



CYBERPATRIOT'S

CYBERGENERATIONS – SENIOR CITIZEN CYBER SAFETY INITIATIVE



A program of the Air Force Association

CyberPatriot is the Air Force Association's National Youth Cyber Education Program, created to motivate students toward careers in cybersecurity and other STEM disciplines. The program has a variety of offerings for K-12 students, as well as a cyber safety initiative for senior citizens and a community service opportunity for student and adult volunteers.

CyberGenerations – Senior Citizen Cyber Safety Initiative

CyberGenerations – the Senior Citizen's Cyber Safety Initiative – is designed to teach older individuals how to protect themselves against the cyber threats of which they are so often the victims. It helps open the conversation about cybersecurity and makes even the wariest computer users confident in the ability to protect themselves online.

Highlighted Topics

CyberGenerations aims to teach the following topics to its audience:

- **Cybersecurity 101:** The basics of cybersecurity, including the physical threats to cyber safety and the importance of personally identifiable information
- **Password Management:** The importance of password management and creation of strong, unique passwords
- **Common Internet Threats:** Proactive and reactive defense against unwanted software
- **Internet Scams & Fraud:** How to recognize false customer service calls and scam/phishing emails
- **Social Media Awareness:** Understanding personally identifiable information and privacy settings
- **Self-Help Resources:** Direct contact information for government and local resources

Learning Methods

Self-Paced Guide

The self-paced program is done without a formal presentation. Users learn topics at their own pace by downloading or printing the official CyberGenerations Self-Paced Guide.

Instructor-Guided Workshop

A formal presentation by students, teachers, parents, or volunteers, to a community of senior citizens. Workshop resources are available for download at no cost and includes an instructor guide and full PowerPoint presentation. This method is a great way to get younger individuals working with older individuals to bridge the cybersecurity gap between generations.

Virtual Workshop

Pre-recorded workshop lessons are available at no cost for individuals to “attend.” Videos can be accessed and viewed at a participant's own pace, and they can follow along in the corresponding self-paced guide.

All resources for CyberGenerations are available at www.uscyberpatriot.org.





CYBERPATRIOT'S TECH CAREGIVER PROGRAM



A program of the Air Force Association

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The Tech Caregiver Program

The Tech Caregiver Program is a companion program to CyberPatriot's CyberGenerations – Senior Citizens Cyber Safety initiative. To become a Tech Caregiver, student and adult volunteers can complete a training course, take an exam (with passing grade), and receive a certification to teach basic security measures to senior citizens in a way that is easy to understand.

The goal of this program is to encourage those with cybersecurity knowledge give back to the community by helping older populations recognize, understand, and safely avoid the online scams they are so often the target.

Course Outline

The Tech Caregivers Training course is not only designed to teach the following topics to eager Tech Caregivers, but also to teach them ways to start conversations about these topics with those who would benefit the most from understanding the importance of cybersecurity.

- Introduction to Cybersecurity
- Password Security and Management
- Common Internet Threats
- An Overview of Scams and Frauds
- Social Media Safety and Awareness
- Cybersecurity Resources

Program Objectives

- Become a **Certified Tech Caregiver** upon completion of training course and exam (with passing grade).
- Offer tips, resources, and information to friends, loved ones and the elderly
- Have the option to present free workshops either virtually or in-person in their own communities.
- Contribute to the technological safety and empowerment
- Add personal value and satisfaction in future endeavors including school, careers, or as a volunteer

Those who successfully become Tech Caregivers are encouraged to promote the CyberGenerations program throughout their local communities.

Presented by:

