

1. What are the impacts of cyber attacks?

Cyber attacks can cause **loss of personal data and financial loss** to individuals and organizations. They can also lead to **privacy breaches, damage to reputation, and disruption of important services** such as banking and communication.

2. Define the terms cyber bullying and cybergrooming.

Cyber bullying is the act of harassing, threatening, or humiliating someone using digital devices such as social media, messages, or emails.

Cybergrooming is the process in which an adult builds an online relationship with a child or teenager to gain their trust for harmful or illegal purposes.

3. What are the main causes of increasing cyber crimes in Nepal?

The main causes of increasing cyber crimes in Nepal include **lack of awareness about cyber security, increased use of the internet and social media, weak security systems, and limited strict enforcement of cyber laws.**

4. Mention any four safe browsing techniques.

Four safe browsing techniques are:

1. Use **strong and unique passwords** for online accounts.
2. Avoid clicking on **unknown links or suspicious websites.**
3. Install and regularly update **antivirus software.**
4. Do not share **personal information** on untrusted websites.

5. What is meant by the terms digital citizenship and digital footprint?

Digital citizenship refers to the responsible and safe use of digital technology and the internet.

Digital footprint is the record or trail of data that a person leaves behind while using the internet, such as posts, comments, and browsing history.

6. What are positive online behaviours? List few of them.

Positive online behaviours are actions that show **respect, responsibility, and safety** while using the internet.

Some examples of positive online behaviours are:

- Respecting others' opinions online
- Using polite and kind language
- Protecting personal information
- Reporting harmful or suspicious activities

7. Differentiate between active and passive digital footprint.

Active digital footprint is created when a person **intentionally shares information online**, such as posting photos, comments, or messages.

Passive digital footprint is created when data is **collected automatically without the user's direct action**, such as browsing history or location tracking.

8. How can we reduce digital footprint from the internet?

We can reduce digital footprint by **limiting the amount of personal information shared online**. We should also **delete unused accounts, adjust privacy settings, and avoid posting unnecessary personal details on websites and social media**.