



DHAC Course Outline

Digital Hygiene and Awareness Course

Main site: <https://graphenegoat.com/>

Schedule:

0830-1730, Fri, 18 October (Day 1)

0830-1730, Sat, 19 October (Day 2)** ***(Times are flexible as needed)*

0830-1600, Sun, 20 October (Day 3)**

Day 1: Introduction to Privacy and Security, Cell phone technology, GrapheneOS custom Android phones, Essential Tools for Privacy and Security Online (Password Managers and 2FA, Privacy Credit Cards, VPN's, Encrypted Email and Messenger Apps, Data Storage and Encryption, US Spy Programs, Big Tech data collection practices and mitigation)

Day 2: Introduction to Linux computers, Free and Open Source Software, Strategies for Privacy Online, Routers and Firewalls ([Alternatives to YouTube, Adobe, MS Office 365], Privacy Browsers, Travel Routers and Home Firewalls, Email Strategies, Credit Freezes, Online Data Removal)

Day 3: Installation of GrapheneOS and common Apps, Installation of Linux and initial configuration for maximum security, Additional Free and Open Source Software applications, Virtual Machines, Custom Linux Distributions, Q&A Session

Course Venue:

Location: **The Health Factory, 2904 Alcoa Hwy, Knoxville, TN**

We recommend bringing your lunch for your 1 hour lunch break each day.

What to bring? What to Expect?

You don't really need to bring anything other than plenty of caffeine to stay alert, as we will be covering a lot of ground. While many of the topics we discuss will be very technical, we break everything down into manageable bite sized chunks. Also provided is the website to serve as a catch all for anything you missed during the course, with links to everything discussed during training, at your fingertips to use later as you deploy your own privacy and security tools in your life.

We will be demonstrating and teaching Linux Operating Systems during the course; if you have an **old laptop** or **desktop** computer laying around that you would like to have Linux installed on, please bring it with you and we will get you set up during **Day 3 Hands-on-Training/Demo**.

Contact Information before and during the course:

Instructor: Aaron Amick

(253)-905-9211

dhac@graphenegoat.com

For any questions, comments or feedback, please reach out to us at: dhac@graphenegoat.com

Digital Hygiene & Awareness Course

"Saying that your privacy doesn't matter because you have nothing to hide, is like saying that your freedom of speech doesn't matter because you have nothing to say." - Snowden quote

Learn How To:

End digital oppression & escape the digital gulag by *understanding* the modern digital landscape. *Mitigate threats* from hackers, abusive tech oligarchs and governments working in tandem to exploit you by stealing your valuable data

No pre-requisites necessary to take this information dense, value packed course

Course Value & Special Savings

Tuition: Only \$500 for 3-day training course for the normal price of our 2-day course

Course Materials: 90 page Privacy and Information Toolkit (free)
34 page Digital Privacy Quick Start Guide (free)
Bonus Materials: Digital Hygiene & Awareness Course Video on Demand (\$120 value)
Assess to Student Login Page (ongoing updates for life)
Pre-loaded Ventoy / Linux USB drive (\$40 value)
Day 3: Personal Lap top/desk top Linux conversion, \$200 value
Free Consultation, post training (\$100 per hour value)

Family Plan Bonus: Tuition for each additional family member: \$500 for individual, \$100/per additional family member for a huge savings to receive training as a family unit for low cost

Kick-Start your digital privacy and security

Harden your digital life now

Life changing knowledge for a better future

Class size is limited. Secure your spot - REGISTER TODAY!

GrapheneGoat.com/Courses

"Of all tyrannies, a tyranny sincerely exercised for the good of its victims may be the most oppressive. It would be better to live under robber barons than under omnipotent moral busybodies. The robber baron's cruelty may sometimes sleep, his cupidity may at some point be satiated; but those who torment us for our own good will torment us without end for they do so with the approval of their own conscience."

-C.S. Lewis