

Introduction

❖Cyber-safety behaviours play a crucial role in safeguarding an individual's digital assets and maintaining the security of daily online activities. Moreover, personal cyber-safety significantly contributes to overall national cybersecurity. This study explores the factors that influence cyber-safety behaviours (1).

❖Research demonstrates that age, gender, and education influence using safety-related digital skills and antivirus software. Figure 1 shows the summary statistics of socio-demographic, security skills and Internet-related variables in a group of people in Israel (1).

	N	Range	Mean	Std. Deviation
Age	1834	17–93	46.91	16.20
Gender (Male)	1850	0–1	.46	.50
Completed years of education	1841	2–30	14.92	3.16
Started using the Internet more than six years ago	1807	0–1	.78	.41
Number of different devices through which users access the Internet	1804	0–4	2.93	.97
Frequency of use during past three months	1793	1–7	4.33	1.28
Frequency of using social networks (Facebook, LinkedIn, Instagram)	1831	1–5	2.84	1.59
Frequency of seeking information (news, sports, economics, health)	1846	1–5	3.87	1.22
Frequency of making purchases over the Internet	1837	1–5	1.92	1.21
Frequency of carrying out banking transactions (i.e., checking account statements, banking operations)	1837	1–5	2.73	1.59
Know how to install antivirus software	1819	0–5	2.87	1.82
Know how to make antivirus updates	1769	0–5	3.00	1.84
Know how to set mobile phone security procedures	1771	0–5	2.86	1.77
Know how to use the browser on condition of anonymity	1827	0–5	1.74	1.68
Know how to delete browser activity history or cookies	1837	0–5	3.06	1.87
Know how to distinguish between executable and non-executable files	1826	0–5	2.67	1.80

Figure 1.

Basic Digital Safety Tips

❖ **Improve Digital Security Skills:**

- Learn to recognise phishing attempts:** Be cautious of suspicious emails, messages, or links asking for personal information.
- Stay informed about online risks:** Regularly educate yourself about emerging cyber threats and protective measures. A study demonstrates that In nations with higher levels of digital skills, individuals tend to engage in a broader range of online activities, and the reverse is also true (2).

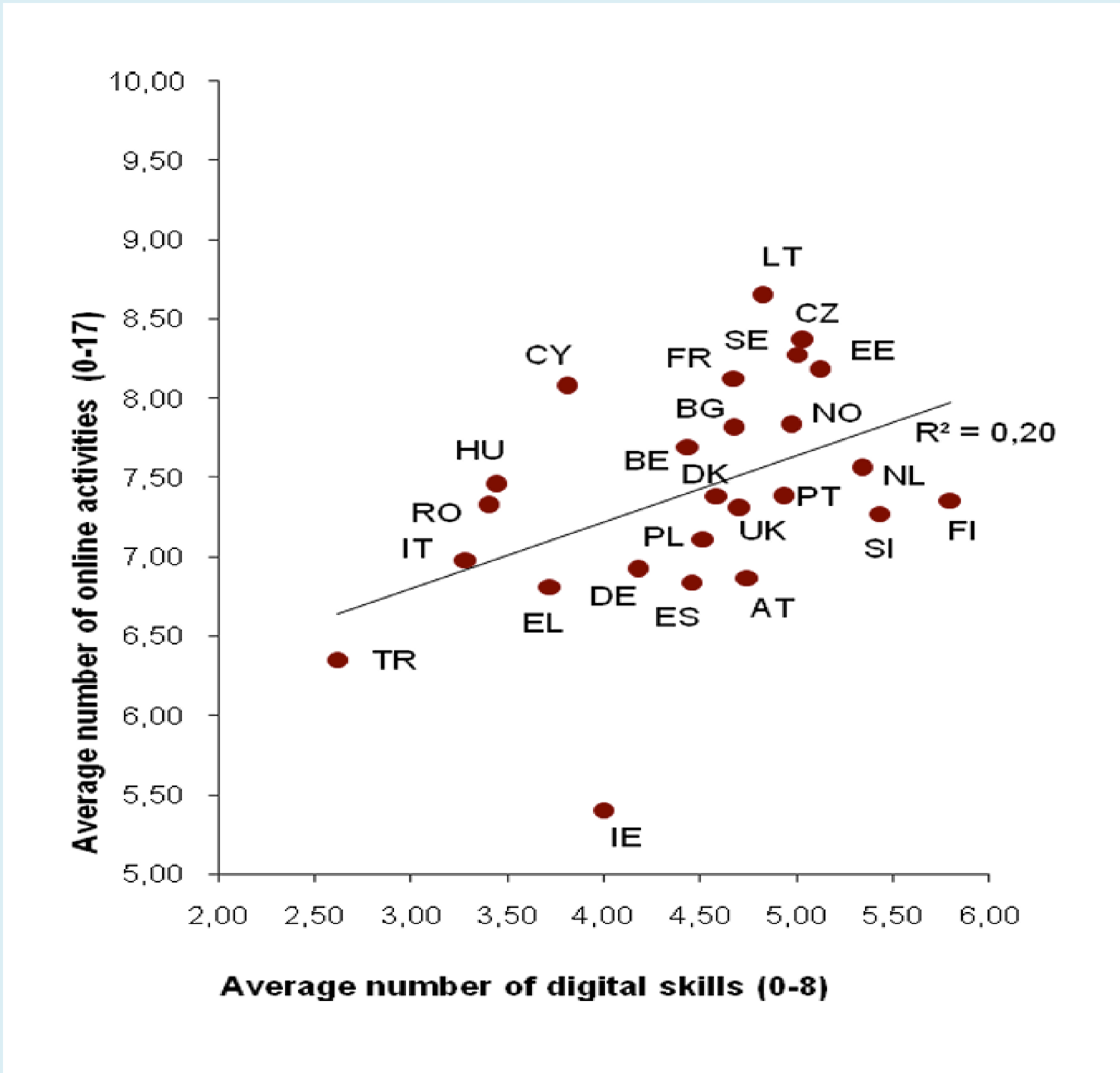


Figure 2.

❖ **Engage in Antivirus Behaviours**

- Install reputable antivirus software and ensure it is regularly updated.
- Avoid downloading files or software from untrusted sources (1).

❖ **Be Cautious with E-Banking and Online Transactions**

- Only access e-banking services on secure, private networks.
- Verify website authenticity before entering payment details (look for HTTPS and trust indicators) (1).

❖ **Be aware of indicators of bullying**

Cyberbullying is typically aimed at harming someone's relationships, social standing, or self-worth. Consequently, its warning signs can be more subtle than those of physical bullying. Given that approximately 85% of young people who experience cyberbullying are also subjected to face-to-face bullying, the signs may not always be exclusively linked to digital activities (3).

❖ **Protect passwords**

- Advise adults not to share their passwords with anyone – except trusted individuals. Ensure they use strong passwords for their accounts and devices.
- Help adults keep their personal information private by avoiding the use of full names, phone numbers, home addresses, workplace names, and birthdates. Set their online profiles to the highest privacy settings. Online messages, images, and videos can be seen by others and may not always be removable (3).

References

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3) Cross, D., Shaw, T., Hearn, L., Epstein, M., Monks, H., Lester, L., & Thomas, L. 2009. Australian Covert Bullying Prevalence Study (ACBPS). Canberra, Australia: Department of Education, Employment and Workplace Relations.