

# **Cybersecurity 101:** **Update Your Devices**

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Curriculum Guide

## Consumer Reports and Cybersecurity

For more than 80 years, Consumer Reports has been dedicated to working side by side with consumers for truth, transparency, and fairness among products and retailers. Some of the most intimate aspects of our lives unfold through devices and online services. However, there are big questions about whether the devices and services we use respect our privacy, and whether they adequately safeguard our information. It is easy to feel overwhelmed by the challenge of staying safe online.

That's why Consumer Reports launched Security Planner. [Security Planner](#) is a free, easy-to-use guide to staying safer online. It provides personalized recommendations and expert advice on topics such as keeping social media accounts from being hacked, locking down devices ranging from smartphones to home security cameras, and reducing intrusive tracking by websites.

Our team of experts has worked on adapting content from Security Planner to create easy-to-use curriculum for any learning spaces. We're dedicated to bringing the power back to consumers and having them feel in control of their digital lives. Though we can't do it alone. We can't say this enough: Thank you for helping us create a more informed and safer world.

## Introduction to the Curriculum Guide

We know that running a workshop can be hard. We also know that teaching cybersecurity can be confusing. We don't expect you to be an expert in either! That's why we've created this guide to help you feel prepared, regardless of your previous experience. Read the guide carefully to capture the tips, tricks, and trusted methods we've listed that are sure to make your event an effective and fun convening for all those involved.

In this guide there are multiple activities that teach the basics of cybersecurity in easy-to-understand and hands-on ways. Activities have suggested times and step-by-step instructions to help you facilitate the workshop. The instructions are meant to act as frameworks and can be adjusted to make the event feel more natural. Make the content your own. So *don't* use it like a script but *do* make it personable and discussion-based.

If at any point you need additional support organizing your event or teaching activities, contact the CR team at [community@cr.consumer.org](mailto:community@cr.consumer.org). We are here to help you every step of the way.

## Welcome and Introduction

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|------------------------|---|
|                        |   |
| <b>SUMMARY:</b>        | Facilitators will introduce the workshop and topic  |
| <b>OBJECTIVES:</b>     | <ul style="list-style-type: none"> <li>→ Introduce facilitator(s) and participants.</li> <li>→ Set ground rules.</li> </ul> |
| <b>ESTIMATED TIME:</b> | 10 minutes  |
| <b>ACTIVITY TYPE:</b>  | Group discussion  |

### STEP 1: Introductions

 5 minutes

- Welcome participants to the workshop and introduce yourself. Participants should also introduce themselves at this time.
- Discuss why you have organized this event and what cybersecurity means to you. *(Note: This should be and feel personal; make sure participants know why **you** care about this topic. If you need help, use the info on cybersecurity that we've gathered below.)*
- Review the agenda and share why the topic you chose is important—what are the threats and concerns we face because of it?

#### Why Cybersecurity and Updating Devices?

- We are increasingly surrounded by new technologies, and though they are fun and convenient to use, the personal details we are sharing are often at risk.
- Keeping your operating system and apps up to date is one of the simplest and most important steps you can take to protect yourself from software vulnerabilities.
- In the wrong hands, our personal data can be used against us to coerce us into making decisions or paying increased prices based on our preferences, and exploit us into giving away sensitive information or money, among other things.

## **STEP 2: Ground rules**

 5 minutes

- Discuss the importance of ground rules at events.
- Share a list of ground rules that will allow for an open, safe, and fun environment.
- Ask participants whether they have questions or they wish to add to the ground rules.

### **Importance of Ground Rules**

- It is important to set ground rules at events because it helps us shape how we will collaborate with each other and create a shared space where everyone feels open to contributing.
- Topics, such as privacy and security, can be very personal and attendees can have a range of experiences, including some negative or conflicting ones.

### **Sample Ground Rules**

- Listen actively—respect others when they are talking.
- We are all here to learn. Everyone’s opinion is valid and important. There are no bad ideas.
- The conversation is not meant to discredit any person, organization, group, demographic, or gender.
- Topics like privacy can be difficult for many reasons. Talk from your own experience and be open and empathic to others’ opinions.
- Your privacy means protecting your personal information. Share stories and information you are comfortable with, while not disclosing sensitive information about your accounts.
- The intent is to participate to our full capabilities and to work together.

## Update Your Devices

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|----------------------|--|
| <b>SUMMARY:</b>      | In this module, participants will learn the importance of updating their devices and what to expect when doing so  |
| <b>OBJECTIVES:</b>   | <ul style="list-style-type: none"> <li>→ Discuss importance of updating devices</li> <li>→ Update Apple and Android phones</li> <li>→ Update Mac or Windows operating systems</li> </ul> |
| <b>APPROX. TIME:</b> | 40 minutes   |
| <b>MATERIAL:</b>     | Post-it Notes<br>Pens<br>Internet-connected devices (computers and smartphones)  |

### Activity 1: Why update devices? (10 mins)

#### STEP 1: Updating Devices

 5 minutes

→ As a group, discuss the prompts below and why it's important to update devices.

#### Updating Devices

- How many internet connected devices do you own? This can include a phone, computer, tablet, headset, gaming console, smart tv, smart watch,
- How often do you update these devices? Monthly, Yearly, Never?
- Why do people delay updating devices?

#### Why Update Devices?

- When companies find potential areas for risks or other issues, they create patches so their products aren't vulnerable. They release these patches in their updates.
- If you don't update a device, you're vulnerable to the potential threat, which leaves your information or data open to these attacks.

## Activity 2: Updating Your Phone and Computer (30 mins)

### STEP 1: Updating Your Phone

 15 minutes

- If participants have an iPhone, iPad, or iPod Touch: upgrade to the latest version of iOS or iPadOS for security updates and bug fixes, as well as new features.

#### Update An iPhone, iPad, or iPod Touch

1. Find the update in Settings > General > Software Update. If one is available, tap “download and install.”
2. If you see a message asking you to temporarily remove apps to make space for the update, click “continue.” The apps will be automatically reinstalled after the update.
3. Set up automatic updates so you’ll always have the latest protections against malware and vulnerabilities. Go to Settings > General > Software Update, and select “Automatic updates.”

#### Troubleshooting:

- There may be times when you’ll need to make space for an update by manually deleting content from your device.
- If you don’t want to do so, you can update by connecting your device to a Mac laptop or desktop computer. Make sure the computer is connected to a WiFi or Ethernet network, rather than the personal hotspot on the device you’re updating.
- Locate the device using “Finder” and “Location” on Catalina (or iTunes on macOS Mojave), then clicking “General” and clicking “Check for Update.” Click “Download and Update,” and enter your passcode if prompted.

- If participants have an Android device: update to the latest version of Android for security updates and bug fixes, as well as new features.

#### Update an Android Device

1. Open your Settings app by tapping Settings > System > Advanced > System Update to see your update status. If an update is available, follow the steps on the screen.
2. Google will release updates for security reasons and to introduce new features. These should download automatically, but you may want to check for updates on your own if your device has been offline. Go to Settings > Security > Security Updates. Follow the instructions on the screen.

3. Update the apps on your phone, too. Go to Settings > Security > Google Play system update to see if any updates through the Google Play system are available.
4. Set your apps to update automatically by going to Google Play Store > Profile > Settings > Network Preferences > Auto update apps. You can set them to update on any network using WiFi or mobile data, or to update only when connected to WiFi.

Troubleshooting:

- There may be times when you'll need to make space for an update by manually deleting content from your device. Android support has [tips and directions](#) on how to do that.
- If an update starts downloading but doesn't finish, your device will send you a notification when it automatically tries to download again. Open the notification and tap the update action.

## STEP 2: Updating Your Computer

 15 minutes

- Keeping your operating system up to date is one of the simplest and most important steps you can take to protect yourself from software vulnerabilities.
- Many kinds of viruses and malware work by taking advantage of security vulnerabilities in software that is out of date.

### Updating a Mac Operating System

1. Update your software. Go to Apple menu > System Preferences > Software Update. If an update is available, click "Update now."
2. To automatically install macOS updates, select "Automatically keep my Mac up to date." Click "OK."
3. To receive all of the latest updates automatically, click on Advanced and select "Check for updates," "Download new updates when available," "Install MacOS updates," "install app updates from the App Store" and "Install system data files and security updates."

### Updating a Windows Operating System

1. Windows should automatically download and install important security updates for your PC. To check for software updates manually, select Start > Settings > Update &

Security > Windows Update. Select “check for updates.” If an update is available, follow the instructions on the screen.

2. Windows can automatically update your apps, too. Click on the Start Screen, then select “Microsoft store.” Select the account menu (the three dots) and click on Settings > App updates. Set “Update apps automatically” to “On.”

## Conclusion

| Conclusion             |  |
|------------------------|--|
| <b>SUMMARY:</b>        | Close-out your workshop with one final reflection.   |
| <b>OBJECTIVES:</b>     | <ul style="list-style-type: none"> <li>→ Discuss what participants are taking away from the workshop.</li> <li>→ Share what participants can expect after the workshop.</li> </ul> |
| <b>ESTIMATED TIME:</b> | 5 minutes  |
| <b>ACTIVITY TYPE:</b>  | Group discussion   |

## STEP 1: Final comments

 5 minutes

- Facilitate a brief and reflective discussion about updating devices regularly.
- If you are a small group, have everyone go around in a circle and comment on something they learned, found interesting, or will do differently as a result of the workshop.
- If you have a large group, ask individuals to break off into pairs and discuss their reflections with another person. Bring the group back together and ask if anyone wants to share what was discussed.
- Encourage the group to share any outstanding questions or comments?



### ? Suggested Prompts

- What is one thing you will take away from the workshop?
- How does this relate to the technology, platform, and devices you use every day?
- How will you share something you learned with someone else who didn't attend this workshop?

## Resources and links

The resources and links below are to aid your workshop. You can share them before, during, or afterwards with participants.

### Additional Resources

**ARTICLE:** Update your Windows PC

<https://securityplanner.consumerreports.org/tool/update-your-windows-pc>

**ARTICLE:** Update your Mac

<https://securityplanner.consumerreports.org/tool/update-your-mac>

**ARTICLE:** Update your Android phone

<https://securityplanner.consumerreports.org/tool/update-your-android-phone>

**ARTICLE:** Update your iPhone, iPad, iPod touch

<https://securityplanner.consumerreports.org/tool/update-your-iphone-ipad-ipod-touch>