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Cyber-Guardians

Empowering the Next Generation of Cyber Defenders



Cyber-Guardians is a practical cybersecurity course for teenagers from Year 9. It introduces the fundamentals of digital security, cyber awareness, and online safety through engaging and interactive activities.

Through hands-on workshops, gamified challenges, and inquiry-based learning, participants explore how cyber threats affect individuals, schools, and organisations. At the same time, they develop valuable digital skills and greater confidence online.

Furthermore, the course encourages learners to adopt a proactive Cyber Defender mindset. They learn how to recognise risks, protect personal information, and make informed decisions in the digital world.

Participants also complete practical exercises designed to strengthen problem-solving, critical thinking, and digital resilience. As a result, they gain a better understanding of how cybersecurity supports everyday online activities.

In addition, Cyber-Guardians offers an opportunity to earn a first non-formal credit toward the SSQ&P certification. This makes it an ideal introduction for young people interested in technology, cybersecurity, and future digital careers.

Who Is This Course For?

Cyber-Guardians is designed for learners in Year 9, 10, and 11 (Ages 13 to 16) who live their lives online. Whether you use the internet for gaming, social media, streaming, or just keeping up with schoolwork, this course is for you.

Cyber-Guardians
MQF L3

Credits
1 ECTS

Duration
10 weeks

Delivery Method

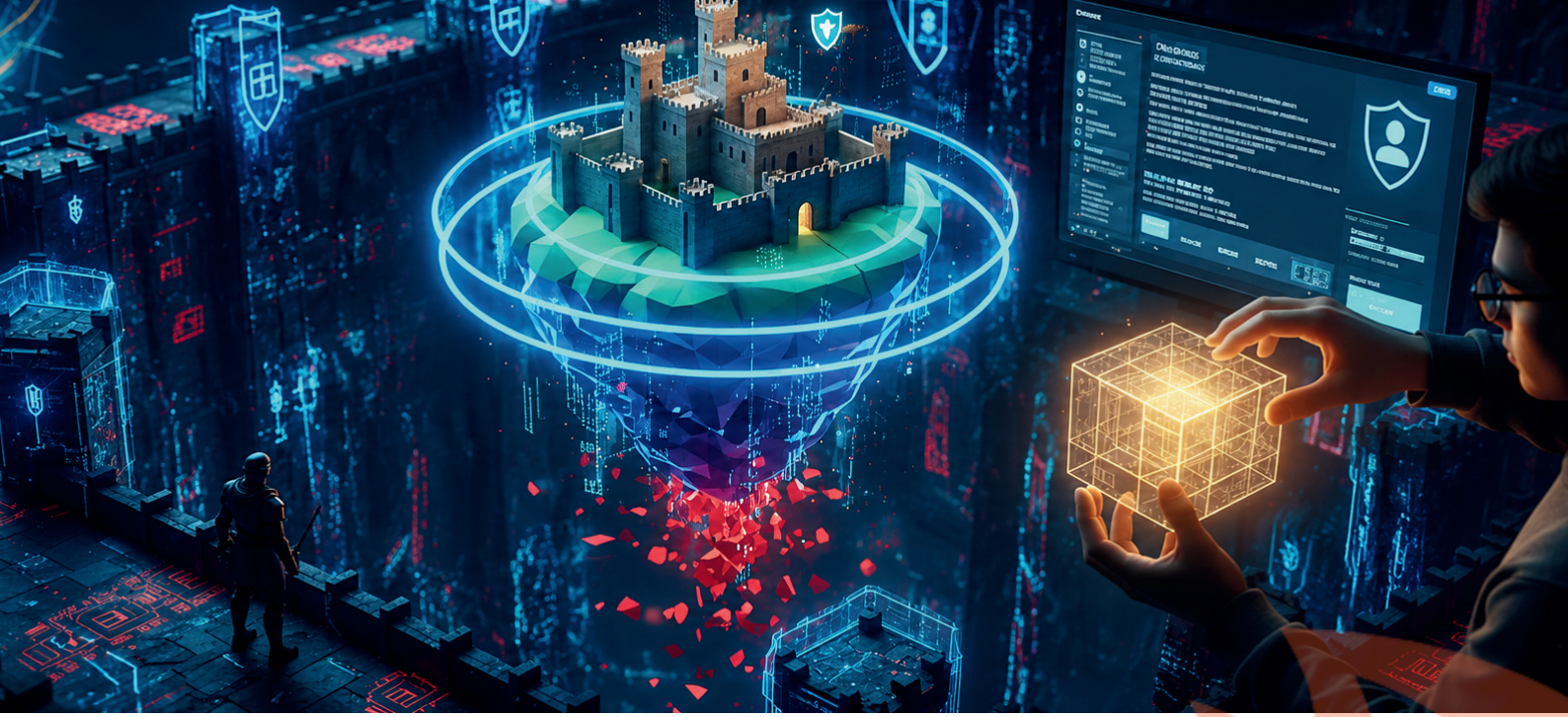
- Face-to-Face Interactive Lectures
- Technical Workshops
- Access to Online Game Platform

Entry Requirements

- Be enrolled in Year 9, Year 10, or Year 11.
- Have access to a laptop with internet connectivity.
- Possess a basic understanding of how to use a computer, including navigating files, using a web browser, and accessing online platforms.

Basic computing knowledge is necessary.

Become a Cyber-Guardian!



Cyber-Guardians

INTERACTIVE LECTURES

WORKSHOPS

GAMIFIED LEARNING

CYBER CHALLENGES

INQUIRY-BASED

Learning to Know

- Identify the core differences between a passive internet user and a defender.
- Understand why every personal device and account is a high-value target.
- Learn the basic terminology of modern cyber threats and defensive strategies.

Learning to Live Together

- Recognise your ethical responsibility to protect the data of friends and family.
- Discuss how your personal security habits impact the safety of your community.
- Understand that a breached account can be used to attack your contacts.

Learning to Do

- Perform an initial security audit of your own digital presence and accounts.
- Map out the common entry points that hackers use to steal information.
- Practice critical thinking to spot psychological tricks used in modern scams.

Learning to Be

- Internalise the identity of a Cyber Guardian who values digital integrity.
- Develop the confidence to navigate the internet with healthy, proactive scepticism.
- Take ownership of your digital footprint and its impact on your future.

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