



SMARTSEC
ACADEMY

Senior Online Safety

Programme Overview

[Free public-interest video series | Programme summary | 2026](#)

A calm, behaviour-focused public-interest resource for helping older adults recognise scams, pressure, impersonation, urgency, and emotional manipulation.

SmartSec Academy | smartsecacademy.com | 2026

Programme Overview

Senior Online Safety is a free public-interest video series created by SmartSec Academy to help older adults recognise common online scams and respond more calmly to manipulation.

The programme focuses on behavioural awareness rather than technical instruction. It helps viewers understand how pressure, authority, urgency, fear, trust, and emotional pressure influence real-world decisions.

The series is structured, accessible, and intentionally non-commercial. It is available without registration, payment, or tracking, making it suitable for broad public-interest sharing and institutional use.

Programme focus	Designed for sharing
Strengthen judgement and confidence in online environments by explaining how manipulation works at a human level.	Suitable for councils, libraries, banks, charities, community organisations, and other institutions supporting older adults.

Episode Structure

Episode	Focus
1. How Modern Scams Really Work	Shows that scams succeed by creating pressure rather than by exploiting carelessness alone.
2. Impersonation and Fake Authority	Explains how criminals imitate trusted institutions, organisations, and officials to gain compliance.
3. Urgency Messages: Email, SMS and WhatsApp	Shows how urgent messages remove thinking time and encourage rushed reactions.
4. Emotional Manipulation: Fear, Helpfulness and Trust	Explores how emotional triggers can override judgement and influence behaviour.
5. Romance and Long-Term Trust Scams	Examines slow-building scams that depend on relationship, familiarity, and trust over time.
6. When Something Feels Wrong	Gives calm guidance on how to pause, disengage, and create distance when pressure is present.
Final Wrap. The Three Protective Habits	Closes with three practical habits: pause, separate, and verify.

Core Protective Behaviours

The programme concludes with three simple protective behaviours designed for everyday use.

Pause	Separate	Verify
Create space before responding. A short pause can interrupt urgency and reduce pressure.	Step back from emotional pressure. Move away from the message, call, or screen before acting.	Confirm information using an independent source, not the contact details provided in the suspicious message.

Public-Interest Positioning

Senior Online Safety avoids alarmist language and technical complexity. It provides calm, respectful guidance that supports clarity, resilience, and safer decision-making.

The resource is intentionally non-commercial and designed for responsible sharing by organisations that support older adults through education and awareness.

Disclaimer

This resource is provided for general awareness and educational purposes only. SmartSec Academy does not provide legal, financial, or technical advice, and appropriate professional guidance should be sought where required.