

# Cybersecurity Awareness for NH Parents and Teens

## Purpose:

This training session is tailored for the public, to educate individuals about cyber crimes and frauds targeting New Hampshire. Attendees will gain knowledge on recognizing, avoiding, and responding to cyber threats, ensuring a safer and more confident digital experience.

## Objectives:

- Understand the basics of cybersecurity.
- Learn about common cybercrimes and frauds targeting parents and teens.
- Learn best practices for protecting yourself and your teen against cybercrimes.
- Encourage conversations between parents and teens.
- Discover free resources and tools for continued conversations.

## Outline of the Training:

### 1. Why are these conversations important?

- The digital world your teen lives in
- Basic cybersecurity terminology

### 2. Four threats you need to know about.

- Phishing and social engineering
- Weak Passwords and Account Takeovers
- Oversharing and Digital Footprints
- Online Predators and Grooming

### 3. Suggestions for a conversation.

- What I said vs. What I wish I said.
- Free Visual Aids to guide a cyber-safety discussions

### 4. Free/Low Cost tools for everyone!

- Password Managers/Identity Monitoring
- Device Controls / Monitoring
- Education/Common Sense
- Reporting a Crime

### 5. A plan of action

- This coming week...
- Over the next month...
- Continuing to stay safe and talk!

### 6. Q&A session



## NH Municipal Cyber Defense Program

The New Hampshire Municipal Cyber Defense Program (MCDP), managed by The ATOM Group, is a key initiative for reducing Cybersecurity Risk in New Hampshire's Communities. Funded by the NH Department of Information Technology with State Homeland Security Grants and State and Local Cybersecurity Grant Program, it provides comprehensive Cybersecurity training to Residents, Schools, Municipalities, Publicly owned critical infrastructure.

The MCDP is unique in the Nation because it is customized based on the recipients function, employee responsibilities, existing cybersecurity readiness and building resilience in both residents and critical infrastructure.

**For more information, or to schedule, please contact:**

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