

Cyber Wellness

- 1. Digital Literacy:** the ability to find, discern, select and use online information appropriately.
- 2. Digital footprint:** the collection of data, which includes images, videos and text, posted by an individual online.
- 3. Cyberspace:** the same as “internet”; the global network of interconnected computers and communication systems.
- 4. Netiquette:** Netiquette is a set of social conventions that facilitate interaction over networks, such as mailing lists to blogs and forums. These conventions include actions not to be used online, such as flaming people, cross-posting (posting adverts on multiple platforms) or trolling (provoking people)
- 5. Cyberbullying:** Harassing, humiliating or threatening someone in cyberspace, by sending them nasty emails, posting malicious information, fake profiles or embarrassing photographs or comments on social networking sites.
- 6. Cyberstalking:** Individuals who keep track of other users’ activities and information for no legitimate reason.
- 7. Flaming:** hostile and insulting interactive between internet users.
- 8. Trolling:** To provoke people online by deliberately making inappropriate, false or unprofessional statements so as to elicit a negative reaction.
- 9. Firewall:** A part of a computer system or network that is designed to block unauthorized access while permitting authorized communications.
- 10. Malware:** A malicious or intentionally or unintentionally damaging software programme.
- 11. Phishing scams:** is the criminally fraudulent process of attempting to acquire sensitive information such as usernames, passwords and credit card details by masquerading as a trustworthy entity in an electronic communication.
- 12. Spam:** is the abuse of electronic messaging systems (including most broadcast media, digital delivery systems) to send unsolicited bulk messages indiscriminately.

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