



Course: Stay Secure Online: A Senior's Guide to Safe Browsing

Course Duration: 5 weeks, 1 hour per week

Goal: Provide seniors with the knowledge and practical skills to navigate the internet with confidence, recognizing and avoiding common online threats.

Week 1: The Basics of Staying Safe 🛡️

This week, we'll introduce the most important concepts of online safety in a simple way.

- **Understanding the Internet:** A simple explanation of what the internet is and why it's important to be careful.
- **Recognizing Scams:** Learn to spot the signs of common online scams, like fake emails or pop-up messages. We'll focus on the "too good to be true" rule.
- **Keeping it Private:** We'll discuss why it's important to be careful with personal information online.

Week 2: Passwords and Privacy

We'll dive into the vital topic of passwords and protecting your personal accounts.

- **Creating Strong Passwords:** A hands-on session on how to create passwords that are easy for you to remember but hard for others to guess. We'll use simple techniques like combining unrelated words.
- **The Problem with "Remember Me":** We'll explain why it's often a good idea to sign out of public computers and devices.
- **What is a Phishing Email?** We'll look at real examples of phishing emails and learn how to identify them by checking the sender's address.

Week 3: Browsing Safely and Secure Websites

This week is all about making sure the websites you visit are trustworthy.

- **Secure Websites:** Learn how to spot a secure website by looking for the "lock" icon in the address bar and <https://> at the beginning of the address.
- **Avoiding Bad Links:** We'll practice how to hover over a link to see where it really goes before clicking on it.
- **Safe Downloading:** We'll discuss why it's important to only download files from trusted sources.

Week 4: Safe Shopping and Socializing

The internet is great for shopping and connecting with people, but it's important to do so safely.

- **Secure Online Shopping:** Tips for using credit cards safely on the internet and what to look for on a shopping website.
- **Social Media Safety:** We'll talk about privacy settings on social media and the importance of only connecting with people you know.
- **The "Stranger Danger" Rule:** Applying a common sense rule to online interactions—it's okay to say no to new friend requests from strangers.

Week 5: Putting It All Together and Graduation

In our final session, we'll recap and celebrate our new skills.

- **Review and Q&A:** A final chance to ask questions about any topic we've covered.
- **Scenario Practice:** We'll go through a few common online scenarios to test our new knowledge in a fun way.
- **Graduation Ceremony:** To celebrate their new skills and confidence, each participant will be presented with a "**Safe Surfer**" **course completion certificate**.