SOLUTION 05 / OVERVIEW

Training Cyber Safety and Human Resilience

Help people recognise risk, respond with confidence and know when to seek support.

Online safety depends on everyday decisions: what to share, which requests to trust and what to do when something feels wrong. Cybareti develops practical learning for workplaces, schools, families and professionals, connecting cyber awareness with safer behaviour and appropriate responses under pressure.

Who this is for

Employees, executives and their support teams; school communities, parents and caregivers; children and teenagers through age-appropriate learning; and professionals developing practical OSINT skills.

When this service helps

Strengthen everyday cyber safety. Build understanding of account security, privacy, social media exposure, scams, impersonation and safe reporting habits.

Support executives and teams. Explore risks linked to visibility, sensitive information, trusted relationships and requests that create urgency or pressure.

Equip school and family communities. Create age-appropriate conversations about online behaviour, boundaries, warning signs and routes to trusted help.

Develop practical investigation skills. Build a structured approach to open-source research, source evaluation and the responsible interpretation of information.

How we approach the work

We begin with the audience and the situations they face. Content, language and exercises are tailored to age, role and experience. Human resilience is addressed through practical judgment, boundaries and help-seeking, with clear routes for concerns that need specialist support.

Learning people can apply to the next message, request, online interaction or research task.

What you receive

A scope shaped around your needs

Audience-specific learning. Agreed objectives and content matched to the participants, their context and the behaviours the organisation or family wants to strengthen.

Relevant examples and practice. Discussion, demonstrations or exercises that help participants recognise risk and rehearse an appropriate response.

Practical takeaways. Agreed learning materials, prompts or action points that participants can revisit after the session.

Follow-up priorities. A discussion of remaining questions and useful next steps. Feedback or learning checks can be included in the agreed programme.

Formats include talks and workshops, one-day social media security or executive programmes, five-day practical OSINT training, and school or family engagements. Content, duration, delivery format and availability are confirmed when scoping.

How to engage

01 Identify the audience. Tell us the age group or roles, group size, current concerns and what you want participants to do differently.

02 Shape the learning. Agree the objectives, topics, delivery setting, participation needs and any supporting materials.

03 Deliver and reinforce. Run the agreed session or programme and identify practical actions that help the learning carry into daily life or work.

Start a conversation

Share your audience, learning priorities, preferred format and timing. We will shape an engagement around the people you want to equip.

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Final scope, deliverables, timing and fees are agreed before work begins.