Week 1
   Introductions, Definitions, Test Your Knowledge, Seniors as Targets, Business breaches and how it impacts you, Steganography, Common hacks, Resources for you to protect yourself

Week 2
   Encryption: how it works, how you can apply it for protection

Week 3
   Social Media: What is all the fuss about?

Week 4
   Common vulnerabilities explained (SQL, MiTM, Malware, Viruses), VPNs, Firewalls

Week 5
   Resources and tools to protect yourself, special tips for Seniors