Cybersecurity for Media Professionals and Journalists Training Course

30 Nov - 04 Dec 2026

Lisbon

4500 € (Per Person)

Ref: #MED8121_193856

Course Introduction / Overview:

In today's hyper-connected world, journalists and media professionals are on the front lines of information, but this also places them on the front lines of digital threats. From state-sponsored surveillance and targeted phishing campaigns to online harassment and the weaponization of disinformation, the risks are multifaceted and constantly evolving. This course is meticulously designed to move beyond generic cybersecurity advice and provide practical, actionable strategies tailored to the unique challenges of the media landscape. As the renowned security technologist Bruce Schneier discusses in his book "Data and Goliath: The Hidden Battles to Collect Your Data and Control Your World," the stakes for data privacy and security have never been higher. This training program, offered by BIG BEN Training Center, equips participants with the essential knowledge and tools to protect themselves, their sources, their data, and their organizations. We will explore the complete lifecycle of journalistic work through a security lens, from secure communication and source protection to verifying information and managing a secure online presence, ensuring you can report the news safely and effectively in a hostile digital environment.

Target Audience / This training course is suitable for:

- Journalists and Reporters.
- Editors and Sub-editors.
- Investigative Journalists.
- Photojournalists and Videographers.
- Foreign Correspondents.
- Freelance Writers and Bloggers.
- Media Managers and Newsroom Leaders.
- Communications and Public Relations Professionals.
- Media Students and Researchers.

Target Sectors and Industries:

- News and Media Organizations.
- Publishing Houses.
- Broadcasting (Television and Radio).
- Digital Media and Online Publications.
- Public Relations and Corporate Communications Firms.
- Non-Governmental Organizations (NGOs) with media outreach.
- Governmental and Public Sector Media Departments.
- Freelance Journalism and Content Creation.

Target Organizations Departments:

- Newsrooms.
- Editorial and Content Departments.
- Investigative Reporting Units.
- Digital Media and Social Media Teams.
- Communications and Public Relations.
- Field Reporting and Foreign Bureaus.
- IT and Technical Support for Media.
- Legal and Compliance Departments.

Course Offerings:

By the end of this course, the participants will have able to:

- Identify and analyze the specific cyber threats facing journalists and media organizations.
- Develop and implement a personal and organizational threat model.
- Secure digital communications using end-to-end encryption and other secure messaging practices.
- Harden personal devices, including laptops and smartphones, against unauthorized access.
- Protect the anonymity and safety of sources using advanced tools and techniques.
- Manage and minimize their digital footprint to reduce their attack surface.
- Detect and counter phishing, malware, and sophisticated social engineering attacks.
- Securely store, transfer, and delete sensitive journalistic data.
- Navigate social media platforms safely and combat online harassment.
- Differentiate between misinformation, disinformation, and malinformation and understand their cyber components.
- Formulate a basic incident response plan for a digital security breach.

Course Methodology:

The training methodology at BIG BEN Training Center is grounded in adult learning principles, emphasizing practical application and interactive engagement. This course avoids a purely lecture-based format, instead fostering a dynamic learning environment where participants can actively build their security skills. The program is built upon a foundation of real-world case studies, analyzing actual cyberattacks on journalists and newsrooms to draw out tangible lessons. Participants will engage in hands-on workshops, learning to configure and use essential security tools like VPNs, encrypted messaging apps, and password managers. Interactive group discussions will explore the complex ethical dilemmas at the intersection of journalism and cybersecurity, such as the balance between source protection and legal obligations. Practical simulations will challenge participants to apply their knowledge in realistic scenarios, such as responding to a suspected phishing attempt or securely receiving a leak. Continuous feedback from the instructor and peer-to-peer learning are integral components, ensuring that every participant leaves with the confidence and competence to implement a robust security posture in their daily work.

Course Agenda (Course Units):

Unit One: The Digital Threat Landscape for Modern Journalism

- Introduction to cybersecurity concepts for media professionals.
- Understanding the adversary: who targets journalists and why.
- Common attack vectors: phishing, malware, and social engineering.
- Case studies of cyberattacks on news organizations and reporters.
- Introduction to threat modeling: identifying your unique risks.
- The legal and ethical framework of digital security in journalism.
- Developing a foundational security mindset for daily operations.

Unit Two: Securing Communications and Digital Devices

- Principles of encryption and its role in protecting information.
- Securing email with PGP and other encryption methods.
- Using secure messaging applications for confidential conversations.
- Hardening your computer: operating system and software security.
- Mobile device security for iOS and Android.
- Safe browsing practices: recognizing and avoiding malicious websites.
- Understanding and mitigating the risks of public Wi-Fi networks.

Unit Three: Protecting Sources, Data, and Anonymity

- The critical importance of source protection in the digital age.
- Techniques for anonymous browsing using Tor and VPNs.
- Understanding and cleaning metadata from files and photos.
- Secure data storage: encryption for data at rest.
- Best practices for secure file sharing and collaboration.
- The art of secure data deletion and hardware disposal.
- Protecting whistleblowers and handling sensitive leaks securely.

Unit Four: Navigating Social Media and Online Harassment

- Securing your social media accounts against hijacking.
- Managing your digital footprint and online identity.
- Strategies for dealing with online harassment, doxing, and trolling.
- Identifying and analyzing misinformation and disinformation campaigns.
- Tools and techniques for digital source and content verification.
- Building digital resilience and psychological self-care.
- Ethical considerations for using social media in reporting.

Unit Five: Incident Response and Advanced Security Planning

- Recognizing the signs of a digital security compromise.
- Steps to take during and after a security breach.
- Introduction to digital forensics for journalists.
- Creating a personalized digital security plan.
- Securely working and traveling in high-risk environments.
- Building a culture of security within a newsroom.
- Future trends in cybersecurity and their impact on journalism.

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

In an era of state-sponsored surveillance and sophisticated disinformation, where does a journalist's responsibility for digital security end and the media organizations begin?

What unique qualities does this course offer compared to other courses?

This course distinguishes itself by moving beyond the theoretical to address the specific, high-stakes reality of modern journalism. Unlike generic IT security training, every module is framed within the context of the journalistic workflow, from initial research to publication and source management. We focus on building a sustainable "security mindset" rather than simply providing a checklist of tools, empowering participants to critically assess threats and make informed decisions in dynamic situations. The curriculum places a strong emphasis on practical, often low-cost, solutions that can be implemented immediately by freelance journalists and large newsrooms alike. Furthermore, the course directly confronts the human element of digital threats, dedicating significant time to managing online harassment and the psychological toll it takes, as well as the critical skill of identifying and debunking sophisticated disinformation campaigns. It is this holistic approach, blending technical skills with ethical considerations and psychological resilience, that provides a uniquely comprehensive and practical defense for media professionals operating on the digital front line.