



CyberPatriot Engagement Guide:

CyberGenerations

The Senior Citizens' Cyber Safety Initiative



CyberPatriot – A program of the Air Force Association

CyberPatriot Program Overview

CyberPatriot is the Air Force Association's National Youth Cyber Education Program, created to attract students to STEM (science, technology, engineering, and mathematics) education and careers.

CyberPatriot programs include:

- National Youth Cyber Defense Competition (Grades 6-12)
- AFA CyberCamps (Grades 6-12)
- Elementary School Cyber Education Initiative (Grades K-5)
- Cyber Education Literature Series (Grades K-5)
- CyberGenerations (Senior Citizens)
- Tech Caregiver Program (Student and adult volunteers [ages 14+])

The success of CyberPatriot has been made possible because of the outstanding support offered by sponsors and volunteers. Participation in CyberPatriot can make a real difference in your community and in the public's perception of your organization. This leading STEM program enables you to engage directly and in an extremely positive way with educators, administrators, community leaders, parents, and students interested in improving STEM and cybersecurity education.

This guide is specifically designed to assist you in promoting or facilitating the CyberGenerations program, designed to help protect senior citizens from cyber threats and scams.

For information on promoting or getting involved in other CyberPatriot programs, please see the program-specific guides offered on our website.

General Guidance – Get Organized

Organizations that are most successful are those that adopt CyberPatriot as a key activity and give it consistent focus throughout the year. These tips may help you in your efforts to be successful:

- **Appoint someone to lead your CyberPatriot efforts:** This will lead to improved continuity, communication, and consistency.
- **Make CyberPatriot a regular topic in your communications.** CyberPatriot has a variety of programs that are offered throughout the year. Make you sure know what is happening and when:
 - **Year-round:** Promotion of and participation in the CyberGenerations program
- **Tell your CyberPatriot story:** Use your CyberPatriot involvement to tell your community and state how you are helping spread awareness about the importance of cybersecurity! This could include reaching out to media (crafting media releases or letters to the editor or making local media appearances) or informing your local congressional representatives about CyberPatriot's success.
- **Ask for help:** AFA's CyberPatriot Program Office is happy to help you in any way it can. Staff members can be reached at info@uscyberpatriot.org or by phone at (877) 885-5716.

CyberGenerations

Step 1: Familiarize yourself with the CyberGenerations program

Before promoting CyberGenerations or hosting a workshop, we strongly encourage you to familiarize yourself at a basic level with the purpose of the program and what it offers.

CyberGenerations – the Senior Citizens' Cyber Safety Initiative – is designed to equip senior citizens with the knowledge needed to stay protected from cyber-crimes. The program can be hosted as a workshop for small or large groups, or it can be completed individually through the use of a self-paced guide.

Topics covered in the program include:

- **Introduction to Cybersecurity:** Understand the importance of cybersecurity, browsing the web safely, and protecting personal information
- **Password Management:** Create strong passwords and maintain good password hygiene
- **Common Internet Threats:** Recognize and avoid malware and social engineering
- **Internet Scams and Fraud:** Recognize internet and phone scams, protect your identity, and shop online safely
- **Social Media Safety:** Understand the importance of good social media etiquette and utilization of privacy settings

Step 2: Promote to interested audiences

Once you feel confident in your understanding of CyberGenerations and the ways it can be conducted, it's time to identify those that might be interested in utilizing the program (either as an end user or as a facilitator). Some places to consider promoting to include:

Promoting to end users:

- Elderly friends and family
- Retirement communities
- Nursing homes / senior citizen care facilities
- Church groups
- Local libraries

When promoting to individuals who would ultimately be the benefactors of the program, we suggest you explain the “why” behind the program, and how it will help them. Points to mention include:

- Understanding of and protection from common fraud/scam attempts targeted at senior citizens
- The ability to safely and confidently use social media and other online tools
- Protection of personal assets and information

Promoting to facilitators:

- High schools and middle schools
- Colleges and universities
- STEM youth groups
- Youth organizations (scouting units, boys' and girls' clubs, 4-H, etc.)
- Cybersecurity departments of local companies

When reaching out to prospective facilitators, it is also worth mentioning CyberPatriot's Tech Caregiver Program. The Tech Caregiver programs gives students and adult volunteers (ages 14+) the opportunity to give back to their communities by offering cybersecurity support to those senior members of society who are often vulnerable to cyber threats due to a lack of technological experience and knowledge.

Tech Caregivers must complete a short training course with resources and guides provided by CyberPatriot. Upon completion of the training course and exam (with passing grade), they will receive a certification to teach basic security measures in a way that is easy to understand, all for the purpose of assisting senior citizens in safely using computers and the internet. Tech Caregivers are the perfect people to conduct virtual or in-person CyberGenerations workshops should they so choose.

It is also important for Tech Caregivers to understand why this is such a unique opportunity. Points to consider mentioning include:

- The importance of cyber safety across all generations
- The opportunity to give back to the community
- In the case of middle school and high school students, the opportunity to earn community service hours and expand participation in extracurricular activities
- Volunteer activity to include on resume or college applications

Step 3: Facilitate use of the program

Self-Paced Guide for individual users

Once you've found individuals who are interested in using CyberGenerations, it's important to make sure they know how to access the free self-paced guide and/or virtual workshop:

1. Direct users to the [CyberGenerations Overview](#) page, where they can download a copy of the self-paced guide.
2. To download, scroll down to where it says "Click here to download the CyberGenerations Self-Paced Guide"
3. Click the link to be taken to the [CyberGenerations Self-Paced Guide Request Form](#)
4. Complete the request form. Once submitted, a confirmation message with the download link will appear on the screen. Click the link to begin the download.
5. To access the virtual workshops, visit the [Virtual Workshop](#) page under the CyberGenerations menu heading.

Workshops for groups of users

For those interested in hosting a workshop, free workshop resources for instructors can be downloaded from the CyberPatriot website:

1. Direct workshop hosts to the [CyberGenerations Overview](#) page, where they can download workshop resources.
2. To download, scroll down to where it says, "Click here to download Workshop Resources!"
3. Click the link to be taken to the [CyberGenerations Workshop Request Form](#)
4. Complete the request form. Once submitted, a confirmation message with the download link will appear on the screen. Click the link to begin the download.
 - Resources include Instructor Guide (PDF), CyberGenerations workshop PowerPoint (.ppt), Jeopardy Activity (.ppt), and self-paced guide (PDF).

Once the workshop has been requested and the material has been downloaded, the organization or individual hosting the workshop is free to teach the material on a schedule of their own choosing. The full workshop can be taught in a day, but it is also designed to be broken up over the course of several meetings.

The host is responsible for promoting the workshop and inviting attendees. They are also responsible for providing a facility. The facility should have a meeting room large enough to seat all the attendees, along with a projector and A/V system that would allow the host to share the PowerPoint presentation and accompanying videos. Additionally, we strongly encourage hosts to provide each attendee with a copy of the self-paced guide.

Step 4: Share your feedback!

We are constantly looking for ways to improve our CyberGenerations Program. We value your constructive feedback and suggestions for improvement, as well as your success stories. Please share your feedback with us at info@uscyberpatriot.org.

We greatly appreciate your support of the CyberPatriot Program!

**If you have any questions, the CyberPatriot staff can be reached at
877-885-5716 or by email at info@uscyberpatriot.org.**