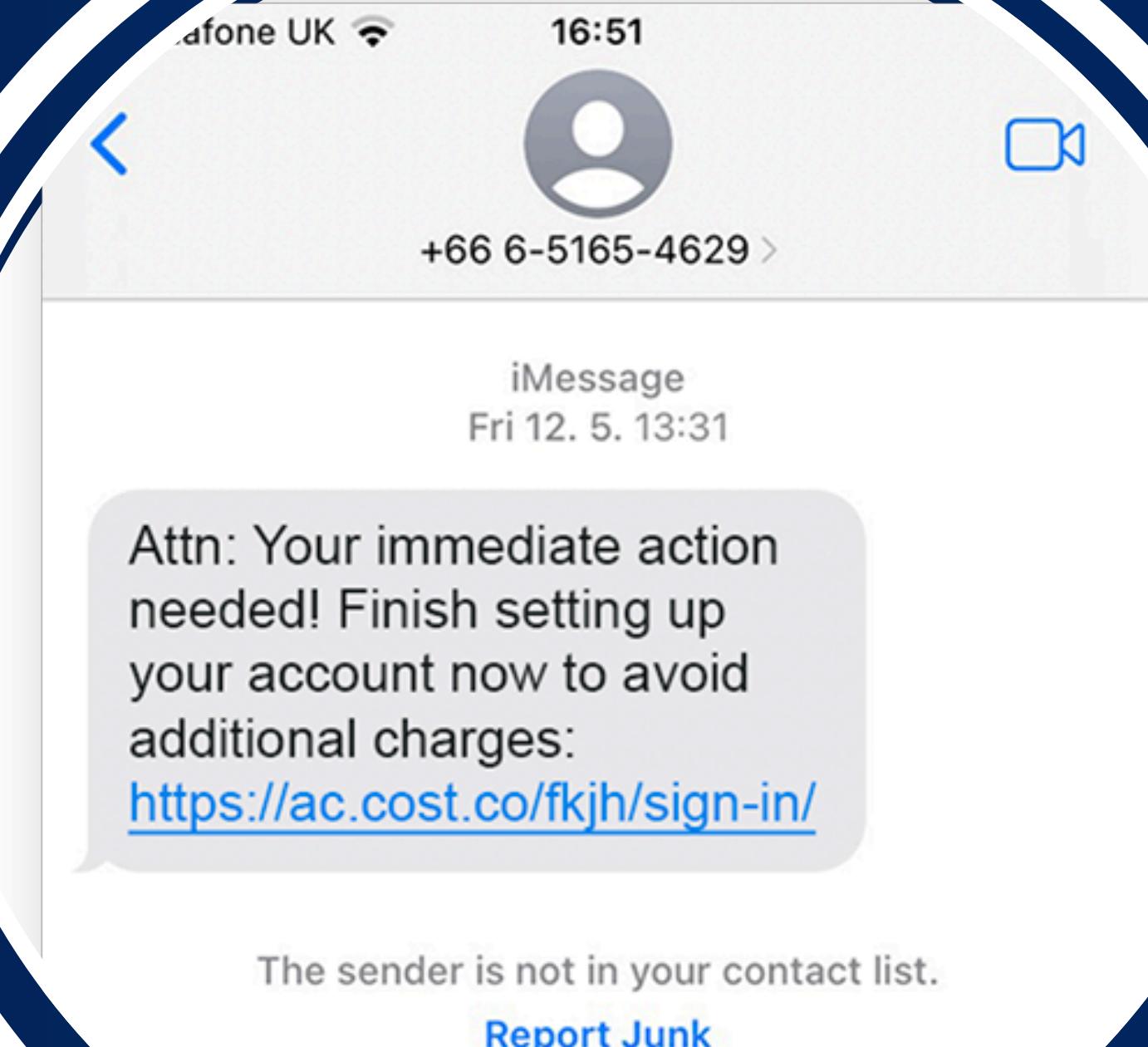


**There are several signs that this email is fake:**

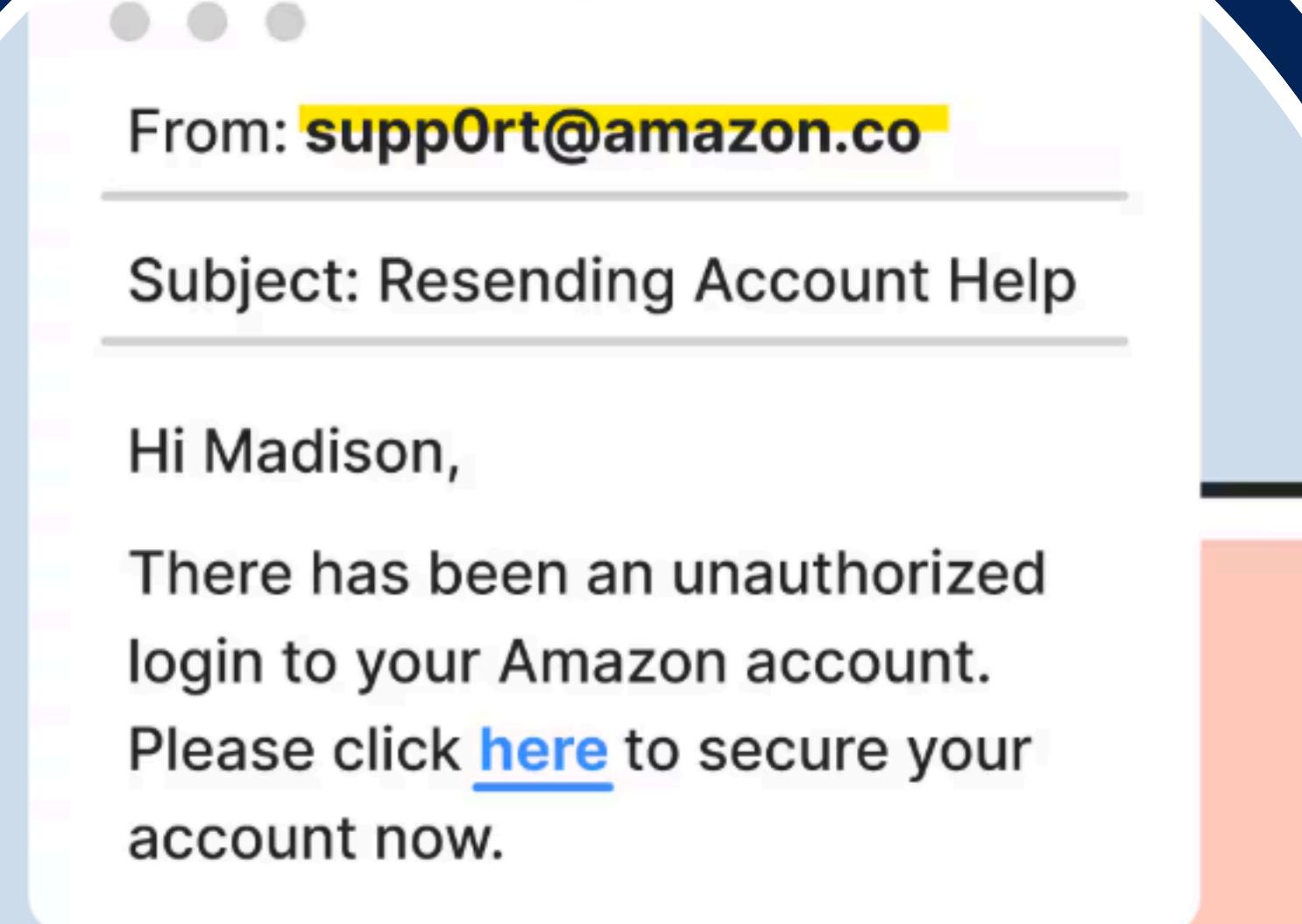
- The sender's address looks strange and random, not like an official company address.
- The message uses urgent and dramatic language such as "PLease Confirm your shipping address!!"
- It promises something too good to be true, like a free iPhone.
- The design looks suspicious and unprofessional, with odd spacing and capital letters.

# Example of Phishing

Hi John, this is the CEO of Toys and Corps. I need you to purchase 10 \$100 gift cards ASAP. I need the card's back codes for a presentation. I would reimburse you when am through. How soon can you get this done, Thanks.



# Example of Phishing



# Example of Phishing

From: Free@gmail.com

To: permanence-marut@msap.fr

Sent: Thursday, December 11, 202N 01.04.02

Subject: Notification SZ27503S



Ref.: F4753898/26321908#0

Your subscriber ID: 4753898

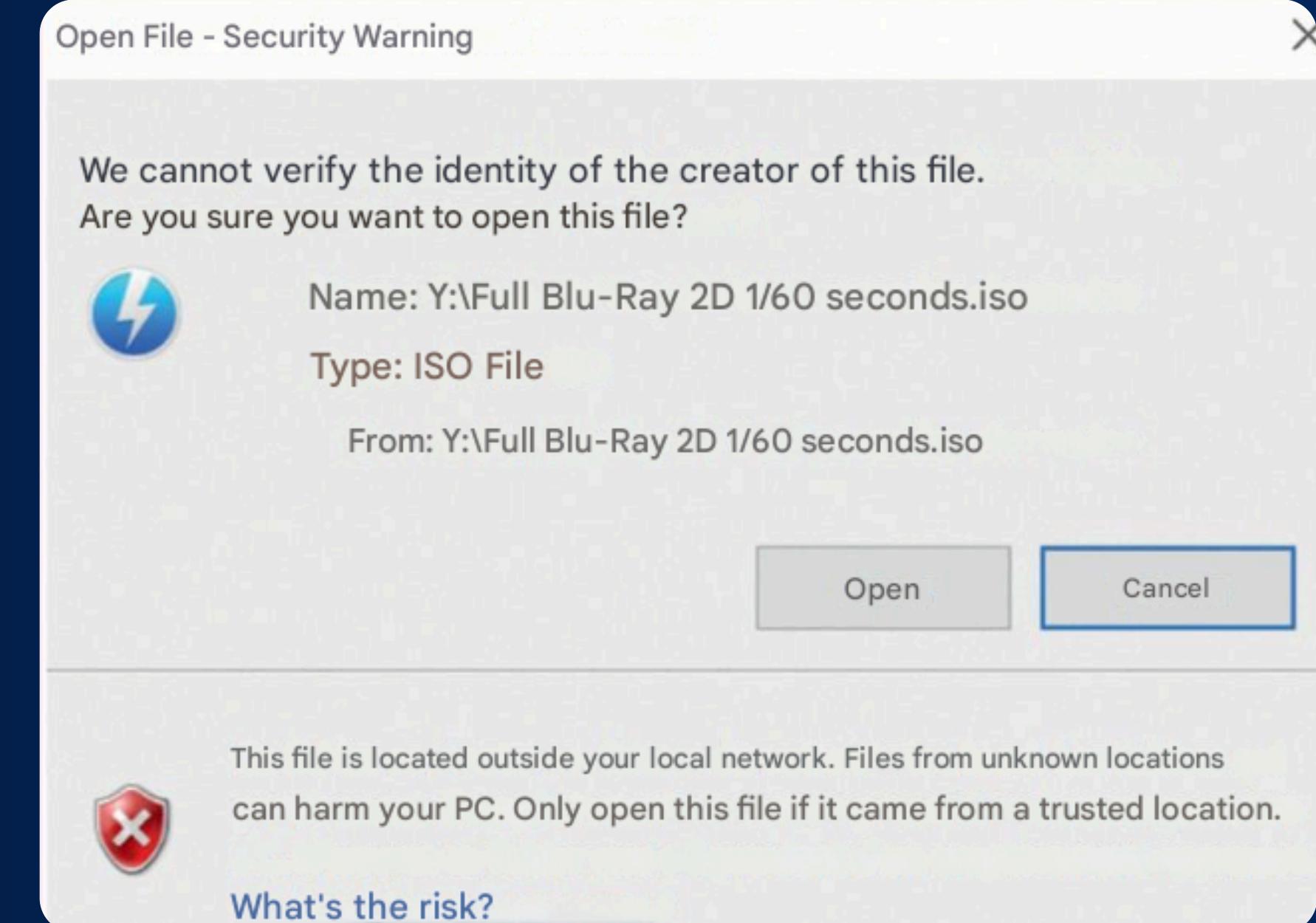
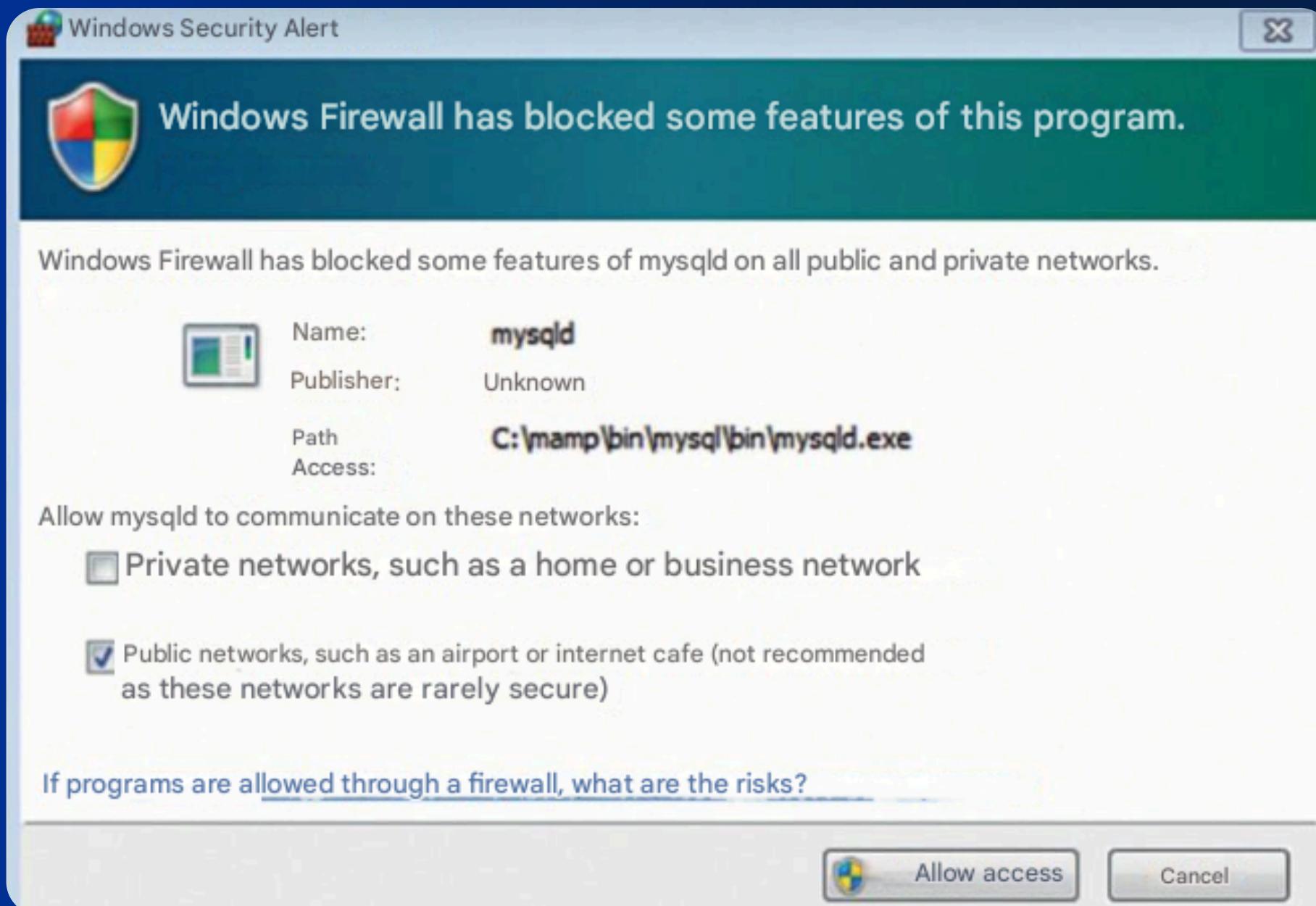
Paris, December 11, 201N

Dear Sir/Madam,

It has come to our attention that your Freebox billing information is no longer up to date. Therefore, please access your personal account via the link below and update all your personal information to help verify your account.

Access your account here

# 2 types of Security Alert





# WHICH OF THESE PASSWORDS IS SECURE?

PASSWORD TEST

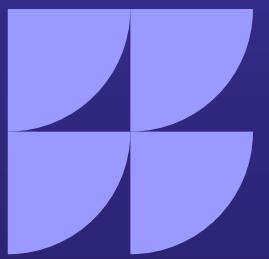
› A) 123456

› B) password

› C) John2007

› D) Rain-Cloud\$67

# What is Artificial Intelligence?



# PASSWORD SECURITY

## Explanation

Strong passwords protect your accounts.  
Use long, unique passwords.  
MFA (Multi-Factor Authentication) adds an extra layer of security, like a code on your phone.

## Keep it simple:

- “Long + unique + not personal.”
- “Add MFA.”

## How Safe Is Your Password?

Time it would take a computer to crack a password with the following parameters

Number of characters	Lowercase letters only	At least one uppercase letter	At least one uppercase letter +number	At least one uppercase letter +number+symbol
1	Instantly	Instantly	-	-
2	Instantly	Instantly	Instantly	-
3	Instantly	Instantly	Instantly	Instantly
4	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	Instantly
7	Instantly	Instantly	1 min	6 min
8	Instantly	22 min	1 hrs	8 hrs
9	2 min	19 hrs	3 days	3 wks
10	1 hrs	1 mths	7 mths	5 yrs
11	1 day	5 yrs	41 yrs	400 yrs
12	3 wks	300 yrs	2,000 yrs	34,000 yrs

Source: Security.org



# BEST PRACTICES FOR CYBERSECURITY

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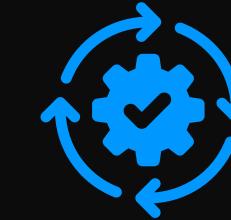
## Strong Passwords

Use unique and complex passwords for each account.



## Two-Factor Authentication

Add an extra layer of security to sensitive accounts.



## Regular Software Updates

Ensure systems are up-to-date with the latest security patches.



## Employee Training

Educate employees about security risks and how to avoid them.



# MULTI-FACTOR-AUTHENTICATION(MFA)



## Examples of second factors

### Definition :

Multi-Factor Authentication (MFA) is a security method that protects people and organizations by asking for more proofs of identity to access an account. This adds extra protection against cyberattacks

 A code on your phone

 Fingerprint

 Authenticator app

# SOCIAL ENGINEERING

## Definition :

Social engineering is when hackers attack people instead of computers.  
They manipulate, lie, and pretend to be someone else.





Example dialogue

*“Hello, I’m from your bank. I  
need your password.”*

→ **INSTANT RED  
FLAG.**

# TOOLS FOR CHECKING PERSONAL DATA

## Explanation :

Sometimes your data leaks on the internet without you knowing.  
These tools help you check:



HAVE I BEEN  
PWNED



FIREFOX  
MONITOR



GOOGLE  
SECURITY  
CHECK-UP

# Have I Been Pwned

Check if your email address is in a data breach

Using Have I Been Pwned is subject to the [terms of use](#)

## Email Breach History

Timeline of data breaches affecting your email address

0

**Data Breaches**

Good news — no pwnage found! This email address wasn't found in any of the data breaches loaded into Have I Been Pwned. That's great news!

# Have I Been Pwned

Check if your email address is in a data breach

Check

Using Have I Been Pwned is subject to the [terms of use](#)

## Email Breach History

Timeline of data breaches affecting your email address

1

### Data Breach

Oh no — pwned! This email address has been found in a data breach. Review the details below to see where your data was exposed.



# TOOLS TO SAFEGUARD YOUR DIGITAL ASSETS



ANTIVIRUS



FIREWALLS



ENCRYPTION



BACKUP

Several cybersecurity tools and technologies can help secure systems and networks. Firewalls, antivirus software, encryption, and intrusion detection systems are all crucial for preventing unauthorized access and mitigating risks.

# Conclusion

“Cybersecurity is not complicated. It’s about habits:  
Think before you click, use strong passwords,  
protect your accounts, and check your data.”

**Kahoot**

<https://kahoot.it>

01

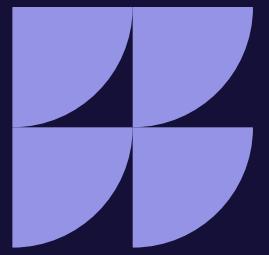
**Challenge**

02



# Challenge:Fix my Security

## How can we fix this person's security ?



**Password**

lucas123

**Same Password everywhere**

**NO MFA**

**data leaked on i have been Pwned**

# THANKS FOR YOUR ATTENTION!



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