



Cybersecurity Defined

Cybersecurity

The practice of protecting systems, networks, and data from digital attacks, unauthorized access, damage, or theft. It involves a combination of technologies, processes, and best practices designed to:

- **Prevent** cyber threats (like malware, ransomware, and phishing)
- **Detect** and respond to breaches or suspicious activities
- **Protect** the confidentiality, integrity, and availability of data

Cybersecurity applies to everything from individual devices (like smartphones and laptops) to complex enterprise networks and critical infrastructure (like hospitals or power grids).

Key Areas of Cybersecurity:

- **Network Security:** Securing internal and external networks from intrusions
- **Endpoint Security:** Protecting user devices like computers and mobile phones
- **Application Security:** Securing software and web apps from threats
- **Information Security:** Protecting data from unauthorized access and loss
- **Operational Security:** Managing permissions and procedures around data access
- **Disaster Recovery & Business Continuity:** Preparing for and recovering from cyber incidents

Cybersecurity is essential for individuals, businesses, and governments to safeguard against ever-evolving threats in our digital world.