



# UKUPHEPHA KWI- CYBER IMIGOMO YOKUQWASHISA

IZINGXENYE ZE-CYBER EZIFUNDISA ABAFUNDI NGOKUPHEPHA



British  
High Commission  
Pretoria

UNISA |



Uma udinga olunye ulwazi vakashela ku:  
<https://www.cybersecurityhub.gov.za/cyberawareness/>  
<http://cyberaware.co.za>



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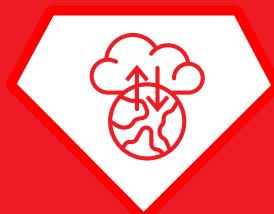


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## IKHOMISHINI EPHAKEME YASEBRITAIN



British  
High Commission  
Pretoria



**Nigel Casey**

British High Commissioner  
eNingizimu Afrika

UHulumeni wase Brithani uyaziqhenya ngokuxhasa lo mbono ohlose ukukhulisa ukuvikeleka kwicyber kwabafundi abasebenzisa izinkundla ze Dijithali. Sihlela ukuqhubeka nokuxhumana. Kanye nokubambisana noHulumeni, izinkampani ezizimele, izizinda zemfundu ephakeme, ochwepheshe bezifundo kanye nomphakathi ophucuzekile eNingizimu Afrika ukusungula ezinye izindlela zokuphepha kwecyber ezifana nalezi.

Ithuluzi lokuqwahisa nokuphepha kweCyber lasungulwa ukuze kuhlinzekwe ngokuphepha noma ukuvikeleka kwicyber nolwazi lokuqaphelisa abafundi, kanye nokuhlinzeka othisha ngamakhono okutshala nokugqugquzelu umqondo wokuphepha kwicyber kanye nesiko. Thina ngokwethu sihlose ukweseka imiphakathi enganakiwe kanye nezikole eziwele izindawo zokufundisa ngokuvikeleka kwi cyber.

Leli thuluzi lokuxhumana elisebenzayo lakkhiwe ngokubambisana neNyuesi yaseNingizimu Afrika, kafushane i-UNISA, kanye nomnyango wezokuXhumana nobuchwepheshe beDijithali (DCDT). Loku kusebenzisana kanye neminikelo kuzokwenza kusheshe ukufakwa nokuguqulwa kwe Dijithali.

Ikhomishini ephakeme yase Brithani (British High Commission) ithanda ukudlulisa ukubonga I UNISA, DCDT, neCyberSecurity Hub ngokweseka kwabo okungashintshi ngesikhathi kwenziwa lolu hlelo.



## UMNYANGO WEZOKUXHUMANA KANYE NOBUCHWEPHESHE BE-DIJITHALI



**Pinky Kekana**

uNgqongqoshe wezokuxhumana Kanye  
be Digital Technologies

Umhlanga wezokuxhumana ususinikeze okuningi kulesi isikhathi sobhubhane esibhedu ke umhlaba wonke esiphila kuso. I- technology ivumele umnotho ukuthi uqhubeka nokusetshenzwa ngokuthi abantu basebenzele emakhaya besebenzia i- technology ukubamba imihlangano, ukuthenga nge-eCommerce usekhaya nokulethelwa izimpahla usekhaya nokunye. Ivumele abantwana bezikole befunde besemakhaya laba abakwaziyo. Ukwakhiwa izimpahla ezivikela izifo nogusebenza iyenziwa ngenxa ye- technology evumela kwensiwe izithombe ze- 3D. Isidingo sama digital technology sekuyisiko ebantwini baphesheya nabase South Africa.

Ngakhoke ngesikhathi ukuphucuka nokudlondlobala i-technology kusiholele emhlabeni wokungena, ngesikhathi esifanele nokukhula. Okubi ngesikhathi isivumela ukuba singene kungena nezigebengu ezizokwenza zakwamanye amazwe naseSouth Africa. Izigebengu ze-cyber zenza imali ngama bhizinisi amancane namakhulu nabantu futhi ngendlela abasebenza ngayo.

Lokhu Kube sekubanga ukudideka nge- digital, ukuthi uhulumeni nezinhlango baletsha izinhlelo ezisheshayo kunakuqala nobugebengu be- cyber ikhula ngelikhulu ijubane okuvimba abantu ukuba sebenzisa ngokukhululeka i- technology. Kube nokukhula kakhulu kobugebengu obenziwa kwingqalasizinda yahulumeni ukuhlaselwa kwezinhlango nokuntshontshwa kweminingwane yomphakathi.

Ngale kokuwa KweNational Cybersecurity Policy Framework, umnyango usuwakhe iCybersecurity Hub ngo October 2015, ngenhloso yokwakha isizinda sokubika amacala ecyber kanye nokusiza abagilwa.

Omunye umgomu walenhlangano ifundisa nokuqwashisa izakhamuzi ezigcina zisetshenzisa ngenxa yeminyaka yabo. I-sexwayiso ngecybersecurity kumele sifinyelele kubo bonke abahlali. Ngalokho iqhaza lezinkampani ezizimele nemfundo yazo akumele kubukelwe phansi. Ukwenza isiqiseko salokhu ukuthi sifinyelela kubo bonke abantu I- Cybersecurity Hub yaqalwa ukuze ibe phakathi nendawo,kwimboni, kuhulumeni kanye nezfundiswa.

Lemithetho ibe isisekelo sokuhlangana komnyango wezokuxhumana be- Digitally technologies ngomnyango we-Cybersecurity Hub, nomnyango we British High Commission ngokungavumeli neForeign and Commonwealth office (FCO) ne- University yase South Africa ukwakha iziqephu ezifundisa ngokungavumeli kwi- cyber lapho beqonde othisha abafundi nabazali.

Asive sjabule ngaleli galelo siyakholelwu lizonikeza umkhombandlela ocacile nolwazi oluphathekayo kubantwana besikole abasafunda ukuxhumana ngezinto ze-digital eziseduze kwabo. Abantwana besikole khona abasenkingeni kakhulu ngoba ngesikhathi bexhumana nge-digital kumele beqaphele kakhulu ekuphepheni.

Ithimu selakhe uhlelo oluhluwahlukene oluguquguqukayo esaziyo imukela abafundi, othisha, nabazali kanye nabagada babantwana,ngoba ibenza bebe phakathi nendawo yokuphepha.



## INYUVESI YASE-NINGIZIMU AFRIKA



Professor Elmarie Kritzinger

Inyuvesi Yase-Ningizimu Afrika

I- Technology iyaguquguquka njengoba umhlaba nawo ushintsha ngejubane unikeza ulwazi nge-digital Information Communication Technologies (ICT) nezinto ezixhumenenayo ezisetshenziswa umhlaba wonke jikelele. Izinto eziningi esizisebenzisayo sezivele sezixhunyaniswe ne- technology ngibala izinto ezifana nama- phone, ama- laptops kanye nama-tablet. Izinto ze-cyber technology ziya ngokuya zenza umsebenzi omkhulu. I-Digital Technology akuseyona eyokubukwa kodwa isiyisidingo sansuku zonke.

Siyayisebenzisa i- ICT nezinto ezisebenza nge-digital ICT ukungena ku- cyberspace ukuze sixhumane sixoxe sithole ulwazi. I- Cyberspace ingumxhumanisi kubasebenzisi be- cyber emhlabeni wonke jikelele ngokungavumeli imicibisholo egijimayo be- network. Abasebenzisi be- cyber bahlukene ngeminyaka, inkolo, nolimi nezindawo abahlala kuzo. Ziya ngokwanda izinto ezixhunywa ku- cyber nsuku nosuku nabasebenzisi be- cyber.

Abasebenzisi be- cyber sebephenduke izakhamuzi ze-digital emhlabeni we-cyber onemithetho nemigomo eyahlukile nokucabangela abanye kanyenemali engafani. llowo nalowo umsebenzi we- cyber uzakhela i- digital footprint njengezithombe, imiyalezo emifishane nokufuna. Ku- cyberspace akukho okwazi ukushintsheka noma ukucisheka kabalulekile ukwazi umthelela nesijeziso zakho ku- cyberspace.

Okuhle nge- cyberspace bubanzi kusukela kwezempi kuya ekufundiseni. I- ICT inikezelala ngamathuba kubasebenzisi be- cyber ukuthi baxhumane umhlaba wonke, ukubhanka besemakhaya, basebenzele emakhaya, bathenge izinto bezihlalele emakhaya. Okunye okuthinta ukuguquka kwempilo kufaka izimoto ezizihambela ngokwazo I - 3D printing nokufundisa usekhaya. I- technology iyishintshile indlela ebesicabanga ngayo nendlela esenza ngayo nesizophila ngayo.

Kodwa ke ukusebenzisa i-technology nokuxhumana nabantu ku- cyberspace kubuye kube kubi. Izingozi nezinsongo sobugebengu (isibonelo: ukweba imminingwane yomuntu, icyberbullying nokulahlekwa Imali. Abasebenzisi be- cyberspace bengazithola behlaselwa izigebengu.

Bonke abasebenzisi be- cyber kakhlukazi abantwana kanye nama-adolescent kumele befundiswe ngokuphepha futhi baqonde umthelela ongaba khona ngokusebenzisa i-cyberspace ezimpilweni nompefumuno wabo.

Funa wazi ukuthi ukusebenzisa icyber kungaba nomthelela I- cyber ngeke ichaze ukuthi yimbi noma inhle kuya ngawe wena oyisebenzisayo kubalulekile ukuthi. Mawungena ku- cyberspace ugcine imigomo uyilandele nokwazi ukuzivikela nolwazi abangalusebenzisa abagangile ukwenza ubugebengu.

uCyber Safety Awareness Community Engagement project eUniversity yaseSouth Africa (UNISA) izama ukusiza abanuto abasebenzisa icyber, umphakathi, izingane zesikole, othisha nabazali ukuthi bafunde ukuvikela bona nabaye nemniningwane yabo kucyberspace.

Inhloso eyokuthi bonke abasebenzisi be- cyber baphephe. [www.cyberaware.co.za](http://www.cyberaware.co.za)



## Isingeniso kule- Guide

I-Information Communication Technology(ICT) isiphenduke ingxene enkulu yezimpilo zethu. Siyayisebenzisa iICT ukufunda, ukuqokelela ulwazi nezinto eziphathelene nomsebenzi. I-ICT isitholakala kubantu bonke ngenxa yesidingo kanye nokushibha kwawo ezitolo. Ngamadevice uyakwazi ukungena online, ivumela oyisebenzisayo ukuthola ulwazi.

**Siyakwamukela kwiGuide ekufundisa ngokuphepha ku- cyber. LeGuide ifundisa abasebebenzisi bejwayele ukusebenzisa i- cyber**

- LeGuide ikufundisa ngokuphepha kubo bonke abasebebenzisi be- cyber.
- Inhloso ngqangi yaleguide ukwenza ngcono ulwazi lwabasebenzisi bcyber kanye nokuqonda ukuthi bangazivikela kanjani ebugebengwini.

**Hlangana noC<sup>2</sup>**, icyber cadet enomgomu wokusiza wena ukuthi ungaphepha kanjani ku- cyber.lleyo naleyo cadet ikhombisa ulwazi olubarulekile okwazi futhi ufunde ngayo.

- I- Theme yokuqala (Uhambo lokuya ku- cyber space. Sinelangabi elijwayelekile. UmholiweC<sup>2</sup>- walahlekelwa ukubona emehlweni kodwa wathola ulwazi olubarulekile ngokungena ku- cyberspace.
- I- Theme yesibili (Ukuvikelwa kwabantu) sinoprofesa ongumbheki unenhliyo yegolide. Uyabazwela abantu kodwa uqinile makuza ezigebengwini namaqola aqola abantu abangenacala.
- I- Theme yesithathu (Ukuvikelwa kwama- device) sinoTechno. Unolwazi olunzulu ngezinto ezithinta idigital. Uyazazi zonke izinto zangaphakathi ku- cyberspace device esebebenzayo.
- I-Theme yesine (eyamaSmart apps) SinoApplicator. Usebenzisa ulwazi lwakhe olunzulu kuma- games nasezinkundleni zokuxhumana, ukuhlanganisa Abantu nokubeseka inhloso enhle.
- I- Theme yesithupha (Ulwazi olubarulekile) sinoCrypto. Uyahlolwa ulwazi olubucayi futhi uyasiza ukuyivalela ngaphambi kokuthinta ngezandla zakho.



**LeGuide iyingxene yokuphepha ku-cyberspace cyberspace nolwazi kabanzi ngethuluzi elakhelwe ukufundisa abantu ngokuphepha ebugebengwini ngezindlela ezahlukene nezijabulisayo. Uzokwazi ukungena kuwo wonke amakhona ukusebenzisa ithuluzi elibalulekile ukuze uphephe.**

Inkundla ya- online



Ama- workbook



Ukusesha kwamagama



Ama- video



Ama- phosta



Amakhathuni



Imidlalo



**Ngolwazi olunzulu vakashela u:**

<https://www.cybersecurityhub.gov.za/cyberawareness/>  
<http://cyberaware.co.za>



# Ukuphepha ku-cyber iwona khiye

## Isingeniso ku-cyberspace

I- cyberspace Umhlaba wama- computer okungena online ngama network nedata lokuba ikakhulukazi i- internet. Ibuye ibizwe ngomhlaba we- digital. Lomhlaba ongena kuwo uma usebenzisa i- phone noma i- computer noma iyiphi iDevice ongena ngayo online.

Siyawasebenzisa ama-device ukuxoxa, ukufunda, ukudlala kanye nezinye izinto, sidinga ukwazi ngobungozi bokusebenzisa i- cyberspace futhi sikwazi ukuzivikela thina nama- device ethu.

KuleGuide, sizofunda ngokubaluleka kokuphepha uma usebenzisa i-cyber ngoba ukuphepha uma sifuna ukuzivikela thina nabantu esibakhathalelayo bethu. Ngokwazi kabanzingokuphepha siyobe sesibalekela ukucofa izinto ezingakuhehela kumagciwane.

### Nakhu okuhle ngokuphepha kuCyber:

Qaphela ungacofi entweni eziti “free content” ngoba kudonsa wena ukuvula ama-virus,ama-malware nama-ransomware .

Ngiphephile, siphephile. Ngokuba Nolwazi lokuphepha ku- cyber uvikela wena kuma- agent ayingozi,amaqola e-cyber amabhoklolo nezigebengu ze-cyber Kanyenathuluzi ahlukahlukene abasebenzisayo. Ukuzjwayeza imikhuba emihle yokuphepha kuhlomulisa wonke umuntu esikoleni,ekhaya nasemhlabeni wonke jikelele.

Nngokuphepha ku- cyber uyazivikela wena ukuthola amagciwane ku-devices yakho. I-antivirus isabalulekile futhi iwu size ungalinge uyeqe. Izovikela wena kumagciwane amanangi ongawathola ngama- device akho.

### Ezinye izingozi nezinsongo nokuthini:

**Ama- agent ayingozi** - Abantu noma iqembu labantu lisebenzisa ku-cyberspace ukulimaza noma kuntshontshela abantu njengokuthi:

- **Amaqola kuyionline** - abantu abafuna ukukuhlkumeza ngokocansi.
- **Izigebengu ze** - cyber abantu abafuna ukufaka into eyingozi njenge- virus, imalware,neransomware ukuyilimaza nokukuxhaphaza.
- **Izigebengu-** abantu abafuna ukweba Imali yakho nolwazi lwakho ukuze balusebenzisele ukudayisa ngalo.
- Amabhoklolo e-cyber abantu abangakuklolodela ngokusebenzisa imiyalezo ye- email, ama-websites, izinkundla zokuxhumana nama- blogs.
- **Ama- hackers-** umuntu noma Abantu abanobuchule bokusebenzisa ama- computer futhi abakwazi ukungenaku-- computer yakho ngokungemthetho.
- **Umuntu ongenalwazi** - Umuntu owenza enganalwazi ukuthi lento ayenzayo izomdalela ukweseka ukuhlaselwa i-cyber.

### LeGuide izokusiza ukuthi uwazi ngecyber safety ukuthi ibalelekile nokufundisa ukuthi isebeenziswa kanjani:

- Sizochaza kuma - amatimu awu-5 azokusiza uqonde kabanzi ngokuphepha ku- cyber kubemnandi emhlabeni we- digital.
- Itemu ngayinye kwethulwa bese emva kwalokho kulandele izihloko ezintathu ku- theme ngayinye ekuzoxoxwa ngazo.
- I-caDET oyithandayo ayibe sesandleni ukukunika ulwazi namacebo okuphepha.
- Ungaphatheki kabi uma ungaqondi amanye amatemu, sizokwenza isiqiniseko zokukunika incazelo nolimi olusetshenziswayo ku- cyberspace.

### Ama-theme nezhloko

#### I-theme 1 : Uhambo llokuya ku- cyberspace.

Isihloko 1.1 – i- digital footprint

Isihloko 1.2 – Ubungozi be- cyber nokuhlkumezeka

Isihloko 1.3 – Ukufihla ku-online

#### I- theme yesi 2: Ukuvikelwa kwabantu

Isihloko 2.2 – Ukuhashazwa nge-Cyber

Isihloko 2.2 – Ukuvhepha komndeni

Isihloko 2.3 – Ukuhumana, inhlonipho nemigomo yokuziphatha

#### I-theme hesitate 3: Ukuvikelwa ama-device

Isihloko 3.1 – Ubungozi be-technology

Isihloko 3.2 – Ama- mobile device

Isihloko 3.3 – Ukuvikelwa kwemalware

#### I-theme yesi 4: Ama- smart apps

Isihloko 4.1 – Izinkundla zokuxhumana

Isihloko 4.2 – Uku- ukupheqa kwi- Web ngokuphepha

Isihloko 4.3 – Imidlalo

#### I-theme 5 Ulwazi olubarulekile

Isihloko 5.1 – Ikhontenti ephatha kabi futhi engalungile

Isihloko 5.2 – Ukugetshengwa nge—cyber

Isihloko 5.3 – Ukuvhepha kwama-password



## I-theme 1: Uhambo lokuya ku-cyberspace

Kubalulekile ukwazi amanyathelo akho kucyberspace.  
Ngamandla amakhulu kuza nezibophezelozinkulu.

**GENERAL FLAME** iyona ezokukhombisa ukuthi ngalezi zihloko esizoxoxa ngazo ku- theme 1

### Isingeniso

Siyakwamukela kwi- theme.yokuqala. Uhambo oluya ku- cyberspace.

Uma sikhulumha ngamanyathelo iyona digital footprint. I-Digital footprint ifana neqophelo lonyawo olushiya ngemuva uma uhambo esihlabathini noma endaweni enodaka. Le- footprint oyishiyayo uma kade ungene ku- cyberspace. I-DIGITAL footprint isho konke ukwenza nokuxhumana oke wakwenza kade u- online. Lezi ziyalandeleka futhi azisuleki noma sewuphumile online.

<b>Uhambo lokuya ku- cyberspace - Izihloko:</b>	<b>Isihloko</b>	<b>1.1</b>	<b>I-DIGITAL footprint</b>
	<b>Isihloko</b>	<b>1.2</b>	<b>Ukuhlaselwa ngobungozi be-Cyber</b>
	<b>Isihloko</b>	<b>1.3</b>	<b>Imfihlo ngukuba online</b>

### Izibalo/ amaquiniso ajabulisayo

Ngakhoke kubalulekile ukwazi ngamaquiniso Kanye nomhlaba we-digital esiwusebenzisa nsuku zonke:

#### **UTHI BEWAZI?**

- U- Tim Berners- Lee uyena owaqala iWorld Wide Web.
- I- World Wide Web ibanzi, awukwazi ukukala ubungako bayo.
- Njalo ngeminithi kungena imiyalezo yaWhatsApp elinganiselwa ku20.8 million ithunyelwa Umhlaba wonke kanye nama- tweet KuTwitter alingana no 220 000.
- Izinkundla zokuxhumana zisetshenziswa ngokuphindaphindiwe njengoba kune- Covid 19.



- U50 percent wabafundi usungene kulolugibe lokuhlukunyezwa ku- cyber.
- Ngonyaka ka-2021 bazobe bengango 1 billion Abantu eAfrica abazobe bengena ku- internet khona maduze nje.
- Kukhona abantu abalinganiselwa ku-13 842 abazanywa Ukuhlaselwa eSouth Africa ngosuku.
- 73 percent. Wabantu eSouth African asebeke baqolwa baba izisulu kuyimanje.

### Amathiphu wokuphepha okumele afakwe kulesi sifundo

#### Gcina into engelona ihlazo kudigital footprint

Yazi ukuthi ikhontenti oyakhayo noyiphostayo iyohlala lapho unomphelo.

#### Yazi ngobungozi be—cyber

Unelungelo lokuphepha online, futhi ukhumbule ukuziphatha ngenhlonipho neyamukelekile.

Xwaya ukwabelana nge mininngwane yakho ngoba lungantshontshwa lusetshenziswe ukudayisa ngocingo.



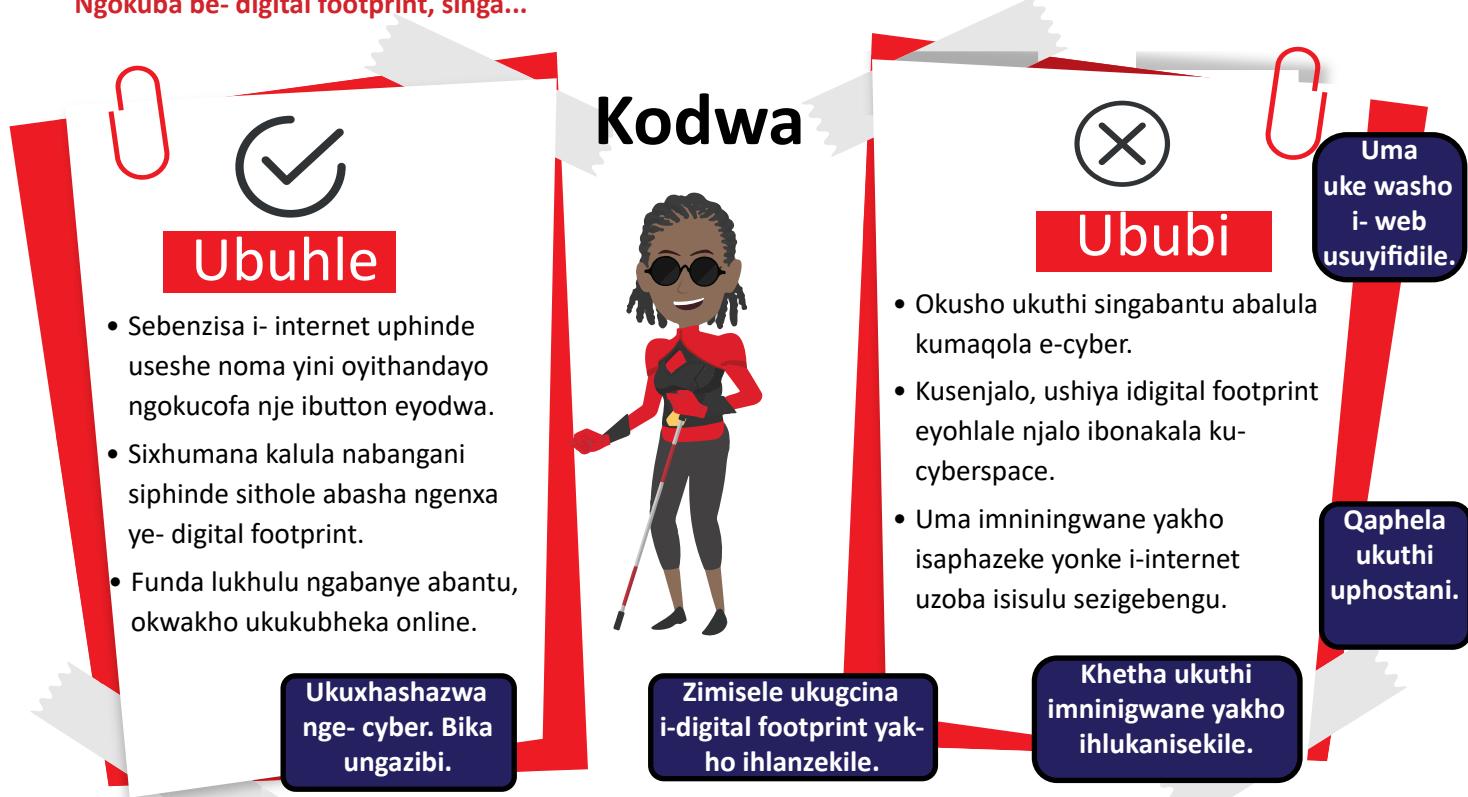
## Ubuhle nobubi bokuya ku- cyberspace

Sinolwazi oluningi Iwe- technology olusezandleni zethu. Impela. Sesiphila emhlabeni wabantu nomhlaba wedigital!

I-internet nomhlaba wedigital kumnandi kodwa inobungozi. Ingakho ukuphepha ku- cyberspace kubalulekile njengokuphepha emzimbeni. Ungacabangi ukuthi lezigebengu zizichithela isikhathi zihlakaniphile futhi zinobuchwepheshe obedlulele. Inhloso yabo ukukuhlasela nokukulimaza noma ngayiphi indlela.

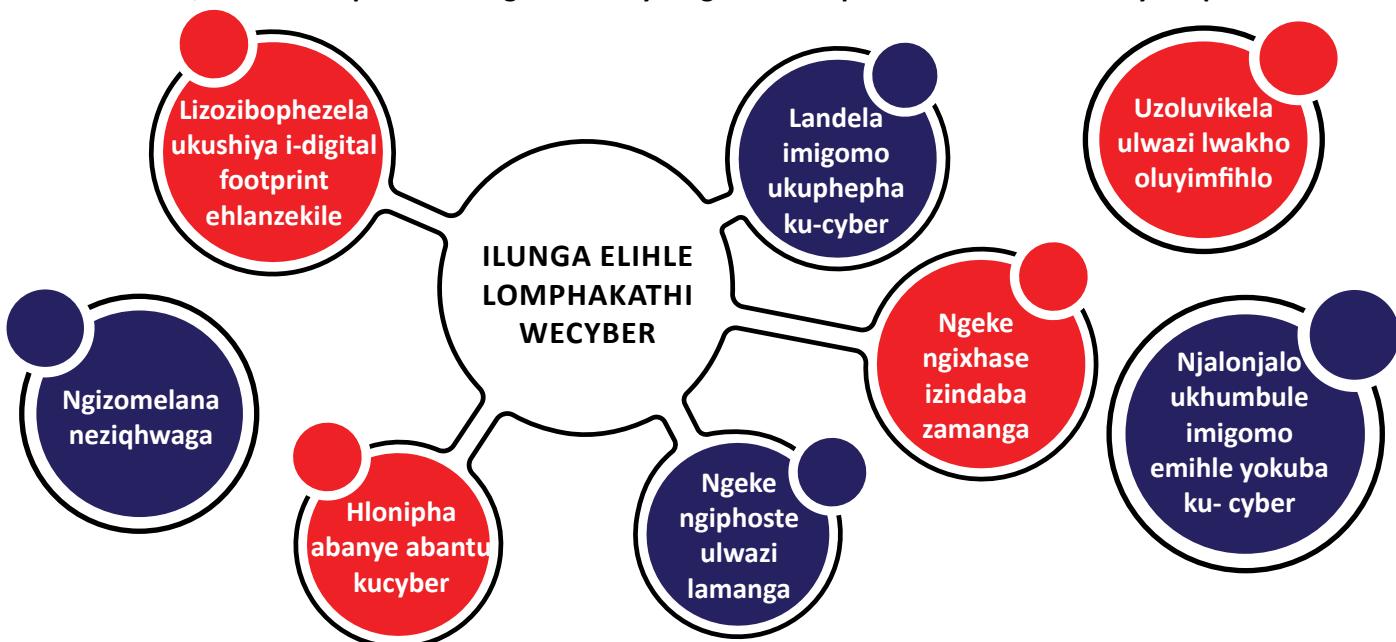
Nanka amanye amaphuzu natshela ngobungozi bokussebenzisa i- internet ube ushiya i- digital footprint ngemuva:

**Ngokuba be- digital footprint, singa...**



Ngokuba ku- cyberspace uba isakhamuzi se-cyber, ngoba usuyingxene ye-digital nomphakathi we- cyber.

Umpifikathi we - cyber uyi online, noma umphakathi wangempela. Uma uyingxene yalomphakathi kusho ukuthi uyingxene yeqoqo labantu enioxelana izinto nawo. Kungaba abantu abafana nabasesontweni, abasesikoleni, abantu balapho uhlala ngakhona. Uyilunga lalowomphakathi osebenzisa i - cyberspace.



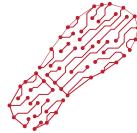


# I-theme 1: Uhambo lokuya ku-cyberspace

## 1.1 I-DIGITAL footprint

Ubuwazi Njalo mawuba online ngecomputer, iphoni ushiya ulwazi ngawe.

Leliqophelo ngawe libizwa **NGEDIGITAL FOOTPRINT**



- I-digital footprint awusizo ngempela aysizathu sokuxhumana nabangani nokuthula abasha ku-internet.
- Ungathola ulwazi olunigi ku-internet, ngokucofa nje inkinobho.
- Konke okwenza ku-internet kuyasala lapho, okusho ukuthi ungagcina uhlaselwa izigebengu.

Kulula nje singabeka ukuthi into oyenza ku-internet ifaka nawe phakathi:

- Ama-profile ezinkundla zokuxhumana
- Izithombe/ izithombe zakho
- Noma iluphi ulwazi noma ikhontenti oyiposta kwi-blog nakuma-sites

Kubalulekile ukwazi ngedigital footprint oyishiyayo, ngoba ungathola sewaziwa abantu ongabazi ngaphandle kokuhlangana nabo. Yenza isiqiniseko sokuthi ulwazi lwakho nokuphostayo akusetshenziswa kuwena.

## 1.2 Ubungozi bemyber nezinsongo

Iningi labantu elisebenzisa i-cyberspace alwazi ngobungozi elingazithola likulo. Unelungelo ukuphateka kahle online kodwa ukhumbule ukuthi uziphate kahle.

Izinsongo zenzeka uma omunye noma okunye ukuzisa engozini yokuba omunye wabagilwa ngobugebengu. Kodwa-ke, ngeke siyeke ukuphila noma sisabe ngaso sonke isikhathi ngoba sithi sizibeka engozini. Ngokwazi ngobungozi nokuziphatha thina singabe sesizivikela ku-cyberspace.

- Mekuthi into ithi mahala ikhona uzothola idownload yamahala kuvamise ukuba isicupho ukuze bakwazi ukungena kuwe bakufakele igciwane noma imalware.

Okusabisayo ungalinyazwa noma ingayiphi indlela. Lokhu kusuke vele kuyinhoso hayi ingozi.

Ungakuviwa lokhu ngokungasuki emthethweni noma uhlakaniphe mawusebenzisa i-cyber.

- Isibonelo esihle sokuba sengozini yokuhlaselwa ukuthi uhlale njalo ama-private setting akho eku "public" wonke umuntu abone. Ithuba elihle lezigebengu ukuntshontsha ulwazi lwakho nokwenza ube isizulu sabahlukumezi ngocansi.

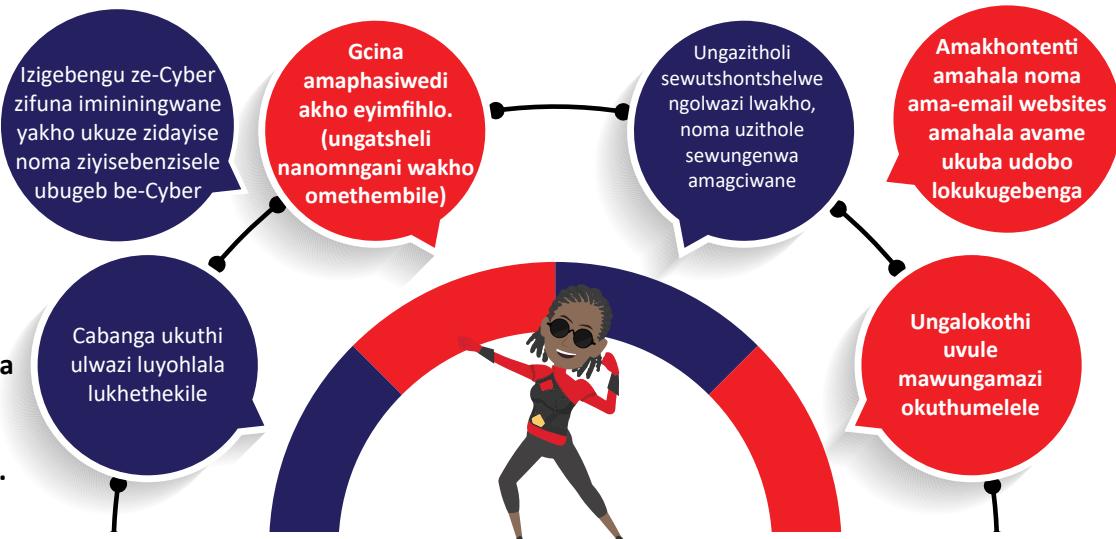


## 1.3 Ubumfihlo eOnline

Ngabe uxoxela bonke abantu nongabazi ngephupho nangezimfihlo zakho ubanikeze nolwazi lwakho olubalulekile njenekhelni ne-I.D. namba? Cha, pho yini ke ukwenza online? Ku-cyberspace ukwabelana akusho ukuthi uyanakekela.

Uma uvele unekele izwe imininingwane yakho, khumbula uzobe usuyisisulu sokuhlaselwa.

**Ziphephise ngesikhiye esizoqinisekiso ukuphepha (njenge phasiwedi) ezobanzima ukuweba ukuze uhlale ungophethe ngokuphepha kwakho.**



## I- Theme yesi 2: Ukuvikela abantu



Ukusebenzisa i- cyberspace ukuxhumana kungakuveza ezintweni eziningi ezingezinhle eziyizinsongo ezivela ebugebengwini, namaqola a- online nabaxhaphazi nge- cyber.

**Nge-theme 2 SINO- PROFESSOR** owumbheki onamandla, oqinile ezigebengwini nabaxhaphazi abazingela abantu abangenacala.

### Isingeniso

**Siyakwamukela kwi-theme yesibili :** Ukuvikela kwabantu, Ukuxhumana iwona kkiye letheme izokuchazela kabanzi ngokuxhashazwa, nokuthi kubalulekile kangakanani ukuvikela wena nomndeni wakho uma uku- cyberspace, nokuthi kumele uziphathe kanjani ngokulandela imigomo ebekiwe yokuxhumana, inhlonipho nokuziphatha.

2.	Ukuvikela kwabantu - Isihloko:	Isihloko	2.1	Ukuxhashazwa online
		Isihloko	2.2	Ukuphepha komndeni
		Isihloko	2.3	Ukuxhumana, inhlonipho nemigomo yokuziphatha

### Izibalo/ amaqiniso ajabulisayo

Ngakhoke kubalulekile ukwazi amaqiniso nge- cyberbullying:

#### UTHI BEWAZI?

- Kunomthetho ophikisana nokuxhashazwa kwabantu walapha e- South Africa obizwa " Protection from Harassment Act".
- Bangaphezu kwa- 60 percent abafundi abanze ucwaningo e -South Africa abavumayo ukuthi i-cyberbullying idlula i- bullying yobuso nobuso.
- 78percent wabazali uyakholelwu ukuthi i- technology llona thuluzi lokufundisa.



- Abantwana abangaphezu ku3.2 million baxhashazwa njalo ngonyaka eSouth Africa.
- Ubuwazi ukuthi iningi lezingane zesikole ezinolwazi nobuako be-inthanethi abanaso isiqiniseko sokuthi baziphathe kanjani ukuze baphephe kwi-intanethi.
- Ukuxhashazwa yikona okudala ukhwantalala nokuzibulala ezinganeni zesikole.

### Amathiphu wokuphepha okumele afakte kulesi sifundo

#### Bika ukuxhashazwa nge-cyber

Uma ungumgilwa wokuxhashazwa, gcina ubufakazi bokuxhashazwa. Khumbula ukuthi unamalungelo ngokomthetho wa- 2011 IHarassment Act of S.A. Tshela umuntu omdala omethembayo musa ukuthula, bika!

#### Yazi ngezinsongo zokwenyama neze-cyber.

#### Khombisa inhlonipho kuwena nakwabanye abantu.

Ngokuba online akusho ukuthi unelungelo lokuziphatha kabi.





## I- Theme yesi 2: Ukuvikela abantu

### Ukuba sesimeni esibi kwabantu nabenzi bezinsongo

**Ukuba sesimeni esibi kusho ukuthi usengozini yokuzithola uhlukumezeka. Ngokuba ku-digital footprint, uyabonakala ku-cyberspace futhi abantu bangena kalula ekubeni sogibeni lokuhlaselwa ilama-agents.**

**Ekuqaleni kwale-gayidi, sibukile ukuthi kubaluleke ngani ukuphepha ku-cyberspace futhi sachaza ngamanye ama-agents asabekayo ku-cyberspace.**

- **Ama-agents** asabisayo angabantu abasebenzisa i-cyberspace ukulimaza noma ukuntshontshela abantu.
- Ngokuphepha uma uku-cyber uvikela wena kuma-agents amanangi uqola abanye online, bayabaxhaphaza, izigebengu namanye amathuluzi namacebo abawasebenzisayo. Ukuzijwayeza umkhuba omuhle kuhlomlisa wonke umuntu ekhaya, esikoleni, nasemsebenzini nasemhlabeni wonke jikelele.
- Ukuxhashazwa kwenzeka uma umuntu noma iqequebana labantu, elizingela umuntu ngenhloso yokumlimaza noma ukumhlukumeza. Kwenziwa ngenhloso futhi uyaxhashazwa ngezindlela ezahlukene namathuluzi okuzingela abagilwa.
- Uma ukuxhashazwa kwenzeka online ku-cyberspace, kubizwa nge-cyberbullying.



#### Musa ukwesaba, khuluma, uma uhlukunyezwa

Ngokungakhulumi nokungaxhumani nabazali bakho noma umbheki wakho ngezinto ezikhathazayo, ungase uzithole uwedwa, usaba, futhi ungumuntu ogileka kalula nge-cyberbullying. Nazi ezinye izizathu ezishoyo ukuthi kungani ukuxhumana kubalulekile.



**1**

**Uma ungabiki nge-cyberbullying, kunokwenza ukuthi lento iphinde yenzeke futhi iqhubekile ingapheli.**

**2**

**Ngokutshela umuntu okugadile noma umzali kungavuleleka uphenyo ukwenza isiqiniseko sokuthi isigebengu se-cyber siyanjwa sijeziswe.**

**3**

**Umbheki wakho noma umzali angaxhumana nabaphathi abafanele neminyango efanele abike nge-cyberbullying.**

**4**

**Kungumsebenzi wakho ukukhuluma nge-cyberbullying hayi nje okokubika ubugebengu kodwa ukunqanda ukuthi kungabe kusaba khona ogilwayo futhi.**

**Izigebengu zecansi kunzima kakhulu ukuzibona online kunasempilweni. Ungacabanga ukuthi umfana noma intombazane eneminyaka enganeyakho efisa ukukwazi kangcono, ngoba nivakashela ama-sites afanayo nawe futhi nithanda izinto ezifanayo.**

**Qaphela ubuye uhlale uqaphile ngo:**

- Ungakhulumi nabantu ongabazi empilweni ungalinge uvume ukuhlangana nabo.
- Qaphela ukuthi ubani ovuma aku-followe ko-instagram-Ukuduma ku-instagram kufana nokunotha ku-Monopoly.
- Blocka noma ubani okwenza uzizwe ungakhululekile.
- Njalo ukutshela umuntu omdala okukhathalelayo ngomuntu okusendela imiyalezo noma izicelo.

# I- Theme yesi 2: Ukuvikela abantu

## 2.1 I-Cyberbullying

Ubuwazi ukuthi indlela oziphatha ingabukeka njenge-bullying. Kungenzeka ukuthi ubungazi nokwazi ukuthi wenzani, kungabukeka njenge-bullying! I-bullying ingaba:

- Ukusukela umuntu omncane okungaba osesimeni esibi kunawe.
- Ukuqhube ka nokuchukuluza ukwenza omunye azizwe edelelekile noma ephoxekile.
- Ukudlala kusho ukudelelana online noma uqhubeka usakaze amanga ngomuntu.
- Ukusabisa abangani noma abafundi abanye ubavimba ukuthi bangabi abangani bomunye, noma ubaziba ngokupheleleyo.
- Ukuthumela imiyalezo ebuhlungu nesabisayo, nolwazi olungelona iqiniso, noma izindaba ezamanga ngomuntu nomndeni wakhe.
- Ukuhlekisa ngokuhluleka komunye nendlela abukeka ngayo.
- Ukuqamba umuntu ukuze ulimaze isithunzi sakhe.
- Ukuphoqa umuntu ukuthi enze into engekho emthethweni noma eyingozi.



## 2.2 Ukuphepha komndeni

Unelungelo lokuphepha uma u-onlinekodwa nawe kumele ukhumbule ukuziphatha kahle. I-digital footprint yakho ingakha hayi wena kuphela kodwa nomdeni ube sewuvuleleka ezigebengwini, uma ungazi ngezinsongo eznjenga:

- **Izigebengu ze-cyber/ Amaqola:** Laba abantu abasebenzisa izindlela ezingekho emthethweni ukusebenzisa i-internet.
- **Amaqola a-online:** Abazingeli ba-online bangabantu abahlukumeza ngokocansi kubantwana abancane abaqlayo ukusebenzisa i-internet.
- **Ama-hackers:** Lolu uhlolo lomuntu noma iqembu labantu elihlakaniphile, futhi elikwazi kakhulu ukusebenzisa ama-computer ukungena kunoma iyiphi icomputer.



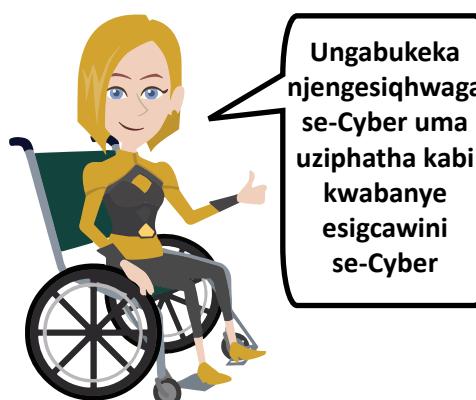
Musa ukuba umuntu organaki: Umuntu ongenandaba nento ayenzayo, osiza izigengu ukuletha noma ukuxhasa ubugebengu. Uma umngani wakho ekusendela ilink ngoba ethi kunezinto ezimnandi, kanti eqinisweni i-virus embi.

## 2.3 Ukuxhumana, ukuhloniphana kanye nezimilo

Uma uzivikela wena ebugebengwini nezinsongo eziku-cyberspace, ugcina wena i-digital footprint yakho uzibophezele kuyona. Kubalulekile ukukhombisa inhlonipho kwezinye izakhamuzi ze-cyber. Nakhu okunye okokugcina izimilo ezinhle ngokuba -online.

Inhlonipho isho ukuzazi wena nokuhlonipha izinkolelo zabanye, imizwa, izidingo nokukhombisa ukwamukela ubunjalo bomunye bese ucabangela izinkolelo nokuziphatha okuhle komuntu.

Izimilo iqoqo lama-values nama-morals abekiwe ukuze siphile silandele yona nendlela yokuziphatha, ukuze ube umuntu oziphethe kahle.



## CABANGA

Ngaphambi kokuphosta noma wabelane

**Ngabe kuyiqiniso**

**Kungasiza**

**Kuyakhuthaza**

**Kufanele kube indaba exoxwayo**

**Kunozwelo**



Securing Devices

## I-theme yesi 3: ukuvikelwa kwama-device



I-device yakho udinga ukuyigcina ivikelekile nayo. Ivikele elilinyazweni nasezinsongweni.

**I-theme yesi-3 SINE-TECHNO:** Ngamandla okuqonda ukusebenza kwengaphakathi lanoma iyiphi i-device.

### Isingeniso

**Siyakwemukela ku-cyber safety i-theme yesi -3.** Ukuvikelwa kwama-device. Ngempela manje sesiphila emhlaben i-lapho i-technology entsha ishaya kuzwakale ezimakethe zomhlaba nsuku zonke. Ngaphandle kwama-cellphones, ama-laptops, ama-desktops computers nama-tablets, manje sesikwazi ukungena ku3-D printers, ama-gaming consoles, ama-tracking device nezinye izinto eziningi ezisebenzia ama-gadgets e-robot. Ukuthola ulwazi nokuxhumana sekulula kakhulu. Sizoke sibheke umthelela we-technology ezimpilweni zethu, nokuthi kungani kumele sigcine ama-device ethu ephephile futhi evikelekile.

3.	Ukuvikelwa kwama-device - Isihloko:	Isihloko	3.1	Izinsongo nge-technology
		Isihloko	3.2	Ama-mobile device
		Isihloko	3.3	I-Malware Protection

### Izibalo/ amaqiniso ajabulisayo

#### Kubalulekile ukwazi amaqiniso ngama-device

#### UTHI BEWAZI?

- Ubuwazi ukuthi Labantu aba-hackeryo bayahlasela njalo emva kwemizuzu ewu-39.
- Kunabantu abawu 5.16 billion abasebenzisa izingcingo eziphathwayo umhlaba wonke namhlanje, futhi usabala.
- Bangaphezu kuka 25% ukuhlaselwa ku-cyber nge-malware noma i-malicious software.
- Ama-cell adlala indima enku lu ezipiweni zethu, sekunesifo esisha esibizwa nge-'Nomophobia' okuwusaba ukuhlala ngaphandle kwe-cell phone yakho.
- I-phone yokuqala ephathwayo yakhiwa ngo-1974 u-Martin Cooper eyayisinda iwu-1kg.



- eSouth Africa sithole i-cellphone yokuqala ngo 1994.
- Igama elithi 'cellphone' liqhamuka ngendlela esebezena ngayo. Ama-towers asebenza njengama-signal futhi ahlikaniswe ngama-cells.
- Umuntu nje ojwayelekile uyivula izikhathi ezingaba ika-110 ngosuku.
- Kukhona ama-cellphones amanangi adlula amatekisi, ama-TV nama radio kuhlangene.
- I-electronic computer ENIAC yayinda ngaphezu kwamathani awu-27 futhi yayithatha 1800 square feet.
- U 10% kuphela wemali yomhlaba ekuyimali ephathekayo, enye nje ihlala kuma-computers.

### Amathiphu wokuphepha okumele afakte kulesi sifundo

#### Fundisa omunye nawe.

Siza omunye ngama-apps amasha, ama-sites, i-technology kanye nezinsongo- njalo yabelana futhi uxhumane.

#### Yenza isiqiniseko sokuthi ama-mobile device aphephile avalelekile.

Yenza isiqiniseko sokuthi ama-device akho avalwe nge-passcode noma password. Futhi yenza isiqiseko sokuthi ulwazi lwakho oluyimfihlo luyakwazi ukucisheka noma ungekho eduze.

#### Zivikele kumagciwane e-malware.

Hlala uvuselela wonke ama-apps futhi uphinde ufake i-anti-virus kuwona wonke ama-device akho.





## I-theme yesi 3: ukuvikelwa kwama-device

### Okuhle nokuwubungozi ngamaDivaysi

Kulomhlaba wanamuha , sithembela kuma-device ukuxhumana, ukufunda, ukuxoxa, ukuthenga nokugcina ulwazi. Konke lokhu kuhle, futhi kuyashesha kakhulu ukwenza izinto eziningi ngezimpilo zethu. KODWA... kungasibeka kwenkulu ingozi kusenze sihlaselwe ngobugebengu be-cyber- ngakhoke kunobubi obuningi ku-technology, ikakhulukazi ama-device.

Nabu ubuhle nobubi obumbalwa.

#### Ubuhle

- I-device iyakusiza ungene ku-internet futhi wabelane ngolwazi olubalulekile lokufunda, nokuxoxa.
- Ukungena ku-mobile device sekuphenduke into elula nengabizi.
- Ama-mobile phones asivumela ukuthi senze izinto eziningi njengokuthatha izithombe, ukuqopho ama-video noku-downloadada ama-apps.

Noma ngabe i-device isindala, amaqola ayibuka njengetolide.

Ungavele ukholwe ulwazi, kungenzeka ukube utshelwa amanga.

#### Kodwa



#### Ububi

- I-internet igcwele izinsongo futhi ziphethe inqwaba yobungozi, ngibala ubugebengu nokusabala kwezindaba ezingelona iqiniso ezingamanga. Ungase ube omunye wabagilwa ube sengozini, uma nje uke wacofa ku-device.
- Noma ngabe i-device esindala noma okunye kwama-electronics kuyinyama emaseleni, afuna ukuntshotsha ulwazi olumqoka lomfundu Kanye ne-data ephakathi.
- Ama-mobile device ane-location service ziyawkazi ukuwalandela izigebengu.

Cisha i-location settings!

Qaphela ukuthi wabelana ngani.

Xwaya bonke ubugebengu obuphandle laphaya.

**Yenza isiqiseko sokuthi idevice yakho ivikelekile.**



Faka ianti-malware.



Vulela ama-lock icon



Cisha i-location ukuze ugweme ukulandelwa.



Susa ama-apps ongasawasebenzisi



Yenza isiqiniseko sokuthi i-setting uyibeka ku'private' hayi ku'public'

**Khumbula izithombe ziyayibeka i-location ukuthi ukuphi. Uma uphosta izithombe abantu bengabona ngesithombe ukuthi wawushutha ukuphi nendawo.**



## I-theme yesi 3: ukuvikelwa kwama-device

### 3.1 Izinsongo ze-Technology

Ama-apps amasha Kanye ne-software kuhlale kuvela ngaso sonke isikhathi, ngokuthola iphone yakho, ukwenza i-video, uku-oda ukudla noma i-transport, futhi nawo wonke ama-social media apps.

Ngaso impela isimanga se-technology eseandleni zethu, manje sesibhekene nobungozi nezinsongo eziza nayo. Njalo mawungena-online ku-cyberspace, usuke usuziveze ezigebengwini ezilinde ukuhlasela. Siyazi sonke ukuthi izigebengu ze-cyber zihlakaniphile, zihlelekile, futhi zingongqondongqondo uma kuziwa ku-technology eziyisebenzisa kithina.

**Ngakhone, sidinga ukuqwashisa ngezinsongo zetechnology nokuthi ungavikela kanjani amadevice ethu.**

- Zicne unolwazi ngezinguquko zakamuva ze-technology bese wabelana ngazo kubangani bakho. Ukuxhumana kubalulekileuk uxwayisa abanye ngezindlela ezintsha izigebengu esevezisebenzisa ukulimaza wena noma ukulimaza i-device yakho.
- Uganikeli ngolwazi olubarulekile futhi wenze isiqiniseko sokuthi njalo ama-settings akho ahlala engekho ku'public' uma usebenzisa i-technology.

### 3.2 Ama-mobile device

Ama-mobile device aweve ebalulekile ahlale eyingxene yakho konke okwenzayo osukwini. Uma singawanakekeli...

- Angantshontshwa noma alahleke. Uma ungakwazi ukucisha ulwazi ungekho eduze kwayo ulwazi lwakho lungasetshenziswa izigebengu ze-cyber.
- Ama-device amadala ayasetshenziswa ukuthola ulwazi. Ama-cellphones aweve eseshibhile lokho kusho ukuthi usungahlangana nawo ezigingqikela phansi. Yenza isiqiniseko sokuthi uyalukhipha lonke ulwazi olukuyo ngaphambi kokuyidayisa.
- Kungakwenza ube umgilwa. Vala uhlelo i-location ukuze ungabi omunye wabantu abalandelwayo, njalo sebenzisa i-lock screen function ekhona ku-device yakho.



### 3.3 Ukuzivikela ku-malware

**I-Malware isinqamulelo se-malicious software. I-software isetshenziswa ukulimaza nokuvimba ingasebenzi njengama-virus, ransomware nama-worms.**

I-Cyberspace ayihlali iphephile njalo. Akuwona wonke ama-websites angempela nama-apps. Amanye ama-websites nama-apps angamanga ayindlela yokungena ku-device yakho ne-virus, kuntshontshwe ulwazi bese ziyyishiya idevice yakho ingasebenzi. Ukufaka i-anti-virus malware software kanye nama-firewall ku-computer yakho nakwamanye ama-device akukhona ukwenza nje into 'ophoqelekile' ukuthi uyenze.

Uma une-anti-malware ethembekile ukukuvikela, yenza isiqiniseko sokuthi uyigcina uyivuselela njalo. Kwesinye isikhathi siyajabula uma sithenge i-device entsha size sikholwe nawukunaka ezinte noma imiyalezo lena ekukhuthaza ukuhlale uvuselela i-software protection.

Xhumana nabazali bakho noma umbheki wakho ukuze babe nolwazi uma kakhona okwenza online futhi ucele imvumo kubona ngaphambi koku-downloadada. Kufanele kwensiwe ukuze nihlale niphephile ngesikhathi niku-cyberspace.

## I-theme yesi 4: Ama- smart apps



Noma usebenzisa ama-applications ukuxoxa noma ukudlala, kubalulekile ukwazi ukukusebenzisa ngokuphepha.

**Kwi-theme 4 SINAMA-APPLICATOR** anamandla okukuhehela emdlalweni, nasezinkundleni zama-social media ukuhlanganisa abantu ngesizathu esihle.

### 4. Ama-smart apps - Izihloko:

Isihloko	4.1	i-social media
Isihloko	4.2	Uku-pheqa kuweb ngokuphepha
Isihloko	4.3	Ukudlala

### Isingeniso

Siyakwemukela kwi-theme yesi 4: **Ama-smart apps**. Nama-application ayabizwa futhi nge-app. I-app uhlobo lwe-software olunga-downlodwa ku-device olunye olungaba ingozi.

Kunezigidi zama apps langaphandle ongakhetha kuwona, futhi siyasebenzisela izizathu ezihlukene empilweni. Into eyenza i-technology nama-apps kumangaze ukuthi sekuyisikhathi ngempela-solwazi, imidlalo, nama-movie channels nokunye okuningi uma nje ungacofa leyo-button! Ama-smart apps ayishintshile endlela esifunda ngayo, esixoxa ngayo, nesixhumana ngayo. Yingakho udinga ukwazi ngazo zonke izindlela ongaxhashazwa ngazo ngesikhathi u-online.

### Izibalo/ amaqiniso ajabulisayo

Okokuqala, amaqiniso ajabulisayo ngama apps:

#### UTHI BEWAZI?

- Ubuwazi ukuthi kukhona 36,54 million abasebenzisi be-internet e-South Africa?
- I-device edume kakhulu ngokusebenzisa i-internet i-mobile phone esetshenziswa abafundi.
- Ngokwejwayelekile, abantu base-South Africa bachitha 2hours 48minutes ngosuku kuma-social media.



- Uthi bewazi ukuthi ngokugcina i-browser software esesimeni usuke uziwayeza uku-web browser okuphephile.
- Uthi bewazi ukuthi ngo 2018 ucwaningo luveze ukuthi singaphezu kwa-11 million abantu abdlala ku-internet e-South Africa.
- Umhlaba wonke jikelele uma uhlanganisa kucatshanelwa ku600 billion dollars.

### Amathiphu wokuphepha okumele afakte kulesi sifundo

#### Yazi nge-social media.

Kukhona inqwaba yezinkundla ze-social media zako konke ukunambitha-okummandi nokubi! Khetha ngobuhlakani. Yazi uyiqonde isocial media.

#### Ziphephise uma wenza i-web brosing.

Sebenzissa ama-websites athembekile naphephile anomlando othembekile ku-online browsing. Qinisekisa ukuthi kune-lock icon phezulu laphaya mawu-browser.

#### Nakekela ama-apps nezinkundla zokudlala.

Sebenzisa igama elingasho lutho ungalokothi usebenzise igama lakho noma ubhale ikheli lala uhlala khona ngabantu ohlangane nabo online.





## I-theme yesi 4: Ama- smart apps

### Okuhle nokuba sesimweni esibi kwama apps

Iningi labafundi lijwayelene nendlela yokwenza izinto ku-cyberspace futhi zinamathalente amakhulu okusebenzisa i-technology. Abantu bayahlomula ngokungenakwe-technology entsha ne-cyberspace. Abazali abanangi bayavumelana ne-technology ukuthi iyisidingo sempilo kubantu abasha futhi ingasetshenziswa ukufunda, ukuxoxa, nokwazi izinto ezintsha ngomhlaba lo esiphila kuwo.

**Okuhle nokuba sesimweni esibi kwama apps:**

### Ubuhle

- I-web iyakuvumela ukuthola ulwazi, wazi kabanzi ngolwazi nobuchule ngokucofa nje i-button.
- Kunokuhlakanipha obutholayo obuhambisana nokudlala i-video game, njengokusebenzisa izinto eziningi Kanye Kanye, ukuxazulula inkinga, nomqondo okhaliphile.
- Ama-social media asivumela ukuthi sixoxe nabangani bethu nemindeni yethu noma ngabe ikuphi nezwe.

**Ufuna uku-downloada?**  
Abazali okumele bakunikeze leyomvume!

Kodwa

Ububi

Ungaweli esilingweni sokwabelana.

Phepha uqhakaze online.

Gcina i-anti-malware nama-firewall esesimeni samanje.

Ukuxhumana kungukhiye!

### Khumbula ukuba -techno savvy ngokuphepha kwakho

**IKHIYE**



**IZIPHE**



**I-BLOCKE**



**IBIKE**



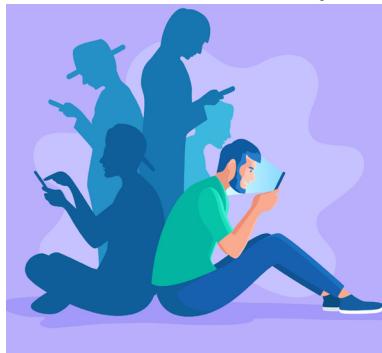


## I-theme yesi 4: Ama- smart apps

### 4.1 Izinkundla zokuxhumana(ama-social media)

I-social media iyyiona ndlela esesixhumana ngayo nabangani nomndeni. Iningi lezingane lithi lizizwa lilahlekile uma lingekho kuma-social media, abakwazi kuxoxa, abazi ukuthi kwenzekani ezweni nasema-groupini abo. Ebantwini abanangi lokhu sekuphenduke into engayekeki.

**Izinkundla zokuxhumana ngenxa yokugcwala kwabantu kulezi zinkundla nesikhathi abasichitha kuzona igcina iphenduka inkundla enhle yokudlala ngabantu ezigebengwini:**



- I-Cyberbullying yenzeka ikakhulukazi kuma-social media. Khumbula ukuthi noma iluphi ulwazi oluphostayo nezithombe zakho nabangani bakho kungasetshenziswa ukusabalalisa amanga noma kuthunyelwe izinsongo nemiyalezo emibi.
- Qiniseka ukuthi ngubani ongaba umngani naye. Nezigebengu ezinama-profile amanga ukuthola ulwazi ngawe zingakuheha ukuthi ungene engozini online ngokuthumela imiyalezo nokudayisa izinto ezingekho.

**Khumbula: Ama-social media settings awahlale ethi'private' hayi 'public' noma inini.**

### 4.2 Uku-web browsing okuphephile

I-World Wide Web (WWW) i-network ene-online content eyakhiwa yaxhumanisa amapheji amanangi, lokho ungakuthola uma uvula i-internet. Ungathola noma yini ofisa ukwazi ngayo, noma oyidingayo ngokusesha ku-internet. Usube nenkululeko yokuvula noma ikuphi kodwa kuhamba nezibophezel.

**Ake sibuke amanye amatemu assetshenziswa ku-web, nokuthi asho ukuthini, ukuze senze isiqiniseko sokuthi siyazivikela ngesikhathi siku-web.**

- **I-Web- browsing-I-Web browser** uhlelo lwe-software olukuvumela ukwazi ukusho ukuthi ulaphi, ukungena nokuvela kuma-web pages. Ukudlulisa amehlo noma ukuzulazula kwiweb kusho ukathi ubheka ipage elithile ofuna ukungena kulona.
- **Ukusesha okuphephile-** ukwenza isiqiniseko sokuthi awukho engozini yokuhlala kwi-website eyingozi ngokusesha ngokuphepha. Kusho ukuthi kumele wenze isiqiniseko sokuthi i-web browser ingakusiza useshe ngokuphepha.
- **Umgomo weminyaka** - lokhu kusho ukuthi ungaba mncane kakhulu ukungena kwamanye ama-web sites, ngoba okuqukethwe khona kungaphezu kweminyaka yakho.
- **Okwesibili** – i-factor i-layer yesibili ngapezulu ukukunika i-password, ukuthi umsebenzisi kumele ayinikeze ngaphambi kokungena kwi-account noma i-app.
- **Ama-website angaphephile** - Angama-websites angakaze abhekwe ukubonakala ukuthi ayiqiniso ngempela yini angaba izinsongo ekuphepheni kwakho ku-cyber.

### 4.3 Ukudlala

**Ama-apps ama-games** ayibhizinisi elikhulu kabi online futhi elikhula ngokukhulu ukushesha neseliphenduka umdlalo osemthethweni. Lihle futhi ukuthuthukisa ukunaka nobuchule bokucabanga ngokushesha, okuyindlela enhle yokwakha ubungani nabanye abadlali ba-online.

- Izinkundla zokudlala nazo ziyazingelwa izigebengu zifuna ezizobaqola, khumbula ukwenza isiqiniseko sokuthi ubani odlala naye, futhi uqapheli unganikezi ulwazi oluningi ngawe ukuthi uwubani.
- Sebenzisa igama ekungelona lakho ukuze bengakwazi ukukubona wena. UKunikezela ngolwazi lwakho nalapha uhluleka khona angakusebenzisa akujikele akuxhaphaze noma kukwenze isizulu esingazingelwa izigebengu.

Uzowuthokozela umdlalo wa-online uma uyiqonda kahle ingozi yokuba online nokuzivikela wena ngendlela efanele. Uwena kuphela ongakwazi ukuzinakekela ngokuphepha ku-cyber.





## I-theme 5: Ulwazi olubalulekile



Kubalulekile ukuqonda ukuthi ungazivikela kanjani ezigebengwini ezifuna ulwazi noma amaqola, kanye nokuvikela ulwazi ezigebengwini.

Lana kwa-theme 5 **SINE-CRYPTO** enamandla okubheka ulwazi olubucayi nokusiza ukukhiya ngaphambi ngokuthi izigebengu zingene.

5.	Ulwazi oluwasizo - Izihloko:	Isihloko	5.1	Okubi nokungalungile okuqukethwe
		Isihloko	5.2	Izigebengu ze-Cyber
		Isihloko	5.3	Ukupathwa kwam-Password

### Isingeniso

**Siyakwamukela ku-Cyber Safety i-theme yesi 5:** Ulwazi olubalulekile. Kukhona izinkundla ezinhlobonhlobo ongazisebenzisa ku-Cyberspace. Ihlala ivuselelwa futhi yensiwa kabusha ngaso sonke isikhathi. Lokhu okwabe kwakhiwe kwabekwa kwabelwana ngakho izolo, kungabukeka njengento endala masishane. Kubalulekile ukwazi ukuthi ungazivikela kanjani olwazini olungadingeki, nokuvikela ulwazi lwakho kubantu abangafanele bangene. Sizoke sibheke ukubaluleka kolwazi ezigebengwini ze-Cyberspace ngama-password nokusesha ngokuphepha kuma-device akho.

### Izibalo/ Imbono yamaqiniso

Ngakhoke kubalulekile ukwazi amaqiniso ngolwazi:

#### UTHI BEWAZI?

- Uthi bewazi ukuthi ubugebengu be-Cyber kulahlekisa ama-billion?
- Ubuwazi ukuthi u 71% yama-account asebenzisa ama-password afanayo kuma-websites ahlukene?
- 51% Wabantwana abana-12 weminyaka no 28% wabantwana abana-10 weminyaka sebenayo i-social media profile, okusho ukuthi bangazithola sebehlekunyeza ngolwazi olungalungile nolungekho ezingeni labo leminyaka.



- Abantwana abanigi abacabangi ukuthi "i-social media setting" umngani kamngani" kungaba ingozi.
- I- password esetshenziswa kakhulu eseyi-okuyiwana mapassword assetshenziswa kakhulu ilawa 123456 ne 12345678.
- I- Snapchat sibekwa njengesibili emva kwa-WhatsApp empilweni yomqondo wezingane.
- Isikhathi sasebusuku kusetshenziswa ama-social media nokuthinteka ngokomphefumulo kuma- social media ayamanisa nokulala ukunganele okulandelwa ukukhathala nokukhathazeka emqondweni.

### Amathiphu wokuphepha okumele afakte kulesi sifundo

**Vuma ukusesha okuphephile,zivikele kumawebiste amabi.**

Buka okuvumelekile eminyakeni yakho.

**Zama ukuzigcina wazi ngobugebengu obusha obenzeka ku-cyber.**

Izigebengu ze-cyber njalo zibheka indlela entsha nehlakaniphile yokukuqola.

**Phatha ama-password akho ngendlala.**

Ungalokothi ubhale phansi noma usebenzise i- password efanayo kuwo wonke ama-site owavakashelayo noma owasebenzisayo.



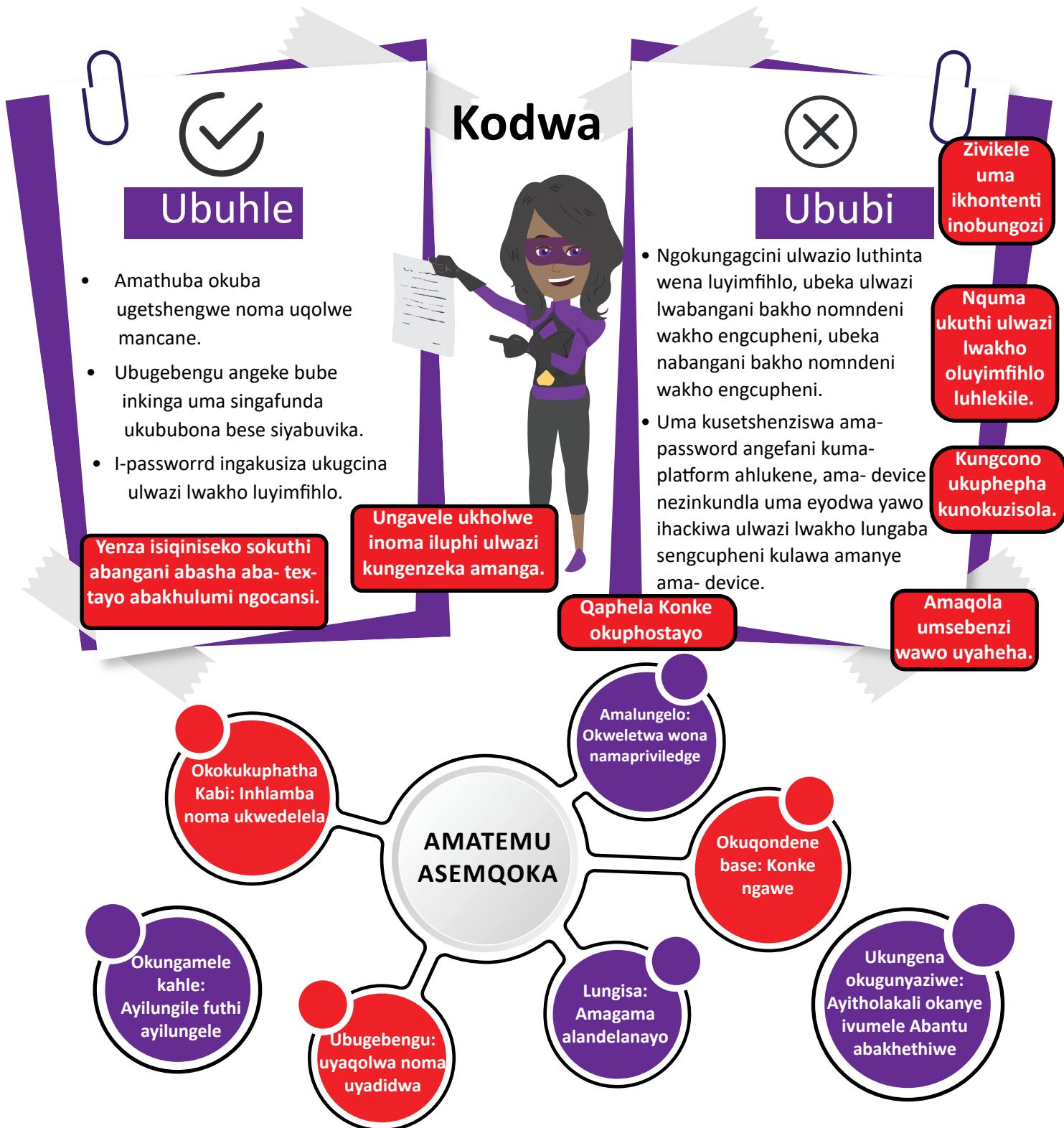


## I-theme 5 Ulwazi olubalulekile

### Okuhle ngolwazi / Ukusetshenziswa Kabi kolwaz

Kubalulekile ukuqonda ukuthi ungazivikela kanjani olwazini ongaludingi nasezigebegwini nokuvikela ulwazi lwakho ezigebegwini ze- cyber. Ama-website e-mail social media ayindlela ekahle yezigebengu, nabahlukumezi ngocansi, abavele bacele ube umngani wabo ukuze uzithole sewungene ku-khontenti engakufanele uyazi ngokweminyaka yakho nokukwenza umgilwa wobugebengu.

Nazi ezinye izizathu zokuthi kungani kumele ugcine ulwazi lwakho oluyimfhlo futhi luphephile ukuze ubrowse ngokuphepha kwi-device yakho:





## I-theme 5 Ulwazi olubalulekile

### 5.1 Ikhontenti engalungile nenobungozi

Kwenye isikhathi kubukhuni ukucabanga ukuthi ngabe le- content ekule platform ikulungele noma iyahambisana neminyaka yakho. Bika kubazali noma umbheki wakho ngama- social platforms owavakashelayo ngama-websites kanye ngama- apps. Lokho kungasiza ekubikwени kwezenzo zokuganga ezenziwa ku- cyberspace.

**Ungayishintsha indlela oxhuma ngayo ku-cyberspace ngokuphepha imigomo ukuphepha nokulandela lokhu okulandelayo.**

- **Qaphela ama- account angamanga.** Akumele uthembe abangani ongabazi othola ama-email okukucela ube umngani.
- **Abahlukumezi ngocansi babheja ngephuzo lokuthi ngeke ububone ubungozi futhi ngeke utshele umuntu omdala ngendaba yekhontenti engasile.**
- **Ungasabi ukusho ukuthi uke wahlukumezeka.** Bika ngobugebengu obenzeka ku- cyber ukuze izigebengu zivamise, ngaleyondlleta uzoba isakhamuzi esizibophezelayo, nesizoqeda ubugebengu obubi obuyingozi nobuletha ikhontenti enobungozi.
- **Nikezela ngolwazi kuma - website angaba ingozi kuwena nabangani bakho.** Ulwazi lwe- group lungamandla.

### 5.2 Ubugebengu be-cyber

**Khumbula i-** antimalware nesivikeli magciwane kuwumgomu ukuthi ube nakho noma ikanjani. Ngikholwa ukuthi usuyaqonda ukuthi kungenze ka ibe ingozi kangakanani. Izigebengu zizikhola ngabantu abamsulwa, abanganaki nabangazi.. Kunezigebengu eziningi nama- websites amanangi awobugengu aze athi ane Imali enkulu Kanti amanga, ukukuphindela osekushiwo:

Izigebengu ze-cyber zingakushiya ulwazi lwakho nokunakwa egameni lobungani ukuze:

- Bakuhehela kuma- “apps amahhala” nezinto “ozithola mahhala” ukuze bathole Imali noma ulwazi kuwena. Bathi ayiko into yamahhala kumele uhlale usikhumbula mawungena ku- cyberspace.
- Dayisa ulwazi lwakho kulaba abathengisa ngocingo, gcwalisa i- inbox ngolwazi olungabalulekile.
- Sebenzisa ulwazi lwakho kanye nezithombe Kosuke ukupostile ezinkulu zokuxhumana ukulandela wena nababheki bakho.
- Ukukuvhaphaza ukuze ulimale noma ngaphambi kwalokho, ukukusabisa ukuthi sense izinto online ezingalungile.
- Sebenzisa ulwazi ukuzilimaza nokungasebenzisi ama-device.

### 5.3 Ukuphathwa kwama- password

**Isivikelo sakho sokuqala ebugebengweni kumele ipassword kuqala eyaziwa uwe kuphela.** Kuwumqondo omuhle ukuyenza yibe luhkuni futhi ingatholakali kalula. Hlala uxwayile ngomhlabu ngokulandela amathiphu nemithetho ephathelene nama- password. Njengothi ungasebenzisi ipassword efanayo kuwo wonke ama-device.



**Uma abantu beqala ukuganga basebenzisa igama lakho noma ozibiza ngalo mawudlala, usuku okuzalwa negama password elilandelwa izinamba esilandelayo.**



Akumele  
yaziwe omunye  
umuntu  
i- password  
yakho noma  
ngabe umngani  
omkhulu  
kanjani.



## ISETUNGO SOKUQWASHISO NGOKUPHEPHA KWI-CYBER

### Ngiyaqaphela ukuthi....

Nginelungelo ukusebenzisa ama- electronic device ukuzikhulisa ngokwazi.

Ngiyadinga ukwenza ngcono ulwazi lwami ngomhlaba we- digital nabantu abaphila kuwona.

Nginelungelo lokuzivikela mina ebungozini obenziwa ku- cyberspace.

Ngine-digital footprint edinga niyivikele ngaso sonke isikhathi.

### Nokho ngiyaqonda....

Kuyingozi ukwabelana ngokwazi oluyimfhlo nabantu ongabazi.

Nginomthwalo wokuceba okubi nokungalungile kumuntu omdala.

Sebenzisa ama- password angelula, ungawabhali phansi ama- password, ungasebenzisi ipassword efanayo kuwo wonke ama- device.

### Ngakhoke ngizo....

Yiba isakhamuzi esizikhathalelayo, ngizocabanga ngaphambi koku- posta.

Naka imigomo nemithetho yokuphepha ku-cyber ukuze kuphepheke abazali nababheki babantwana.

Khombisa inlonipho kwabanye aba online.

Ngivikela mina nabo abantu engibakhathalelayo ngokuphepha ku- cyberspace.



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<https://www.cybersecurityhub.gov.za/cyberawareness/>  
<http://cyberaware.co.za>



# AMATHIPHU OKUQWASHISA NGOKUPHEPHA KWI-CYBER



## Uhambo oluya ku- cyberspace

### Gcina idigital footprint enesbopho

**Ehlelekile.** – Uhlale wazi ukuthi ulwazi olu – postayo lungahlala unomphelo kwizinkundla zokuxhumana.

**Yazi ngobungozi be-cyber.** - Unelungelo lokuphepha uma u- online kodwa bese ukhumbula ukuziphatha ngendlela.

**Xwaya ngokunikezela ngolwazi lwakho oluyimfihlo.** - Lolo lwazi lwakho lungantshontshwa izigebengu lufhiwe abadayisi.

## Ukuvikelwa kwabantu



**Bika ngokuxhashazwa nge-cyber ungumgilwa gčina ubufakazi.** - Khumbula unamalungelo ngokomthetho wokuxhashazwa sango 2011 e-South Africa. Tshela umuntu omdala omethembayo ungathuli - bika.

**Xwaya ubungozi ngokomzimba nobe- cyber.** - Ngokwazi ngobungozi be-cyber ungazivikela wena nomndeni wakho.

**Khombisa inhlonipho kuwena nabanye abantu.** - Ukuba online akuchazi ukuthi ziphathe kabi.

## Ukuvikela amadevice



**Fundisanani** - nisizane ngokudlulisa ulwazi ngama- apps, izinkundla, i- technology, ngobungozi bayo- njalo xoxani futhi nixhumane.

**Gcina ama - device akho ephephile,** yenza isiqiniseko sokuthi ama- device akho avikelekile nge- password. Yenza isiqiniseko sokuthi ulwazi lwakho oluyimfihlo uyakwazi ukulucisha.

**Zivikele emagciwaneni.** - Avuselele njalo ama- apps iPhone ufake isivikela magciwane esiqinile kuwona wonke ama- device akho.

## Ama- apps okuhlakanipha



**Yazi ngezinkundla zokuxhumana.** - Kunezinkundla eziningi ezizwakala zizinhle noma zizimbi. Khetha ngokucophelela.

**Phepha uma ubrowser ku-website.** - Sebenzisa kuphela iwebsite eqondile futhi yangempela enomlando ophephile uku- browser. Qinisekisa ukuthi kunengidi ekuqaleni mawu- browser.

**Xwaya onke ama- apps nezinkundla zokudlala ongazazi.** - Sebenzisa igama elingalona . Ungalokothi unikezele ngemininingwane yakho yangempela.

## Ulwazi olusemqoka



**Vumela okuphephile uma ubrowser ku- internet.** Zivikele wena kuma websites anobungozi. Buka kuphela ama- website ahambisana ngeminyaka yakho.

**Zama ukuzigcina wazi ngobugebengu bakamuva ku- cyber.** Izigebengu ze-cyber njalo zihlale zimatasa ukuthola izindlela ezintsha nezihlakaniphile zokukuqola.

**Phatha ama-password akho ngendlela** - Ungalokothi ubhale phansi noma usebenzise i-password efanayo kuwo wonke ama-site owavakashelayo noma owasebenzisayo.



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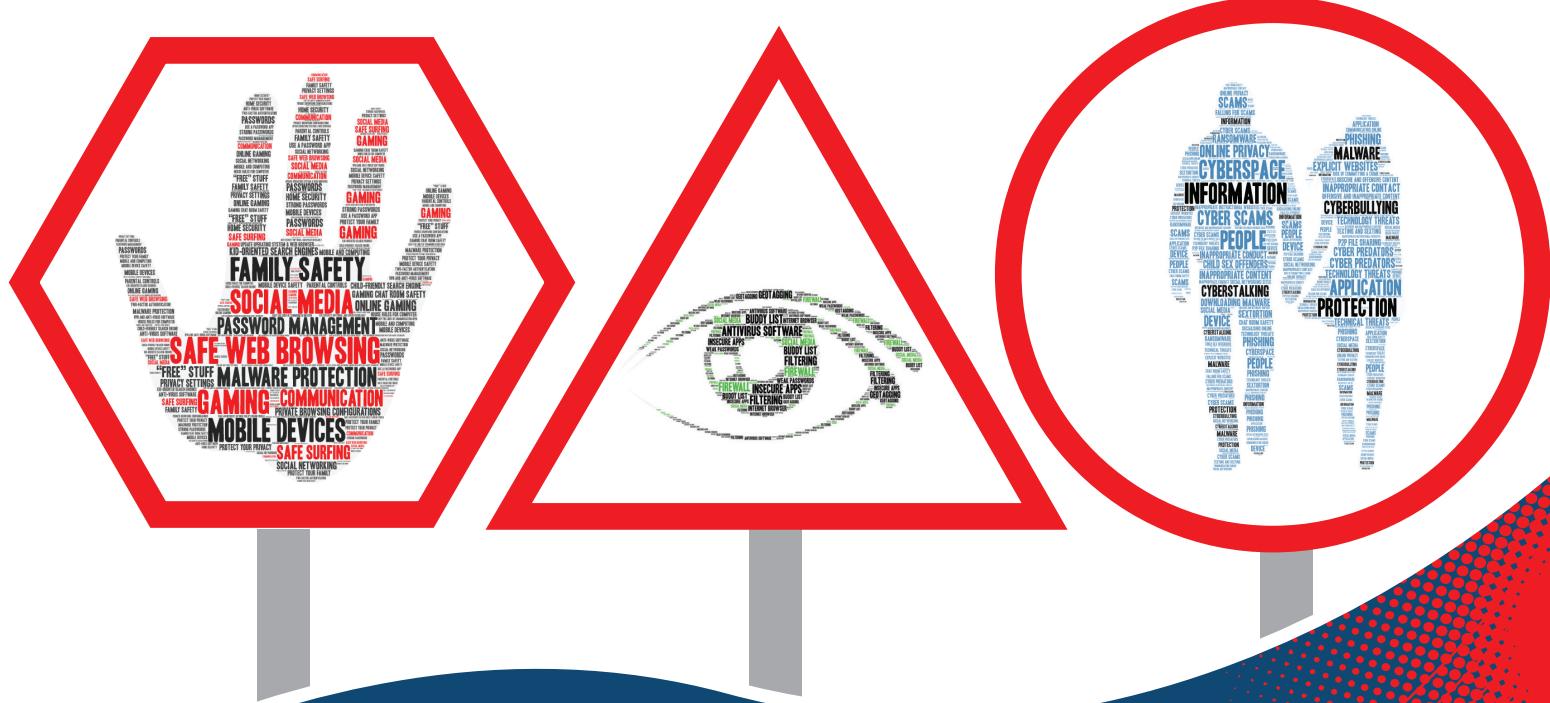


## Notes



## Notes

# QAPHELA! PHEPHA ONLINE



## YIMA

Qaphela ukwamukela  
izimemo  
ezikhu-inthanethi  
nobungani.

## BHEKA

Musa ukufinyelela  
ngamabomu noma wabelane  
ngezixhumanisi kumasayithi  
angafanele, noma  
okuqukethwe ogungafanele.

## DECIDE

Ngeke wazi ubunikazi balabo  
abangaziwa abathumela  
amaDM.  
Uma unenkinga noma  
ukukhathazeka ngesikhathi  
u-online, kumele utshele  
umuntu omethembayo.



## AMAKHADETHI E-CYBER

Siku qondisa kuCyberspace

Ingxene yeCyber Safety Awareness Toolkit yabafundi



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<http://cyberaware.co.za>





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