

LESSON PLANS FOR ADULT EDUCATORS/TEACHERS/TRAINERS

Module Name: Safety	
Topic 3 Title: Protect Personal Data and Privacy	
Lesson Plan 7 – Understand the importance of keeping one’s privacy in digital environments	
Duration: 90 minutes	
Aim	This lesson plan aims to provide information on how to protect personal data and privacy in digital environments and raise awareness of the importance of certain rules.
Target Group	Adults (seniors)
Facility/ Equipment	<ul style="list-style-type: none"> ● Classroom ● Internet access ● Projector ● Computers/ tablets with Internet connection
Tools/ Materials	<ul style="list-style-type: none"> ● Handout 1 ● Pens/ pencils
Main Tasks	<p>1. Task 1: Introduction to the concept (15 mins)</p> <p>1.1 Introduction to the subject through PowerPoint (Teaching materials).</p> <p>2. Task 2: Talk to students (15 mins)</p> <p>2.1 Ask students if they are/were already aware of the importance of keeping personal data private. Talk also about how easy it is to share some personal data because it seems harmless. Continue this topic for a while and finally ask learners if everyone has an email account, for example, to think about their passwords. Students should think if the passwords are strong enough.</p> <p>3. Task 3: Do the exercises (45 mins)</p>

	<p>3.1 Ask students to sit down at the computer and distribute Handouts of this lesson plan among them (<i>see Handout 1</i>). Tell them to do the proposed exercises.</p> <p>4. Task 4: Wrap up (15 mins)</p>
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HANDOUT 1: Keep privacy in digital environments

1. Create a very strong password.

1.1. Write here a password you would choose to use (do not write a real password that you usually use!!!)

1.2. Test your password on this site to see how strong it is.

<https://howsecureismypassword.net/>

1.3. Write here how long it will take hackers or a machine to figure out your password.

_____ Microseconds / Seconds / Minutes / Hours / Days / Months / Years / Hundred years

The diagram illustrates three levels of password strength feedback:

- Weak Password:** A yellow warning sign with a black border and a black and white striped bottom. It contains the text: **WARNING** You should really change your password!
- Medium Password:** A text box with the text: **you can do better!** It's not bad but you can improve it!
- Strong Password:** A blue circular badge with a rainbow and clouds. It contains the text: **Great Effort Well Done!** Congrats! You have a really strong password!

Blue arrows point from the time scale options in the previous step to these three feedback elements:

- Arrows from 'Microseconds', 'Seconds', and 'Minutes' point to the 'WARNING' sign.
- Arrows from 'Hours' and 'Days' point to the 'you can do better!' text.
- Arrows from 'Months', 'Years', and 'Hundred years' point to the 'Great Effort Well Done!' badge.

2. List more steps (as many as you can remember) that you must perform to maintain your privacy:

- ✓ Make Sure Your Internet Connection is Secure; _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

