



# Digital Literacy Curriculum Resource

## Module 7 Safety and Security



THE UNIVERSITY OF BRITISH COLUMBIA

Learning Exchange



Funded by:  
Immigration, Refugees  
and Citizenship Canada

Financé par :  
Immigration, Réfugiés  
et Citoyenneté Canada

Module #	Topics
1	Mouse and Navigating 
2	Keyboarding 
3	Online Skills-Basic 
4	Online Skills 
5	Email 
6	Mobile Phones 
7	Safety and Security 

## Are these strong passwords?

1. Sam's password is his phone number: **6047654321**
2. Linda's password is: **generosity**
3. Elizabeth's password is: **#v@nc0uVeR%**  
She uses the same password for all her online accounts as it is easier to remember just one password.
4. Tom's password is: **1main**
5. Type the above passwords on this website: <https://howsecureismypassword.net/>.  
Whose password is the strongest? What makes the password more difficult to crack?



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## Are these strong passwords?

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2. Linda's password is: **generosity**
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She uses the same password for all her online accounts as it is easier to remember just one password.
4. Tom's password is: **1main**
5. Type the above passwords on this website: <https://howsecureismypassword.net/>.  
Whose password is the strongest? What makes the password more difficult to crack?

## Are these strong passwords?

1. Sam's password is his phone number: **6047654321**

**Answer:** It is not a good idea to use personal information that is easily available. Do not use your name, nickname, birthday, email address, or your pet's name. People who know you well can easily guess your password.

2. Linda's password is: **generosity**

**Answer:** Do not use words in the dictionary. Password cracking programs will try every word in the dictionary to crack your password.

3. Elizabeth's password is: **#v@nc0uVeR%**  
She uses the same password for all her online accounts.

**Answer:** Using the same password for all her different accounts is a very bad idea and someone who gets Elizabeth's password on one of her accounts will get access to all her other accounts.

4. Tom's password is: **1main**

**Answer:** This password is too short. It would take a computer less than a second to crack this password. A strong password should be at least eight characters or longer. The longer and more complicated the password, the more secure.

5. Type the above passwords on this website: <https://howsecureismypassword.net/>. Whose password is the strongest? What makes the password more difficult to crack?

**Answer:** Elizabeth's password is the strongest. It uses a combination of upper and lower case letters, numbers and symbols.

**Read the following statements and answer True or False.**

1. A strong password has at least 8 characters.
2. A strong password contains upper and lower case letters, numbers and symbols.
3. It is a good idea to use our personal information as it is easy for us to remember.
4. It is a good idea to use the same password for different online accounts, so we can remember it easily.
5. It is a good idea to use words from the dictionary.
6. It is a good idea to paste your passwords on your computer so it is easy to remember.
7. It is a good idea to change our passwords at least every six months.
8. It is a good idea to write down your passwords and keep them in a safe place.
9. It is a good idea to use a password manager – a program that remembers your passwords for you.

## Read the following statements and answer True or False.

1. A strong password has at least 8 characters.

**Answer: True.** The longer, the more secure.

2. A strong password contains upper and lower case letters, numbers and symbols.

**Answer: True.** This makes the password more complicated and more difficult to hack

3. It is a good idea to use our personal information as it is easy for us to remember.

**Answer: False.** It is not a good idea to use personal information that is easily available. Do not use your name, nickname, birthday, email address, or your pet's name. People who know you well can easily guess your password

4. It is a good idea to use the same password for different online accounts, so we can remember it easily.

**Answer: False.** Using the same password for different accounts is a very bad idea and hackers who crack the password on one account have access to all other accounts a person has.

5. It is a good idea to use words from the dictionary.

**Answer: False.** Do not use words in the dictionary. Password cracking programs will try every word in the dictionary to crack your password.

6. It is a good idea to paste your password on your computer so it is easy to remember it.

**Answer: False.** Just as it is a bad idea to leave your key in the keyhole, pasting your password on your computer is inviting people to enter your online accounts.

7. It is a good idea to change our passwords at least every six months.

**Answer: True.** Passwords get weaker over time.

8. It is a good idea to write down your passwords and keep them in a safe place.

**Answer: True.** Sometimes, our complicated passwords are too tough for us to remember. Writing them down and being able to retrieve them when you need them is a good idea. It is no good if you can't remember all your complicated passwords. You have no access to your accounts.

9. It is a good idea to use a password manager – a program that remembers your passwords for you.

**Answer: True.** Password managers such as Dashlane help us to remember our passwords. The best thing? It is safe, and free, although there are options where you need to pay.

## Strong Password Checklist

- My password has at least 8 characters; I try to make it longer.
- My password has lowercase and uppercase letters, numbers, and symbols.
- My password does not contain my personal information.
- My password uses a passphrase or a combination of random words that is easy for me to remember.
- I keep my passwords written down in a safe place in case I forget.
- I change my passwords every six months.
- I use different passwords for different online accounts.

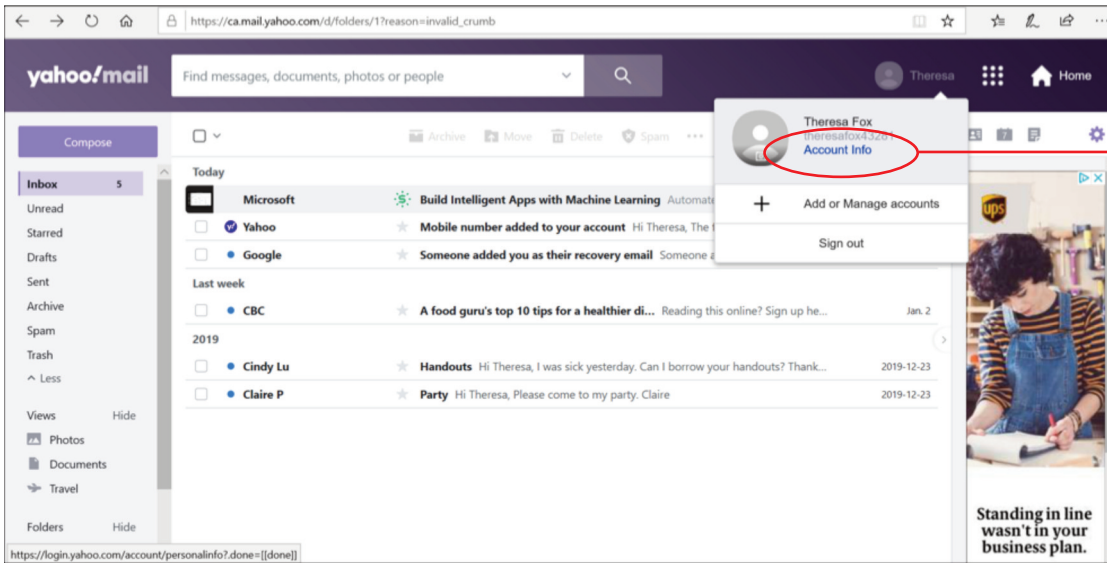


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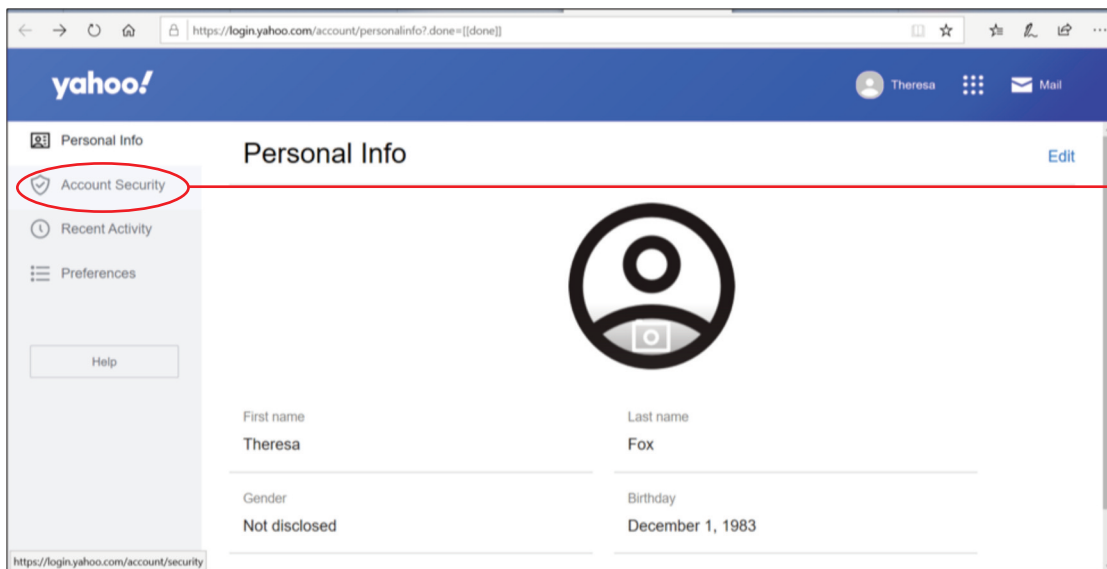
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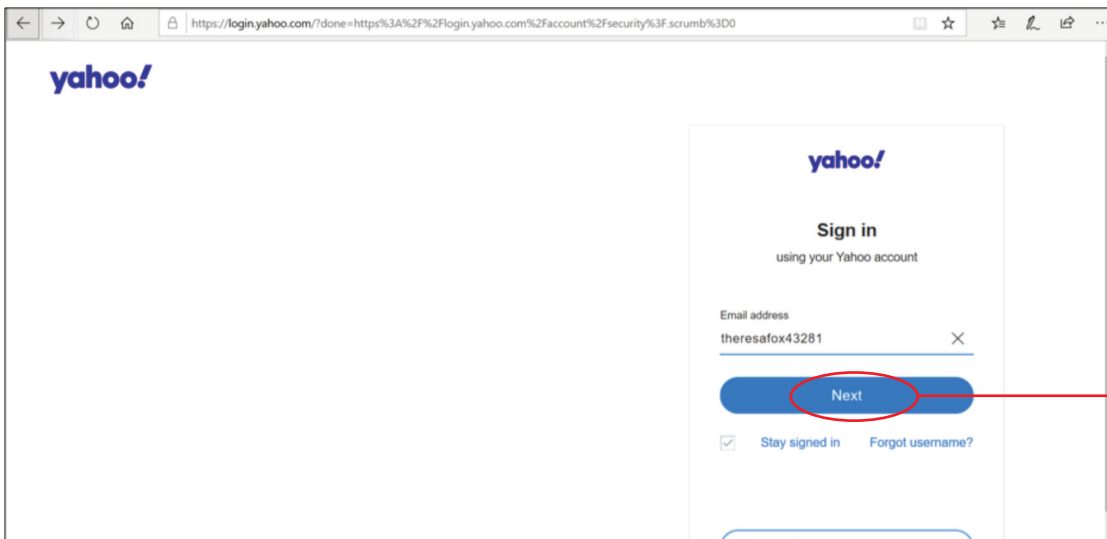
## Change Password (Yahoo! Mail)



1. Click on **Account Info**



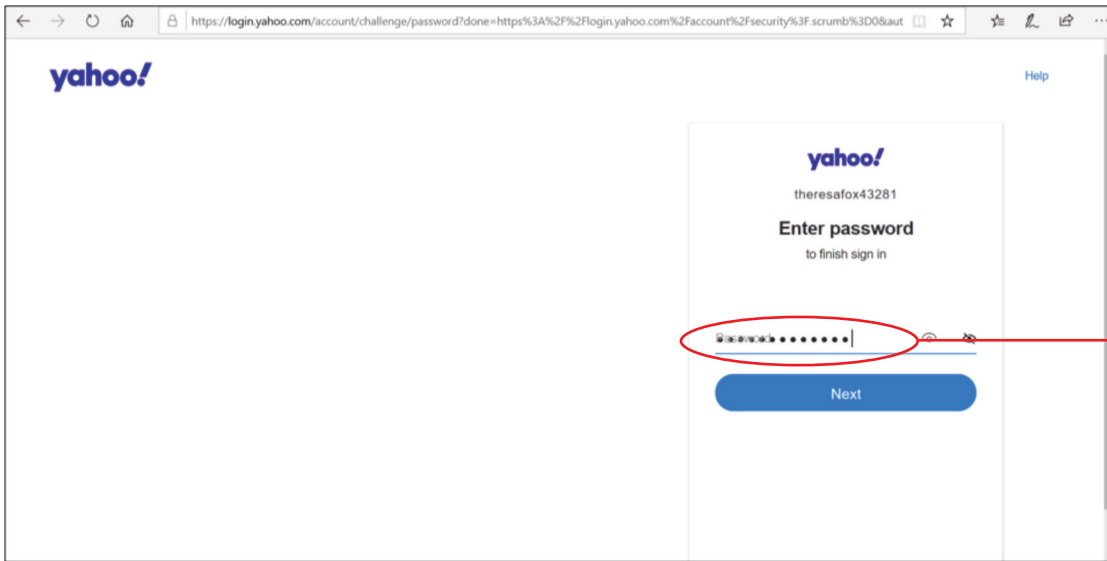
2. Click on **Account Security**



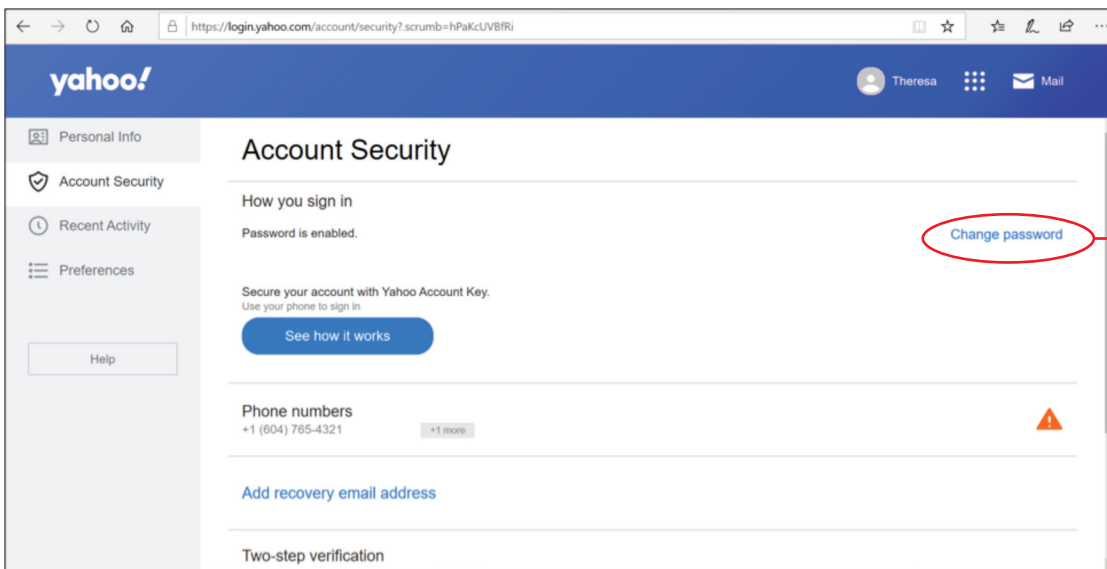
3. Click on **Next**



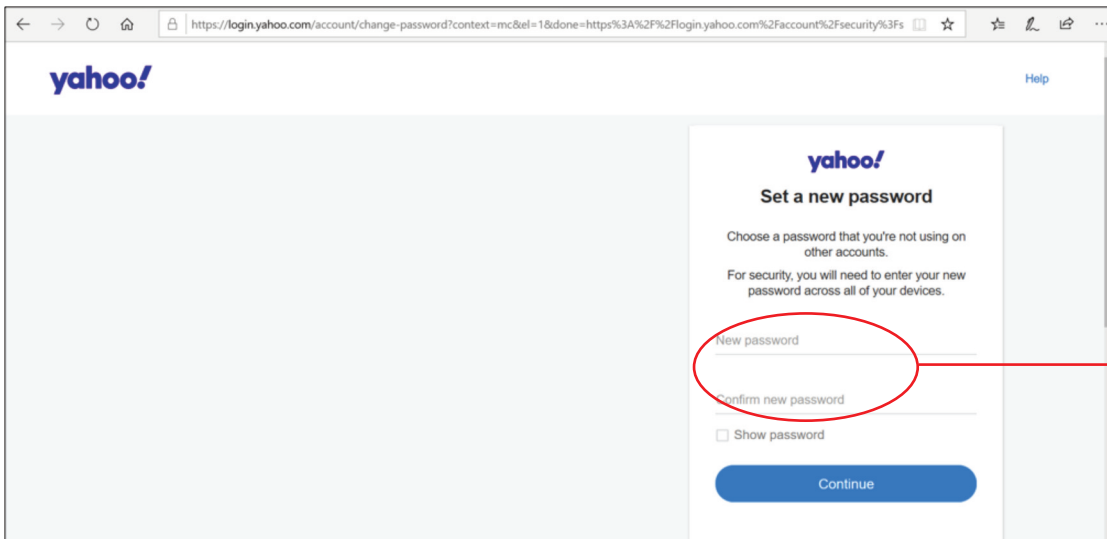
## Change Password (Yahoo! Mail)



4. Enter your **Current Password.**

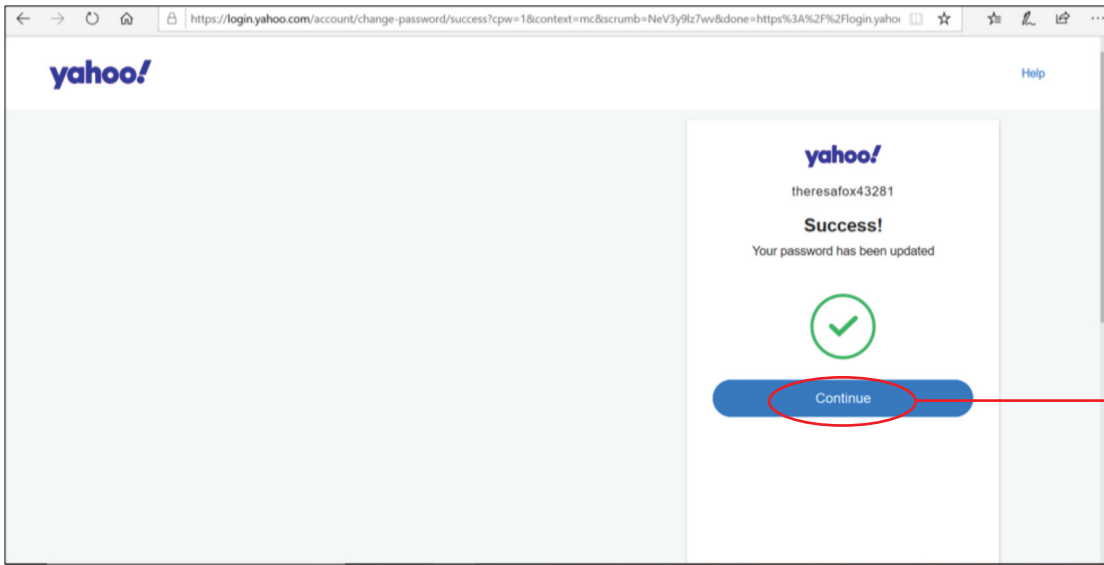


5. Click on **Change password.**

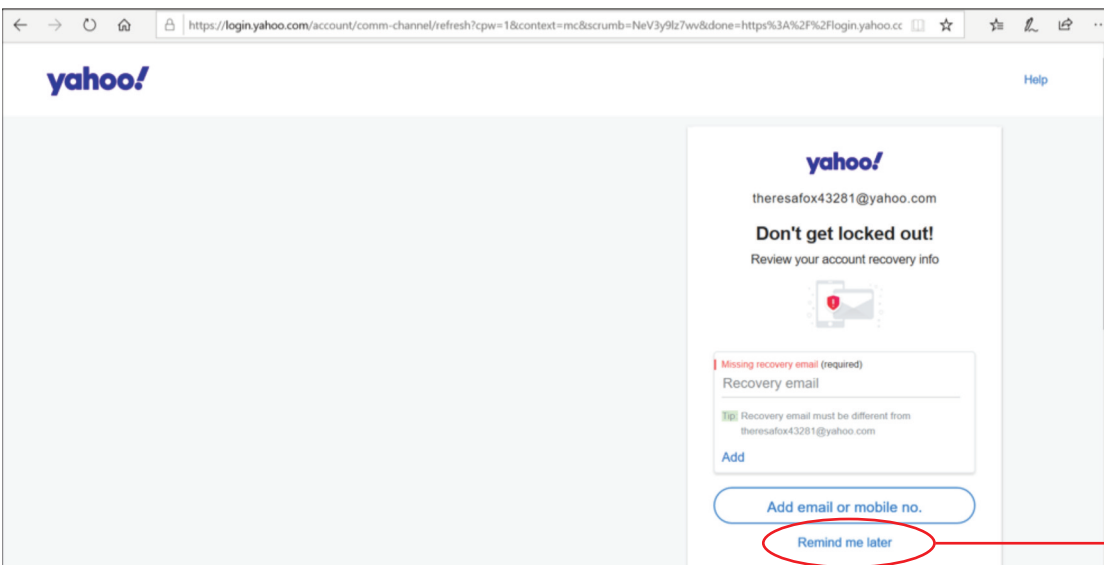


6. Enter your new password **two times.**

## Change Password (Yahoo! Mail)

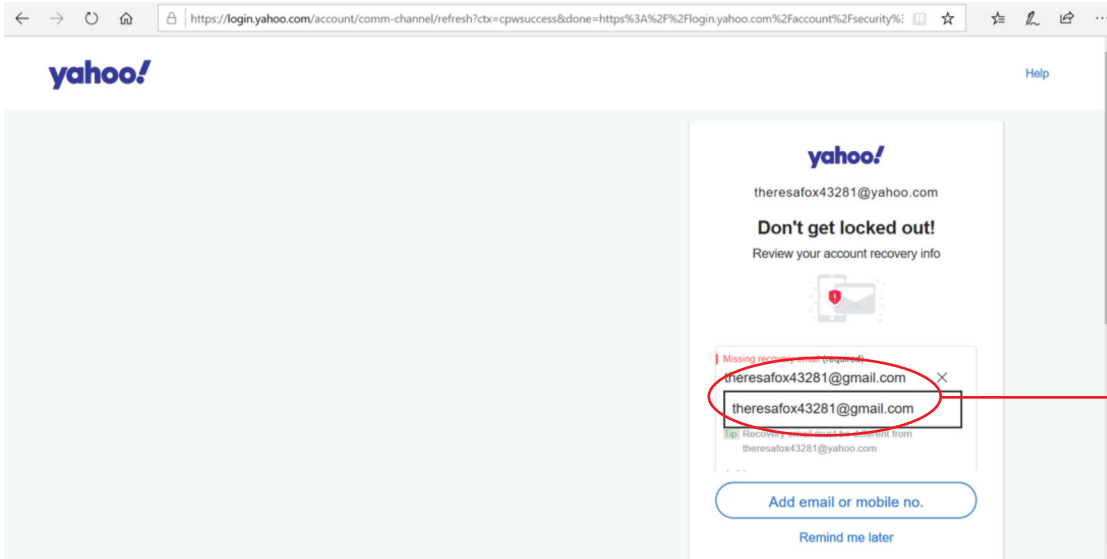


7. Click on **Continue.**

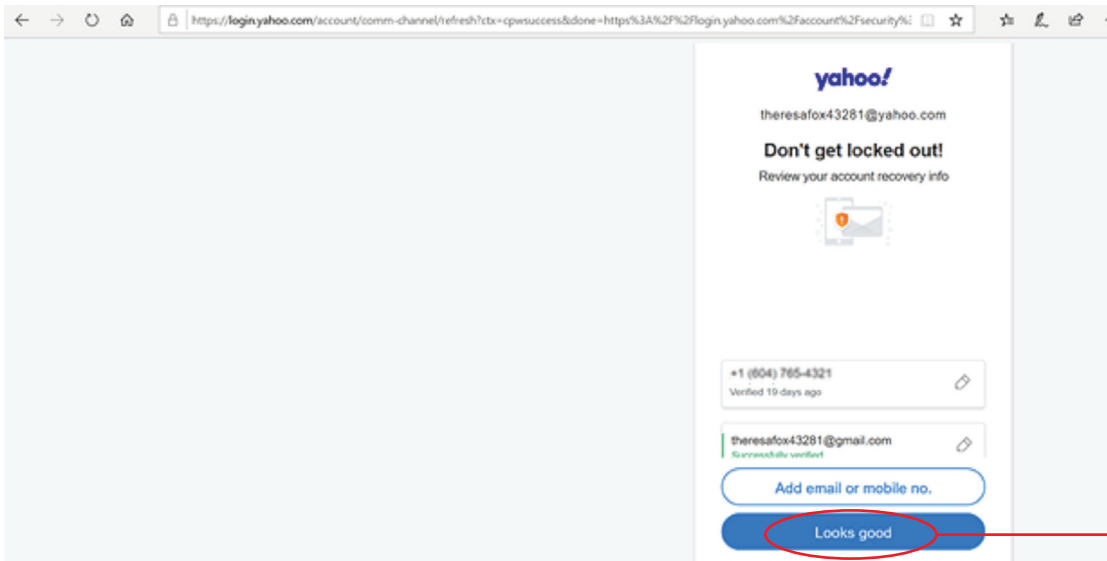


8. Click on **Remind me later.**

## Change Password (Yahoo! Mail) Optional: Enter recovery email

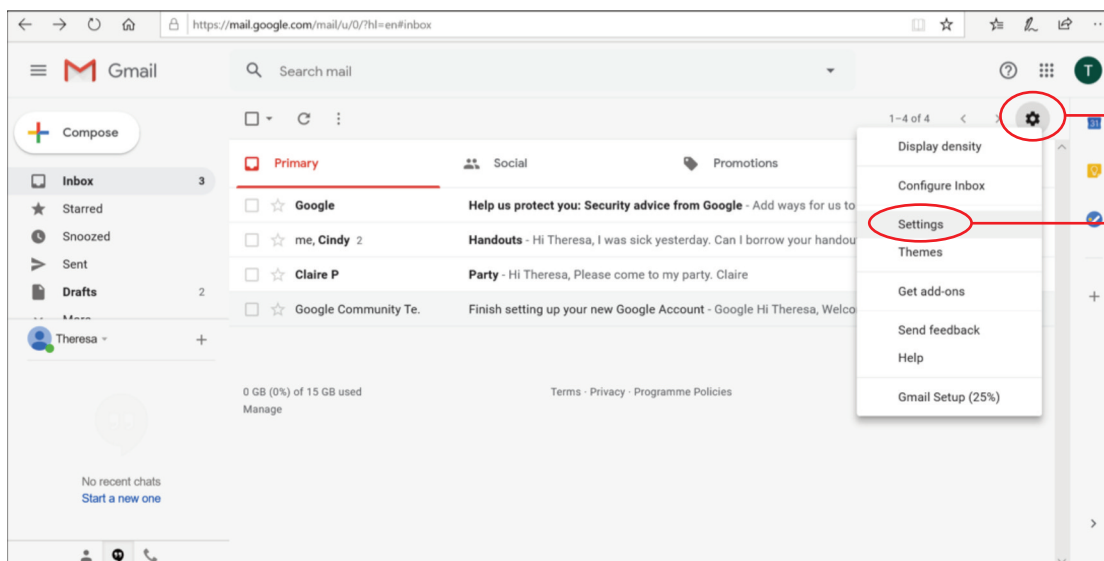


9. Enter your other email address. Yahoo! Will send an email to this address if you forget your password.

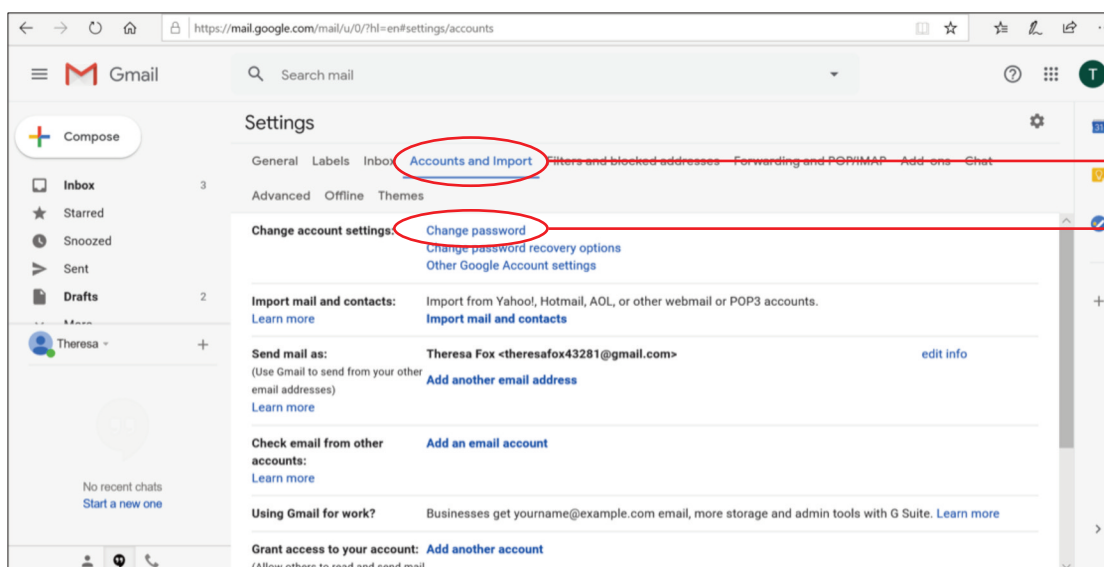


10. Check your new email. Click on **Looks good.**

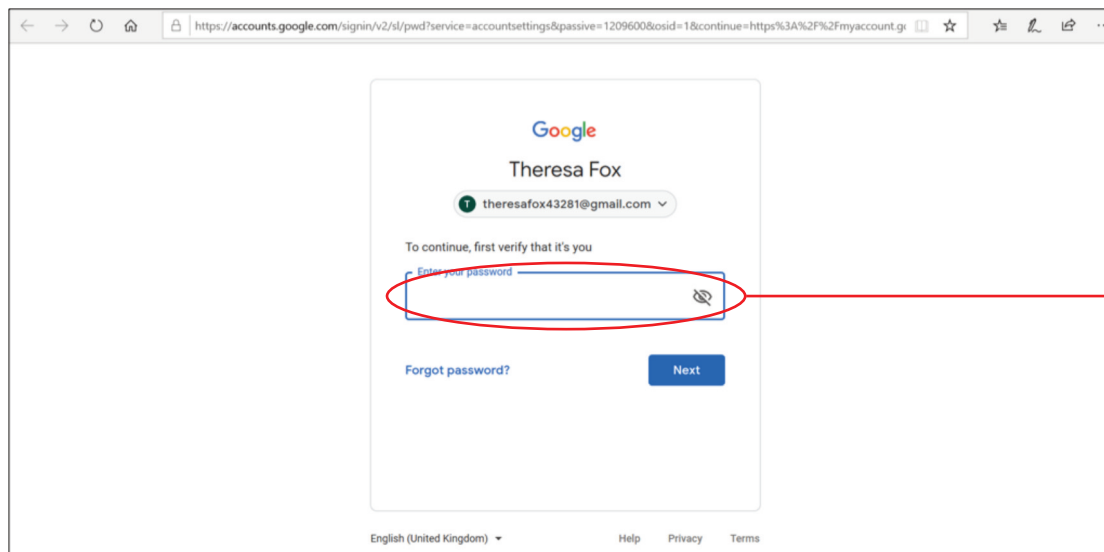
# Change Password (Gmail)



1. Click on the **Settings icon**, then click **Settings**.

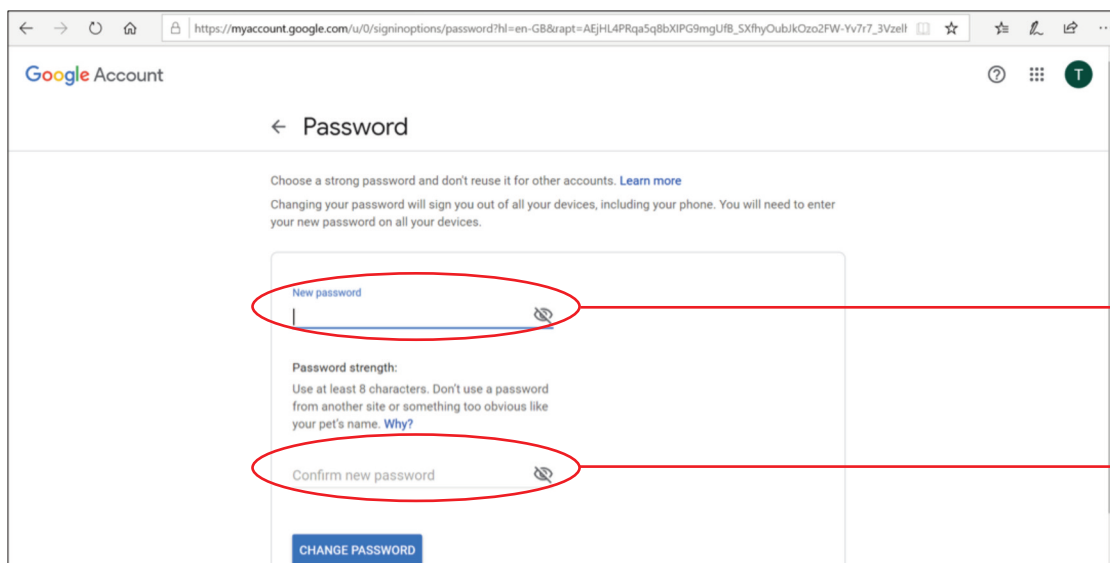


2. Click on **Accounts and import** then click on **Change password**.

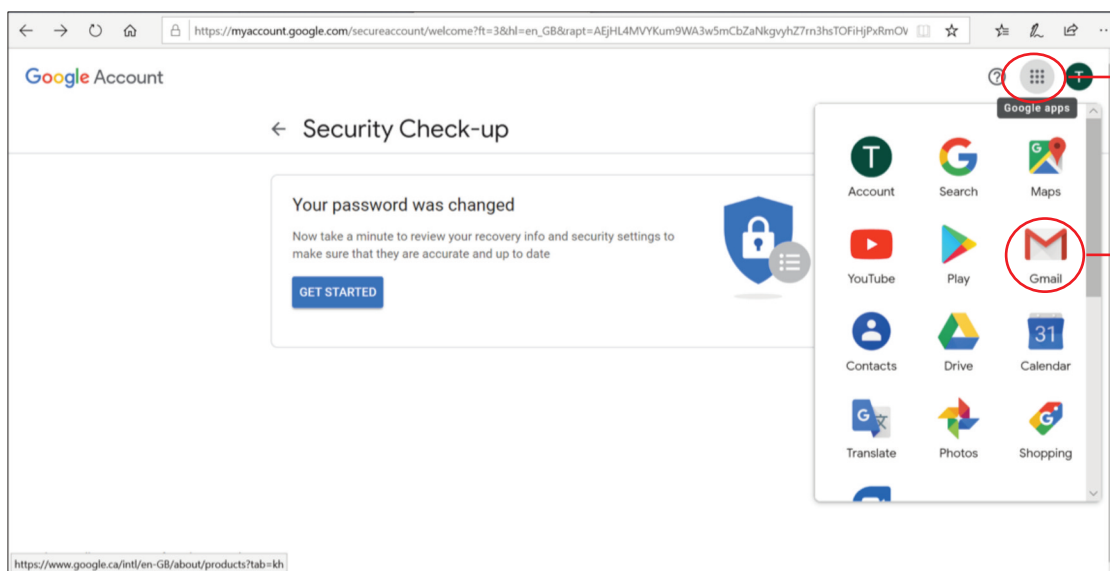


3. Enter your current password.

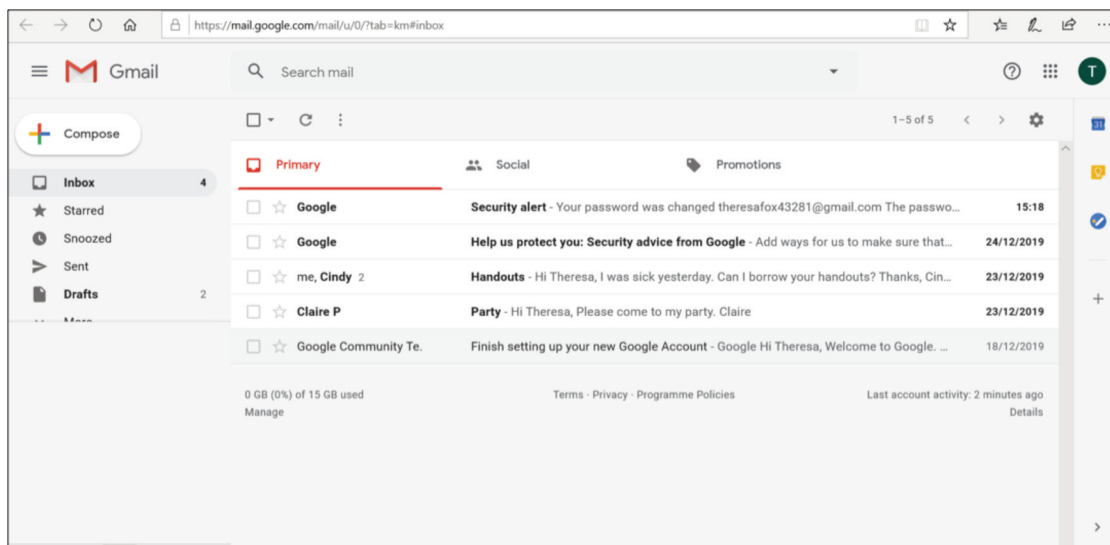
## Change Password (Gmail)



- 4. Enter your new password.
- 5. Enter your new password again.



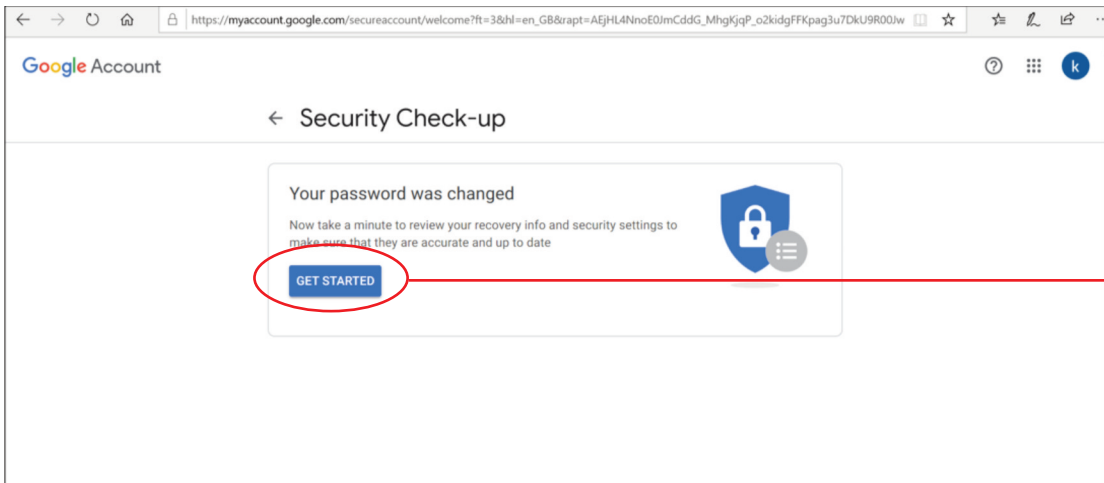
- 6. Click here to open up your Google apps.
- 7. Click on the **Gmail** icon to go back to your Gmail account.



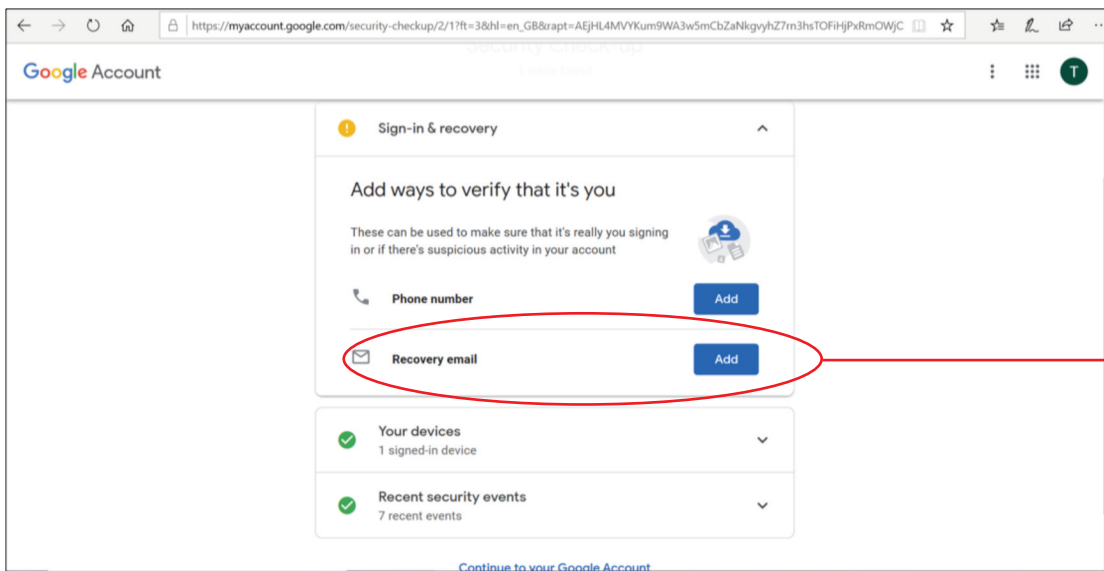
You will see this page.

# Change Password (Gmail)

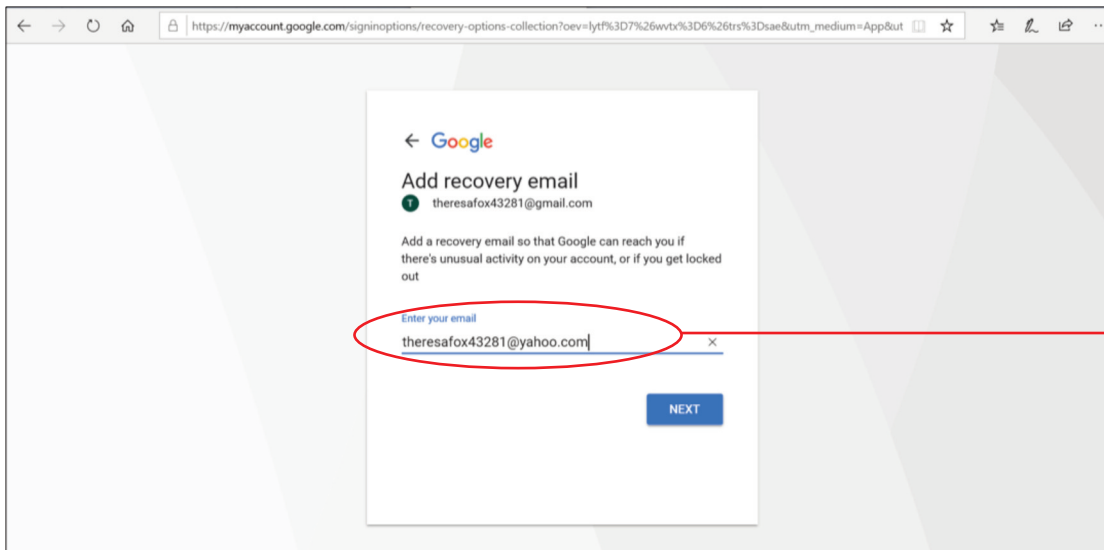
Optional: Enter recovery email or recovery phone number



1. Click on **Get Started**.



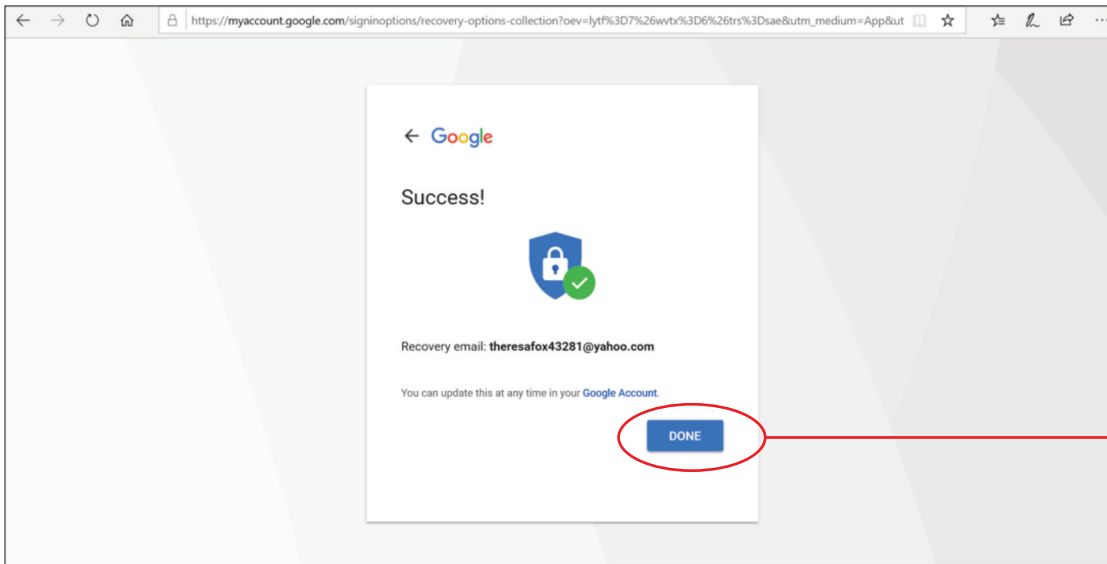
2. Click **Add**. You can choose Phone number or Recovery email. We've chosen Recovery email here.



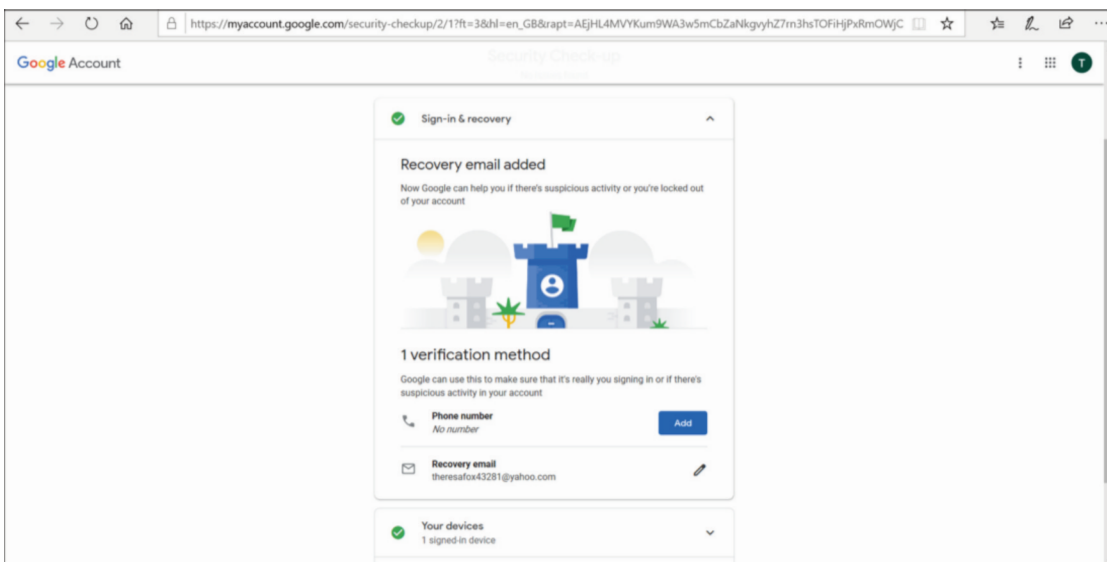
3. Enter your recovery email.

## Change Password (Gmail)

Optional: Enter recovery email or recovery phone number

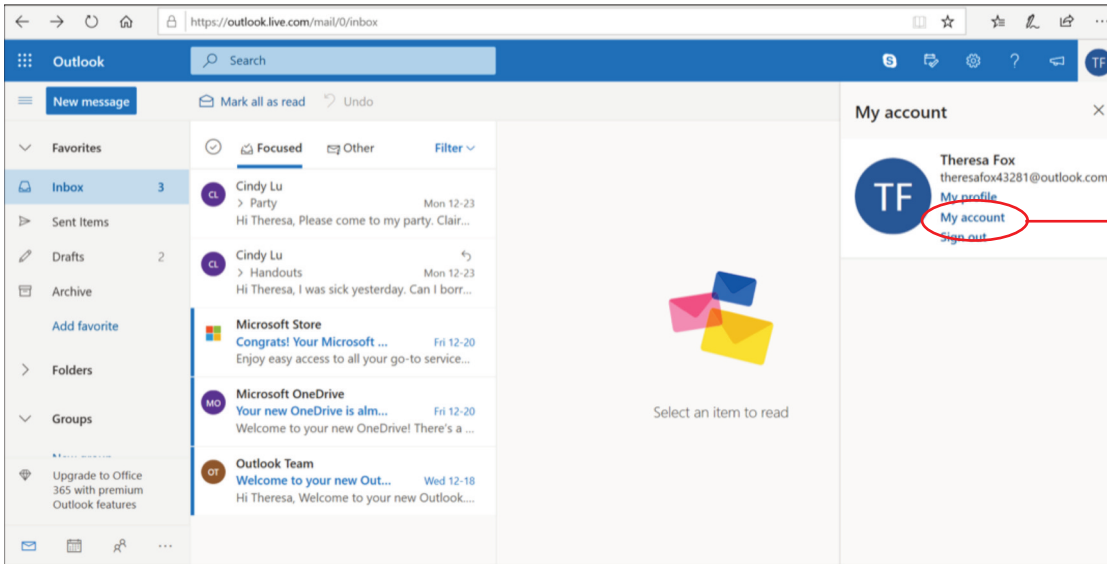


4. Click **Done**

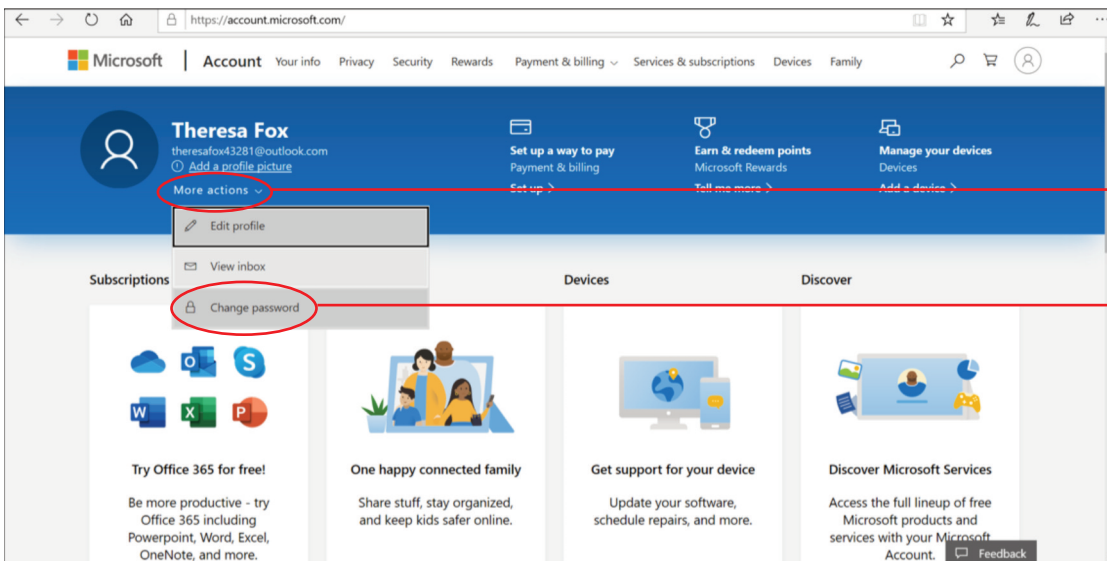


You will see this page.

# Change Password (Outlook)



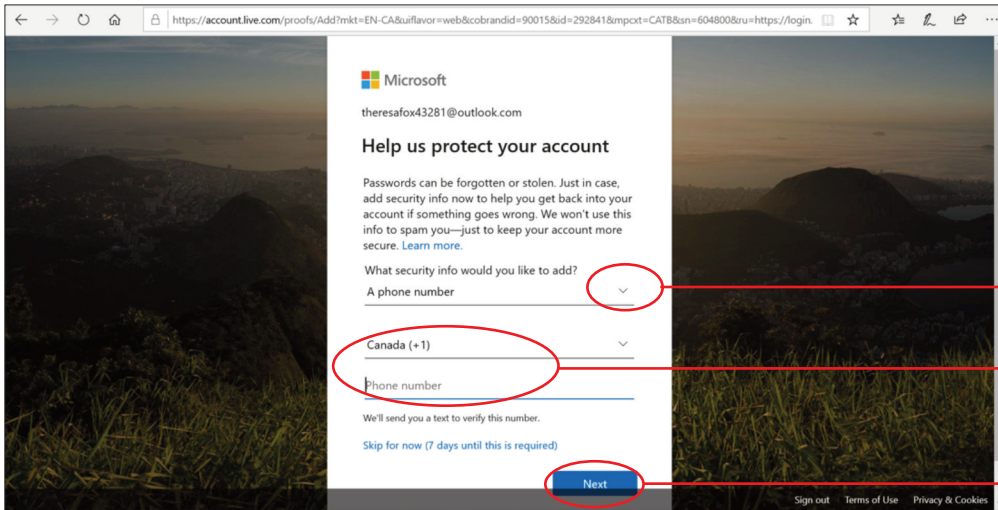
1. Click **My account**.



2. Click **More actions** then **Change password**.

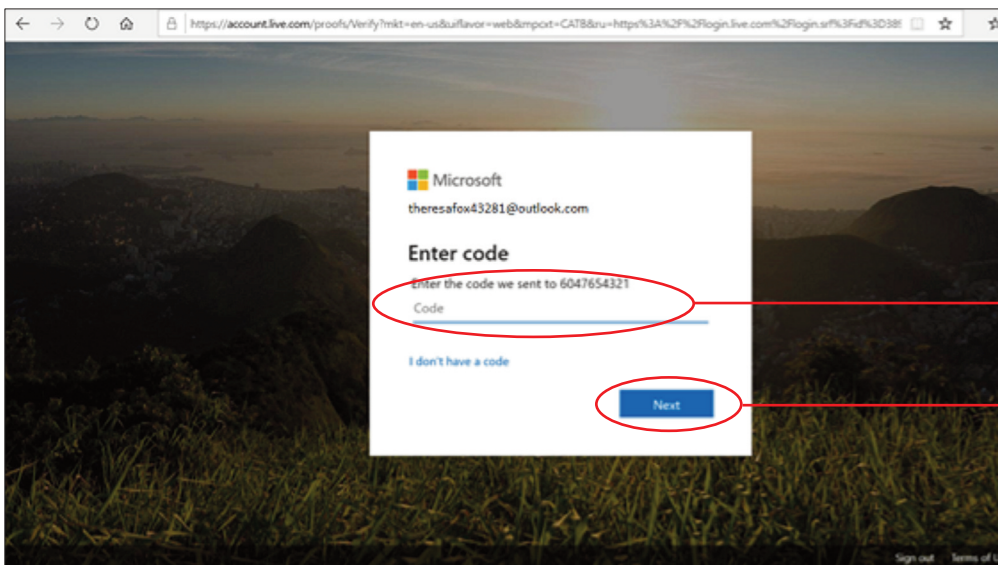


## Change Password (Outlook) (Only for first-time password changes)

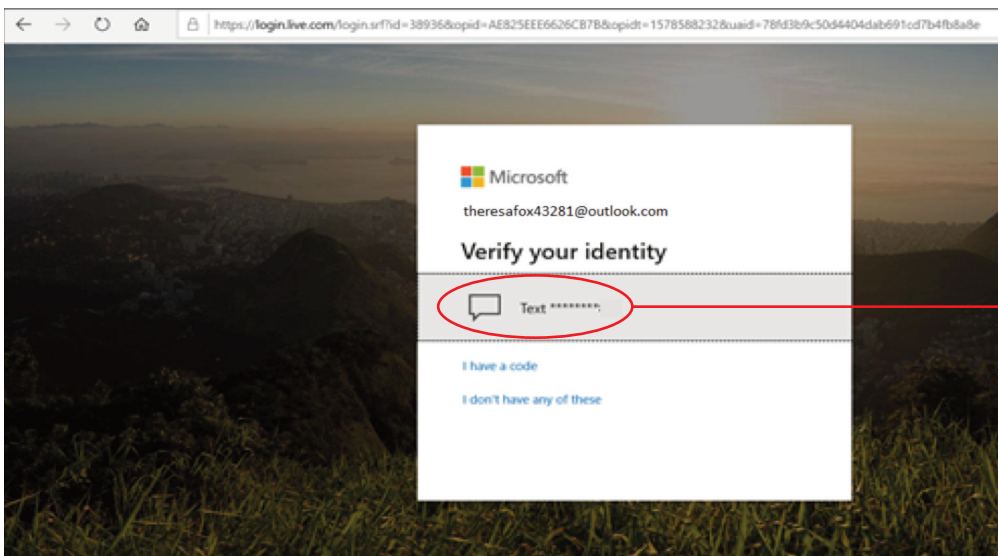


Choose a phone number or an email address. We chose a phone number here.

a. Enter your phone number then click **Next**.

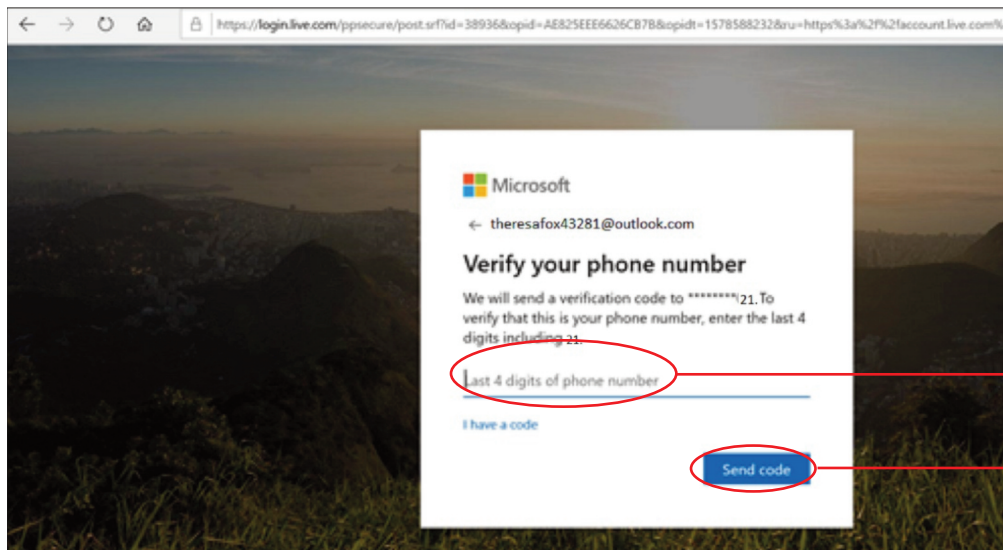


b. Enter the code that was sent to your phone.  
c. Click **Next**.

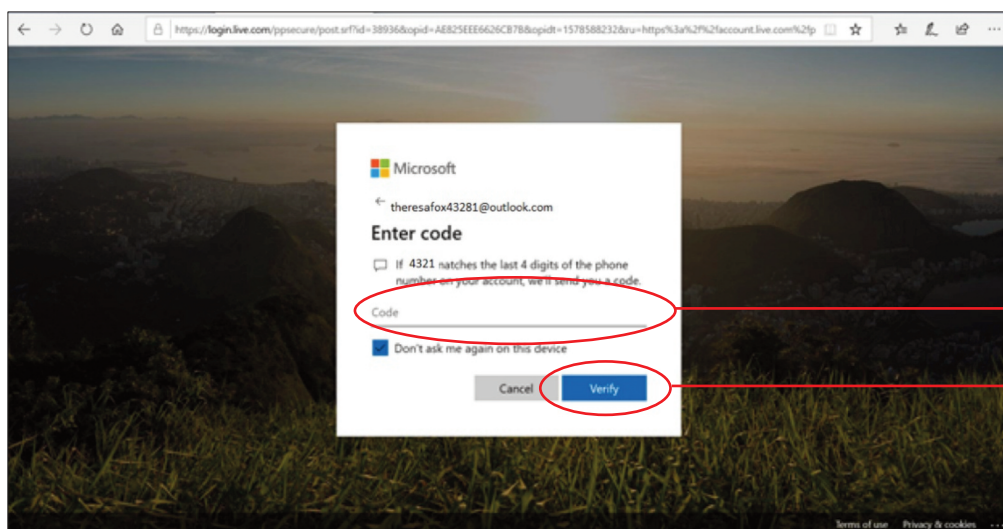


d. Click here.

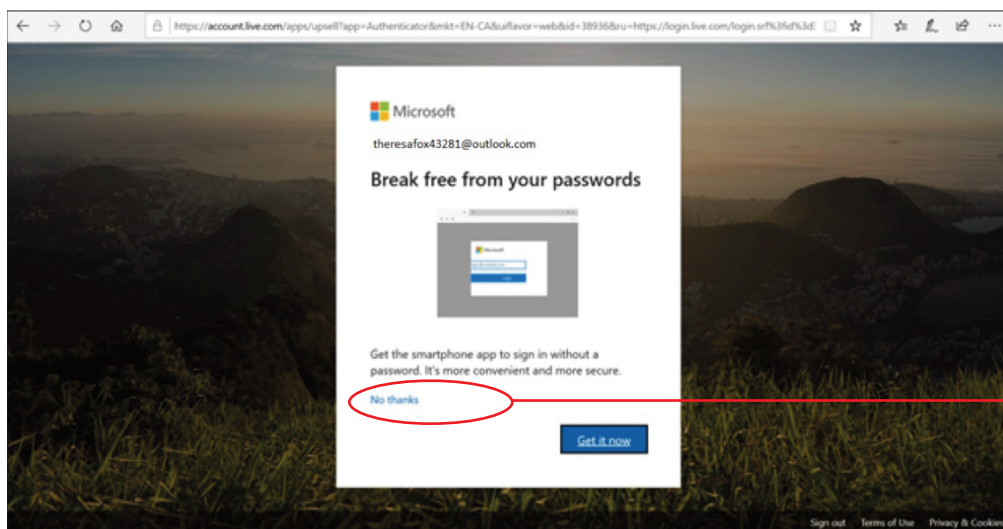
## Change Password (Outlook) (Only for first-time password changes)



- e. Enter the last four digits of your phone number.
- f. Click **Send code**.



- g. Enter the code you received on your phone.
- h. Click **Verify**.



- i. Click **No thanks**.

## Change password (Outlook)

Change your password

A strong password helps prevent unauthorized access to your email account.

Current password

Current password

Forgot your password?

New password

8-character minimum; case sensitive

Reenter password

Reenter password

Make me change my password every 72 days

Save Cancel

3. Enter your current password.
4. Enter your new password
5. Enter your new password again.
6. Click **Save**.

Microsoft | Account

Security

Change password  
Last update: 1/8/2020  
Change >

Two-step verification  
OFF  
Turn on >

Security basics

Manage your password, protect your account, and view additional security resources.

Sign-in activity  
See when and where you've

Password security  
Help keep your account safer

Security contact info  
We'll use this info to contact

More security options  
Try the latest security. Feedback

7. Click **Account**.

Microsoft | Account

Theresa Fox  
theresafox43281@outlook.com  
Add a profile picture

More actions >

Edit profile

View inbox

Change password

Try Office 365 for free!

One happy connected family

Get support for your device

Discover Microsoft Services

8. Click **View inbox** to go back to your email account.

## Stealing Personal Information

What do criminals want?



They want to steal your personal information.

## Catching Victims

Oh, no!  
I have a problem.  
I am afraid.



## Catching Victims

Yay!

I have a surprise gift.

I am excited.



## Hyperlink Styles

- box
- different colour
- underlined



Amazon Support <amazon24@poisirniuajniir.com>



Nov. 16 at 4:58 p.m. ★



### Payment Declined

Hello Customer,

We are having trouble authorizing your payment for the items below. Please verify or update your payment method. If your payment information is correct (such as expiry date and billing address), please contact your bank for more details.\*

[Update your payment method](#)

#### Order Details

Order #[114-7374512-0353037](#)

**Total Pending Payment:** \$80.34

Payment Method: Debit Card/credit card

Learn more about [resolving declined payments](#).

We hope to see you again soon.

**Amazon.com**

\*Your bank may have declined the charge if the name, expiration date, or ZIP code you entered does not match the bank's information. If your card has expired, you recently moved, or you received a new card from your bank, you may need to update the card number, expiration date, and ZIP code to ensure your card continues to work. If the payment details you entered are correct, we suggest using the phone number on the back of your card to contact your bank to learn more about their policies. Please have the exact dollar amount and details of this purchase when you call your bank.

If paying by credit card is not an option, buy Amazon.com Gift Card claim codes with cash from authorized resellers at a [store near you](#).

This email was sent from a notification-only address that cannot accept incoming email. Please do not reply to this message.

## Identifying Phishing Emails



Amazon Support <amazon24@poisirmiujniir.com>



Nov. 16 at 4:58 p.m. ★



### Payment Declined

Hello Customer,

We are having trouble authorizing your payment for the items below. Please verify or update your payment method. If your payment information is correct (such as expiry date and billing address), please contact your bank for more details.\*

[Update your payment method](#)

#### Order Details

Order #[114-7374512-0353037](#)

Total Pending Payment: \$80.34

Payment Method: Debit Card/credit card

Learn more about [resolving declined payments](#).

We hope to see you again soon.

**Amazon.com**

\*Your bank may have declined the charge if the name, expiration date, or ZIP code you entered does not match the bank's information. If your card has expired, you recently moved, or you received a new card from your bank, you may need to update the card number, expiration date, and ZIP code to ensure your card continues to work. If the payment details you entered are correct, we suggest using the phone number on the back of your card to contact your bank to learn more about their policies. Please have the exact dollar amount and details of this purchase when you call your bank.

If paying by credit card is not an option, buy Amazon.com Gift Card claim codes with cash from authorized resellers at a [store near you](#).

This email was sent from a notification-only address that cannot accept incoming email. Please do not reply to this message.



# Identifying Phishing Emails

**Amazon Support** <amazon24@poisirmiujniir.com> Nov. 16 at 4:58 p.m. ★

**amazon** **Payment Declined**

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**Update your payment method**

**Order Details**

Order #	<a href="#">114-7374512-0353037</a>
<b>Total Pending Payment:</b>	<b>\$80.34</b>
Payment Method:	Debit Card/credit card

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We hope to see you again soon.  
**Amazon.com**

\*Your bank may have declined the charge if the name, expiration date, or ZIP code you entered does not match the bank's information. If your card has expired, you recently moved, or you received a new card from your bank, you may need to update the card number, expiration date, and ZIP code to ensure your card continues to work. If the payment details you entered are correct, we suggest using the phone number on the back of your card to contact your bank to learn more about their policies. Please have the exact dollar amount and details of this purchase when you call your bank.

If paying by credit card is not an option, buy Amazon.com Gift Card claim codes with cash from authorized resellers at a [store near you](#).

This email was sent from a notification-only address that cannot accept incoming email. Please do not reply to this message.

**Annotations:**

- not Amazon email address (points to <amazon24@poisirmiujniir.com>)
- not your name (points to Hello Customer)
- Companies and banks never ask this. (points to Update your payment method)
- What did you buy? Do you remember? (points to Order Details)



## Phishing Clues

The email or text message:

- 1) makes you feel afraid or scared that your personal information/ account/loved ones are in trouble
- 2) makes you feel surprised or excited about winning something
- 3) asks to confirm your personal information
- 4) has email addresses, hyperlinks and web addresses (URLs) that look like a real company's but is different from the real ones
- 5) has spelling and grammar errors
- 6) is unexpected and contains suspicious attachments
- 7) does not address you personally



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## Phishing Clues

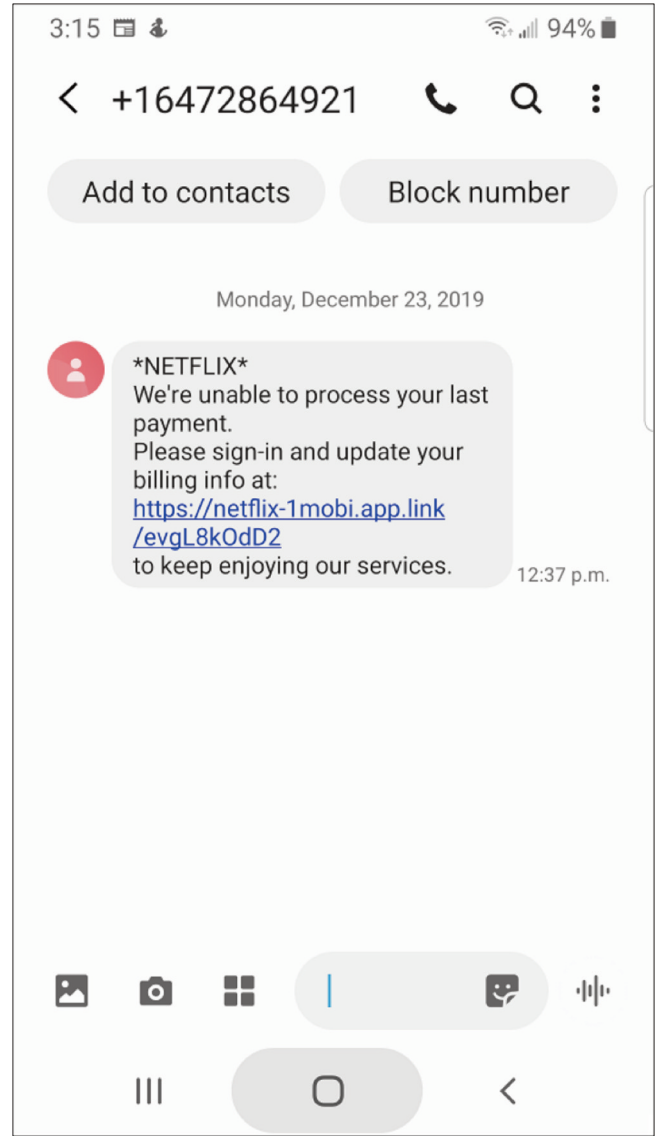
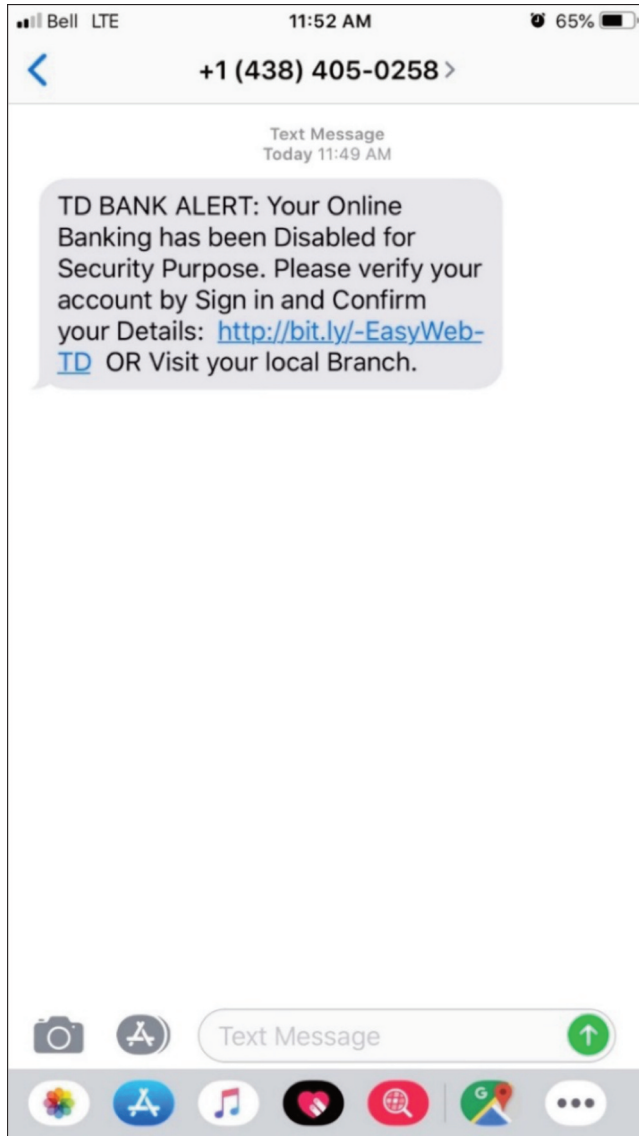
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- 5) has spelling and grammar errors
- 6) is unexpected and contains suspicious attachments
- 7) does not address you personally



## Phishing Clues (mobile phone)

In pairs, circle and identify the phishing clues.



## Phishing Clues (email)

From: Canada Revenue Agency (CRA) <[memberID-63692@cra-arc.gc.ca](mailto:memberID-63692@cra-arc.gc.ca)>  
Date: November 21, 2019 9:29:00 AM EST  
Subject: [Bulk] Tax Refund (776752) \$320.50  
Reply-To: [memberID-85140@cra-arc.gc.ca](mailto:memberID-85140@cra-arc.gc.ca)



Government of Canada    Gouvernement du Canada

Dear Canada Revenue Agency customer,  
Part of your Canadian tax expenses for the year 2019 have been processed and completed. You are entitled to a refund for CAD\$988.44.  
You are required to follow the secure link below to log in to our secure E-pass site with your Social Insurance Number and complete the required details in order for your tax refund to be processed and deposited into your account.  
To access the secure form for your Tax Refund, please [click here](#) to get started.

Sincerely,  
Canada Revenue Agency

© 2018 Copyright Canada Revenue Agency. All rights reserved.



RBC Royal Bank  
<[q6@udue.ca](mailto:q6@udue.ca)>



Nov. 12 at 5:26 a.m.



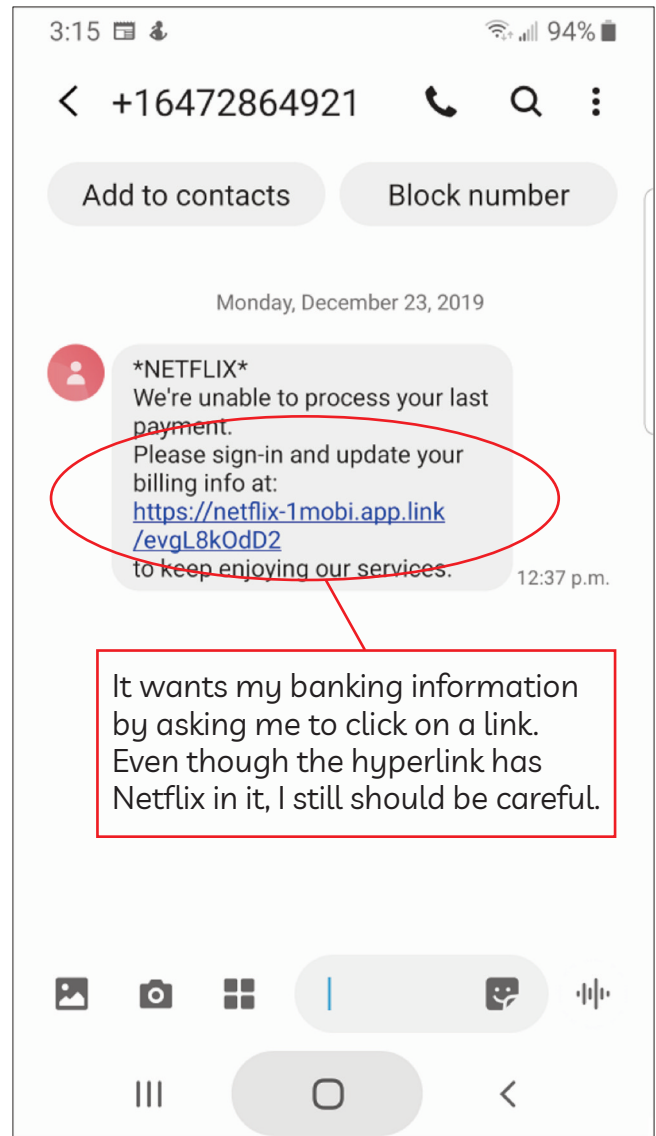
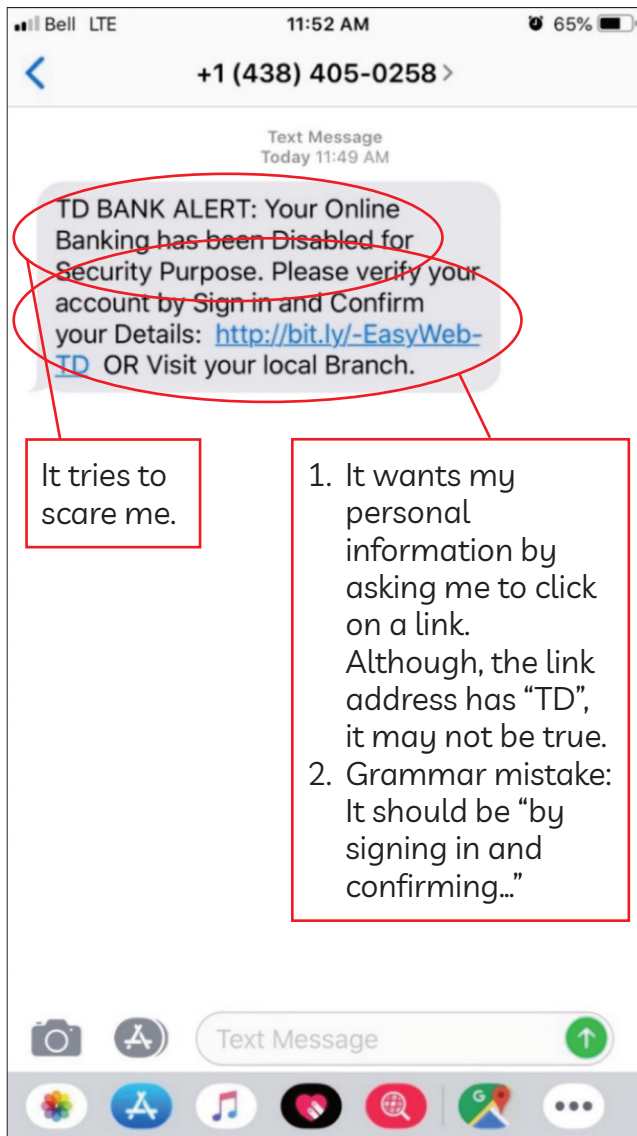
An INTERAC e-Transfer of \$1950 CAD was successfully sent to you on Tuesday, 12 November 2019.  
Sign into online banking to deposit funds by clicking the link below:  
<https://www.rbcroyalbank.com>.

Royal Bank of Canada Website, © 1995-2019




## Phishing Clues (mobile phone)

In pairs, circle and identify the phishing clues.



### Phishing Clues (email)


From: Canada Revenue Agency (CRA) <memberID-63692@cra-arc.gc.ca>  
Date: November 21, 2019 9:29:00 AM EST  
Subject: [Bulk] Tax Refund (776752) \$320.50  
Reply-To: memberID-85140@cra-arc.gc.ca

 Government of Canada    Gouvernement du Canada


Dear Canada Revenue Agency customer,  
Part of your Canadian tax expenses for the year 2019 have been processed and completed. You are entitled to a refund for CAD\$988.44.  
You are required to follow the secure link below to log in to our secure E-pass site with your Social Insurance Number and complete the required details in order for your tax refund to be processed and deposited into your account.  
To access the secure form for your Tax Refund, please [click here](#) to get started.

Sincerely,  
Canada Revenue Agency

© 2018 Copyright Canada Revenue Agency. All rights reserved.



**Clue Callouts:**  
- It's a surprise! But the amounts are different. (points to Subject and refund amount)  
- It wants my SIN. (points to Social Insurance Number)  
- It wants me to click on a link. (points to click here)

 RBC Royal Bank <q6@udue.ca>    Nov. 12 at 5:26 a.m. ★

An INTERAC e-Transfer of \$1950 CAD was successfully sent to you on Tuesday, 12 November 2019. Sign into online banking to deposit funds by clicking the link below:  
<https://www.rbcroyalbank.com>

Royal Bank of Canada Website, © 1995-2019



**Clue Callouts:**  
- This is not an RBC email address (points to <q6@udue.ca>)  
- It's a surprise! Am I expecting this? (points to INTERAC e-Transfer)  
- It wants me to log in with my banking details. (points to the URL)

## Antivirus icon



Bitdefender  
Antivirus icon

## Comparison of Free Antivirus

Circle one only:      Free computer antivirus      Free android antivirus

Top three antivirus recommended by the following websites:

### Website 1:

1. Antivirus software name:

Advantages: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Antivirus software name:

Advantages: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Antivirus software name:

Advantages: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Comparison of Free Antivirus

Top three antivirus recommended:

Website 2:

1. Antivirus software name:

Advantages: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Antivirus software name:

Advantages: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Antivirus software name:

Advantages: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_