

Increase Your Cybersecurity Awareness

Explore new cybersecurity videos every day that can be completed in around 5–10 minutes. Don't worry if you miss a day — you can always catch up tomorrow.



Monday	Tuesday	Wednesday	Thursday	Friday
What is security awareness? (3m 05s)	Laptop and desktop security (2m 41s)	Protect against malware and ransomware (2m 27s)	Updating software (2m 10s) Why updates are so important (3m 36s)	Activity: Install the latest security updates for all your devices and turn on automatic updates for your operating system.
Password attacks (6m 23s)	Password policies (4m 19s) Challenge: Password strength tests (1m 42s)	Activity: Change all your passwords that are three months old or older, and set a calendar reminder to do this every three months.	Multi-factor authentication (8m 25s)	Implementing multi-factor authentication (6m 47s)
Activity: Enable multi-factor authentication for every app that gives you the option.	Understanding the top five attacks in the cloud (4m 42s)	What is social engineering? (2m 21s)	Avoiding phishing scams (8m 07s)	Catch a phish red-handed: Common indicators of a phish (5m 20s)
A bridge between business and tech (1m 31s)	The BizOps and cybersecurity disconnect (2m 21s)	Incident management to respond to a cyber attack (4m 17s)	Penetration test (2m 41s)	Activity: Bookmark federal agency sites (FTC, IRS, FBI) for the latest cybersecurity news and alerts.