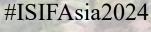


# Enhancing Digital Literacy and Cybersecurity Awareness in Eastern Bhutan





@ISIF.asia

@APNICFoundation

@apnic-foundation



Research to Community Impact

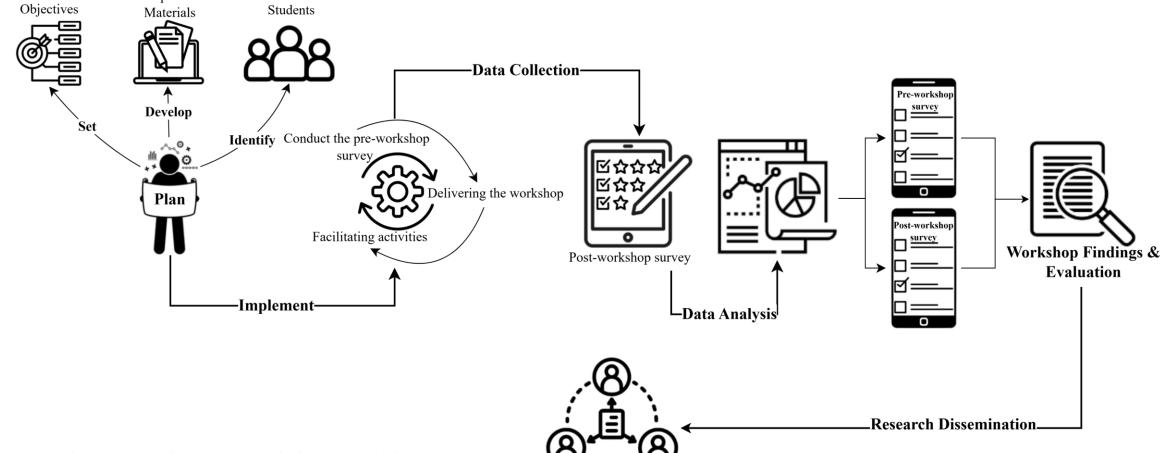




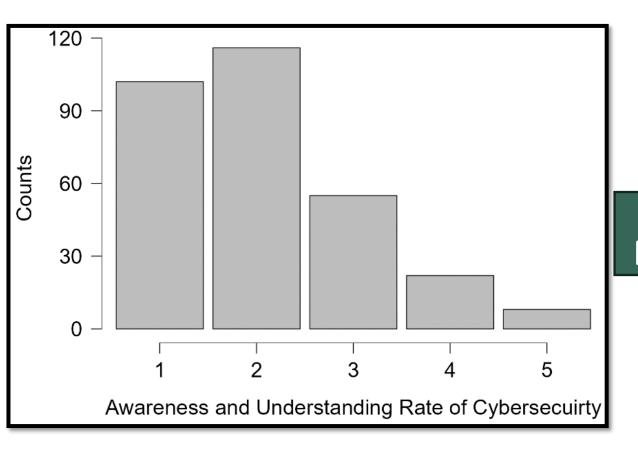


#### **Action Research Title**

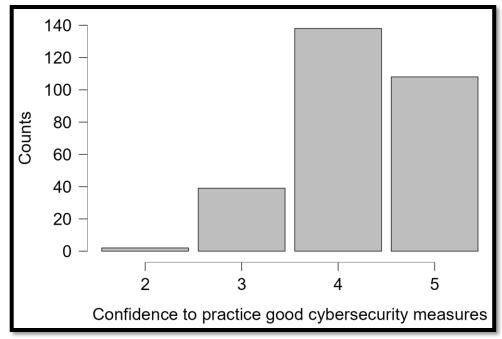
"Enhancing Understanding and Awareness of Cybersecurity Among First-Year Students of Technical Colleges in Bhutan: A Case Study of Pre and Post Workshop" Workshop Content &

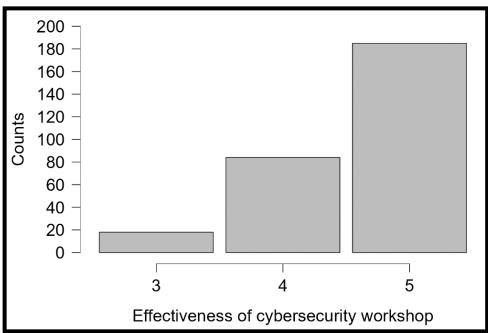


# RESULT

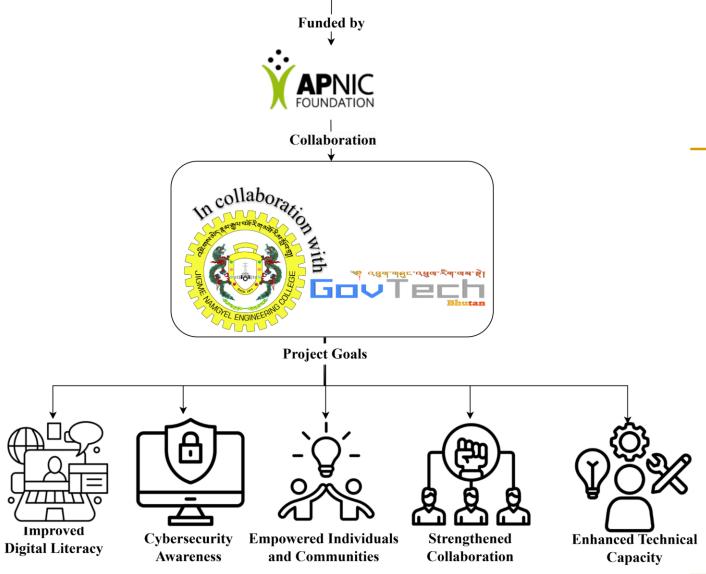


Post Outcome





#### **Enhancing Digital Literacy and Security Awareness in Eastern Bhutan**





**Increased Participation in Digital Economy** 



Focus Area

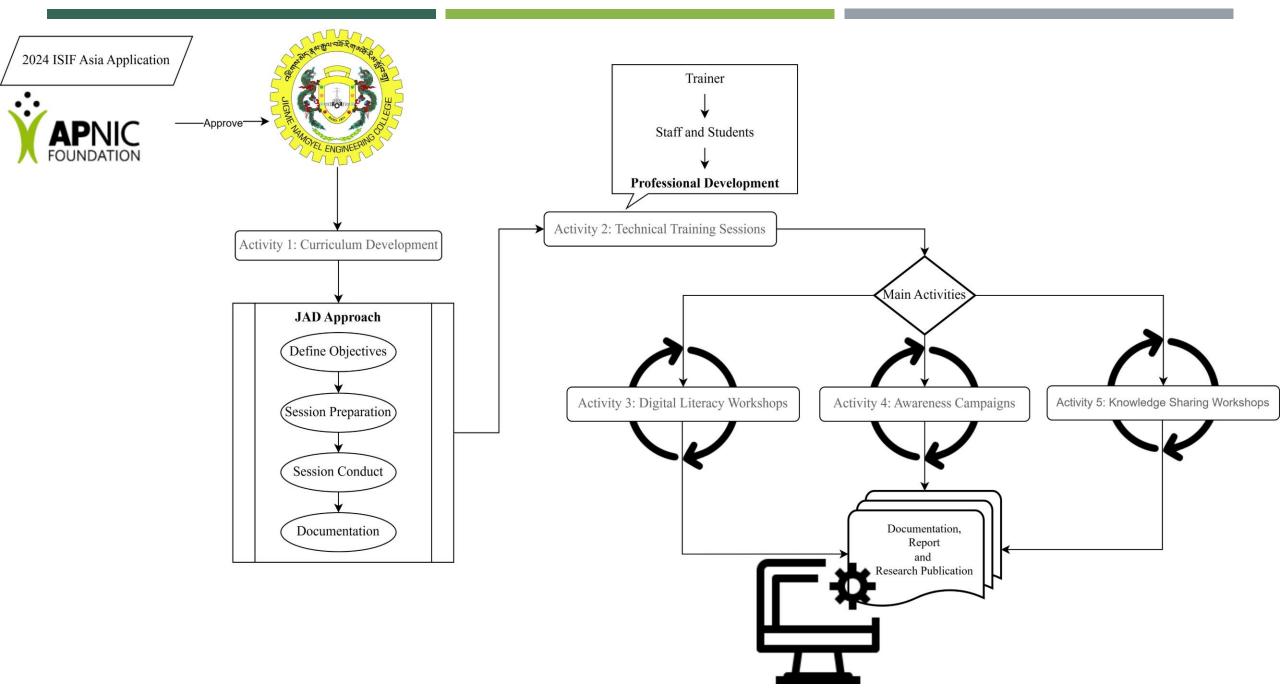
Knowledge

Benefits

**Reduced Cybersecurity Risk** 



**Enhanced Innovation & Collaboration** 

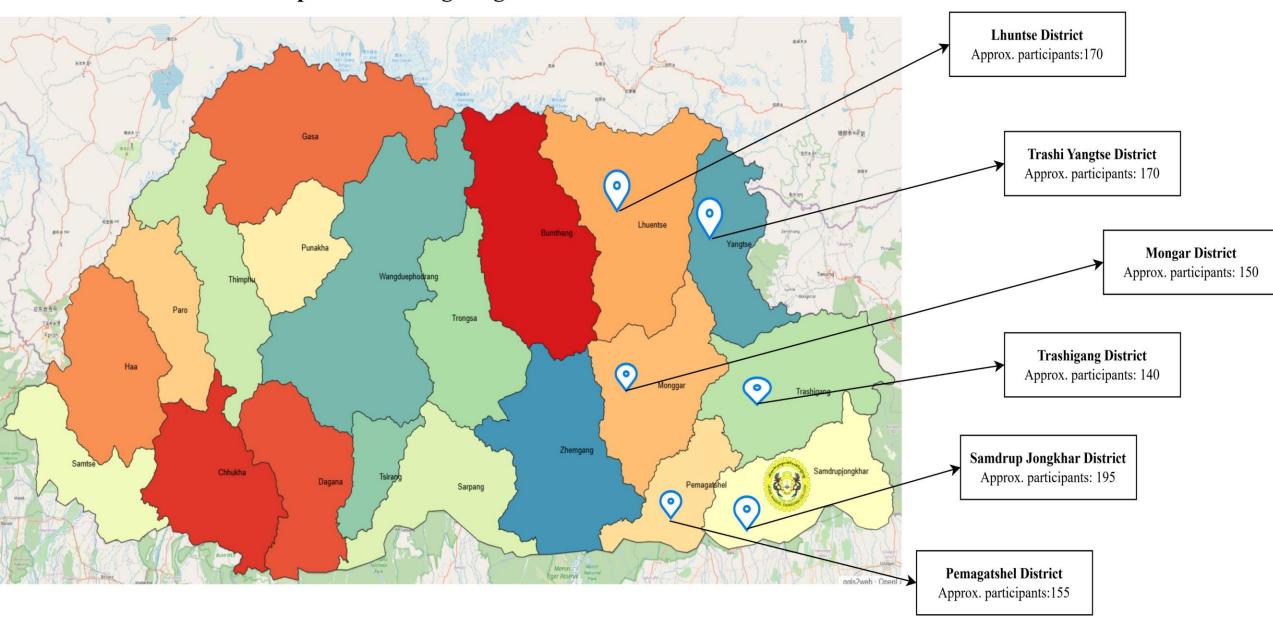


## WHAT WE TEACH - TECHNICAL CONTENT

Safe Mobile Use	<ul><li>App permissions</li><li>Identifying fake apps</li><li>Device locking</li></ul>
Phishing Awareness	• Real vs fake messages
Password Management	<ul><li>Strong vs weak passwords</li><li>Live password creation</li></ul>
Social Media Safety	<ul><li>Private vs public sharing</li><li>Avoiding personal data exposure</li></ul>
Two-Factor Authentication (2FA)	<ul><li>Why 2FA matters</li><li>Enabling on key platforms</li></ul>
Cyberbullying & Reporting	<ul><li>Definition and examples</li><li>How and where to report</li></ul>
Network Hygiene	<ul><li>Avoiding open Wi-Fi</li><li>Securing hotspots</li></ul>

Google Drive Safety	<ul><li>Share files securely</li><li>Use shared folders with permissions</li></ul>
Google Meet	<ul><li>Host secure meetings</li><li>Control participants</li></ul>
Google Calendar	• Event creation and access management
Google Docs/Slides	<ul><li>Collaboration features</li><li>Version tracking and comments</li></ul>
IPv6 Addressing	<ul><li>Address format explanation</li><li>Real-world use case demos</li></ul>
Subnetting in IPv6	<ul><li>Division and structure hands-on</li><li>Practical scenarios</li></ul>
Hands-on IPv6 Configuration	<ul><li>Set IPv6 address manually</li><li>Validate using tools</li></ul>

#### **Workshops and Training Target Areas**



# Training and Awareness Program – Participants Location

District	Location	Trashigang	Jampeling HSS
Samdrup Jongkhar	Orong Central School		Kanglung Thorim Wongma Shedra
	Choki Gyatsho Institute		Sakteng Gewog
	Wangphu Gewog	Trachivanatca	Bayling HSS
Pemagatshel	Nangkor Central	Trashiyangtse	Daying 1133
Pemagatshel	School		Trashi Yangtse Dratsang
	Thonphu Goenpa		D 1 1' C
	Dechheling Gewog		Bumdeyling Gewog
Mongar	Mongar HSS	Lhuntse	Lhuentse HSS
	Yakpogang Anim Dingrim Shedra		Lhuentse Dratsang
	Ngatshang Gewog		Gangzur Gewog

# FIELD IMPLEMENTATION - HOW WE REACHED THEM

"Reaching the Community: Implementation on the Ground"

Geographic Coverage	Six eastern dzongkhags
Community-Based Delivery	<ul> <li>Conducted sessions in schools, monasteries, gewog centers</li> </ul>
Simplified Learning Materials	<ul> <li>Translated content to Dzongkha and Local Language</li> <li>Used infographics</li> </ul>
Multimedia Teaching Aids	• Used short videos, live demos, and printed posters
<b>Local Champion Engagement</b>	<ul><li>Identified active participants for follow-up</li><li>Built sustainability</li></ul>



## 2025

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#### **CYBER SECURITY AND DIGITAL LITERACY**



#### **Keep Your Personal Details Private**

Never post or share your personal informations online.

Personal information includes your:

Full name

Phone number

Address

CID No.



#### **Practice Password Safety**

Never share your password with anyone else.

Your password should be:

Easy to remember, but hard for others to guess

Changed regularly

Different for every account

12 + characters (a mix of letters, numbers, and special characters)



"A strong password can look like dOnTpO\$t3v3ryTh!NG"

#### **Beware of Identity Theft**

Criminals online may try to get your information so they can pretend to be you. This is your identity theft.

To stop this, remember to:

Never share personal information with strangers

Communicate only with people you trust

Private info isn't public - keep it that way



Remember to only accept friend or follow request from people you know"



Don't give out your to people/ places



Meeting someone you can be dangerous.





Always Tell

If a stranger has contacted you inappropriately, inform a trusted adult (such as parents or a teacher). If you feel as though you're in danger and need help,



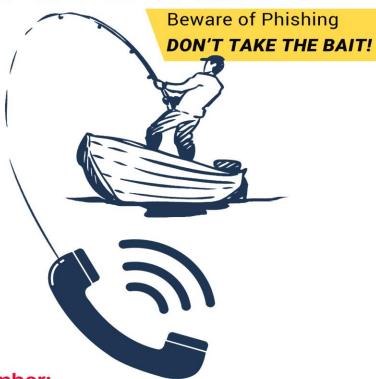








# HOOKED



#### Remember:

- Be cautious of fake scenarios
- Avoid suspicious email links and attachments
- Always verify the senders
- Don't fall for urgency or the offers

If a stranger has contacted you inappropriately, inform a trusted adult (such as parents or a teacher). If you feel as though you're in danger and need help, call the police on 113 or contact BtCIRT on + 975 02 322360











WATCH OUT FOR

# VISHING

YOUR DATA IS WORTH GOLD TO CRIMINALS



#### Remember:

- If in doubt, end the call
- Try not to share phone numbers, email ID and personal details.
- Be wary of probabing questions
- Never disclose your password or authentication codes to others

If a stranger has contacted you inappropriately, inform a trusted adult (such as parents or a teacher). If you feel as though you're in danger and need help, call the police on 113 or contact BtCIRT on + 975 02 322360







# CYBER SECURITY AND DIGITAL LITERACY





Security starts with you.



Be cautious of urgent calls and text messages



Protect your devices with Antivirus



Keep kids safe online - Talk openly. Set rules. Use filters. Stay aware



Phishing is real. Stay alert



**Check your privacy settings** 



Be careful about what you post online



Think before you click and verify the sender before opening the email



Keep your information private



Shop safely using trusted shopping platforms



Be aware of strangers online



Check website URL



Remember to log off



Choose strong password and change on a regular interval



Go for the licensed software and avoid using pirated ones



Respect yourself and others online

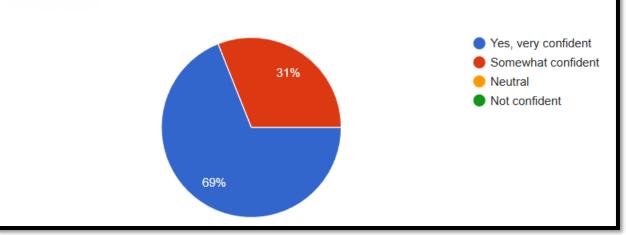
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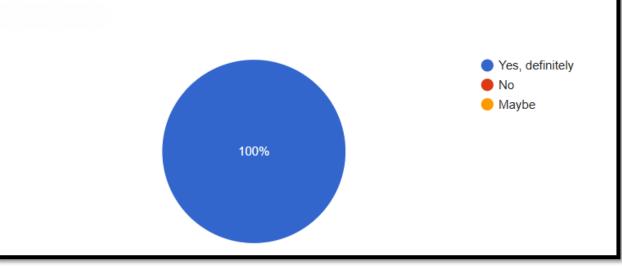
## ToT Impact



4. Do you feel more confident delivering similar training to students and the public after attending this workshop?



7. Will you apply the practices and skills learned from this workshop in your daily work or community outreach?



# https://dit.jnec.edu.bt/

# DIT Facebook Page



## DIT YouTube Link



Department of Information Technology



Department of Information Technology