ASSIST

ASSIST Handbook

Cybersecurity Awareness Guide for Adults

Erasmus+ KA210-ADU
Small-scale Partnership Project
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Application to Sustain and Support the Environmental Internet Security Techniques

ASSIST

ASSIST Project aims to increase cybersecurity awareness among adults over 50 and individuals living in rural areas.

The project also aims to develop conscious digital consumption habits to reduce the environmental impact of digital technology use.

This guide contains essential information to protect you against threats you may encounter in daily internet use.

01

Password Security

Create Strong Passwords

Long Password

Use at least 8 characters. Longer passwords are more secure.

Mixed Characters

Use uppercase, lowercase, numbers and symbols.

Different Passwords

Use a different password for each account.

No Personal Info

Do not use information like birth date or name.

Password Warnings

- Never share your password with anyone, including bankers!
- Do not write your password on paper or save it on computer.
- Avoid entering passwords on public Wi-Fi networks.
- Change your passwords regularly (every 3-6 months).
- Enable two-factor authentication (2FA).

02

Phishing Attacks

Recognize Fake Messages

Urgent Warnings

Beware of panic-inducing messages like "Your account will be closed"!

Link Check

Hover over the link before clicking and check the address.

Spelling Errors

Official institutions do not make spelling errors. Be careful!

Personal Info

Password or card information is never requested via email.

Warning! Signs of Fake Messages

- ⚠ "Urgent", "Immediately", "Last chance" - pressure phrases
- ⚠ Unexpected emails from unknown people
- ⚠ "You won a prize" or "You inherited money" promises
- ⚠ Official-looking but strange email addresses
- ⚠ Messages asking you to open attachments

03

Social Media Security

Protect Your Personal Information

Privacy Settings

Set your profile to "Friends only".

Location Sharing

Turn off live location sharing.

Strangers

Do not accept friend requests from strangers.

Oversharing

Do not share details like vacation, address, work info.

Social Media Tips

1. Review your friend list regularly.
2. Close old and unused accounts.
3. Use strong and unique passwords.
4. Enable two-factor authentication.
5. Do not click on suspicious messages and links.
6. Turn off location info in photos.

04

Safe Internet Usage

Basic Security Measures

Updates

Keep your operating system and apps up to date.

Antivirus

Use a reliable antivirus program.

Wi-Fi Security

Keep your home Wi-Fi password strong and change regularly.

Backup

Backup your important files regularly.

Online Shopping Security

- Make sure there is a lock icon and "https" in the address bar.
- Prefer virtual card or one-time card number.
- Only shop from known and trusted websites.
- Check your emails for order confirmation and shipping tracking.
- Beware of suspicious sites offering very cheap prices.

Daily Security Checklist

- [ ] I marked suspicious emails as spam before deleting.
- [ ] I did not click on unknown links.
- [ ] I did not share my personal information.
- [ ] I checked my device updates.
- [ ] I shared carefully on social media.
- [ ] I used strong passwords.
- [ ] I was careful on public Wi-Fi.
- [ ] I reported suspicious situations to family/friends.

05

Digital Carbon Footprint

Eco-Friendly Internet Usage

Email Cleanup

Delete unnecessary emails, unsubscribe from lists.

Video Quality

Choose normal quality instead of HD when not needed.

Social Media Usage

Remember that excessive social media use increases energy consumption.

Cloud Storage

Delete unused files from cloud storage.

Recycling

Recycle your old digital materials.

Project Partners

Turkey	Kırşehir Governorship (Coordinator)
Turkey	Ahi Evran University
Ireland	Ireland4Europe
Netherlands	Both Online
Portugal	Aid Learn

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