

CYBER LAWS IN ZAMBIA

Zambia's cyber laws protect citizens, children, and systems but also set rules for online behavior.

Cyber Security Act (2025):

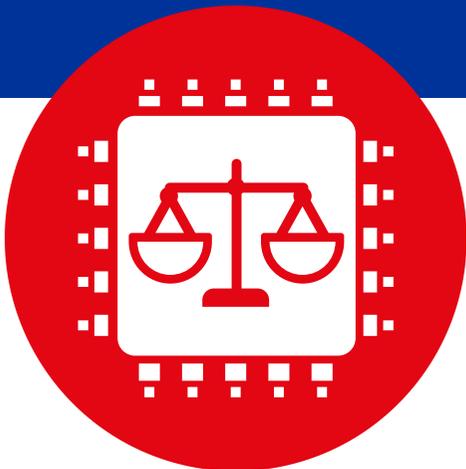
- Protects critical systems like banks & networks.
- Allows online monitoring with a court warrant.
- A **Cyber Incident Team** handles hacking & fraud.

Cyber Crimes Act (2025):

- Harassment = fines or 2 years jail.
- Spreading fake info = up to 7 years jail.
- Child exploitation = 15–25 years or life.
- Identity theft/hacking = up to 10 years.

1. Always ask for a warrant if someone requests to check your device.
2. Report scams/hacks to Police or ZICTA: Dial 7070 or *707#, Email info@zicta.zm

Think before you post, the internet never forgets.



USING SOCIAL MEDIA FOR GOOD

- Share true, helpful and relevant information.
- Raise awareness and start positive conversations.
- Use clear, friendly language - no insults or hate.
- Always fact-check before you hit **"share"**.

Creating Great Content

- Report from your community! Be right there and let others share in the experience.
- Talk to interesting people about interesting topics.
- Be an eyewitness and report truthfully and impartially on what is happening.
- Distinguish opinion from fact.
- Use photos and videos where pictures say more than words.
- Make sure the sound is good in your videos.
- Show faces, emotions, action in photos.



For more information, visit:
fpi-zambia.org/MIL



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MEDIA & INFORMATION LITERACY GUIDE

Think Smart. Verify. Stay Safe.

Learn how to:

- Spot fake news
- Stay safe online
- Handle cyberbullying
- Use media responsibly



WHAT IS MEDIA & INFORMATION LITERACY?

Media Literacy means knowing how to:

- Understand what you see, read, and hear.
- Check if it's true.
- Decide what is good to share.
- Protect yourself from harm.

HOW TO BE MEDIA LITERATE

Media and information literacy helps you understand what's true and what's not, so you can make better decisions.

- **Be Critical:** Ask: Who created this? Why? What do they want me to believe or do?
- **Verify:** Check if other trusted sources (news, radio, or government sites) say the same thing.
- **Recognize Bias:** Sometimes a story shows only one side. Try to see the full picture.
- **Evaluate Sources:** Look for trusted sources, organizations, experts, or media that are known and verified.
- **Act Responsibly:** Before you share, ask: Is this true, kind, and useful? If not, don't share.

Remember: The truth is powerful. Share it wisely.



HOW TO SPOT & DEBUNK FAKE NEWS

Fake news means false or misleading stories made to trick, confuse, or cause harm.

How to Debunk:

- If it feels too good or too weird to be true, doubt it.
- Be aware that videos, photos can be AI generated.
- Check whether others report the same.
- Validate photos with Google Images/TinEye.
- Look for credible sources of information, avoid gossip.
- Don't trust sources you don't know.
- Find out who is behind a news source (e.g. imprint).



STAYING SAFE ONLINE

Being online is like being in a big marketplace, very exciting, but full of risks. Stay safe by locking your **“digital doors.”**

Safe Passwords

- Combine upper + lower case letters + numbers + special characters (!, %, \$, ?, #, etc.).
- 12 - 14 characters.
- Avoid words, dates, names, simple patterns (“1234”).
- Don't use the same password for multiple accounts.
- Find a system to remember your passwords.
- Use a Password Manager.
- Use 2-factor-authentication.

Extra Login Protection

Turn on **Two-Factor Authentication (2FA)**, this sends a code to your phone or email each time you log in. So even if someone steals your password, they can't get in.

Preventing Data Theft

- **Check** website **address** before logging in.
- Be sure to log out when done.
- **Secure** your phone with a code.
- **Think** twice before **downloading** unknown apps.

More tips:

<https://fpi-zambia.org/2026/01/09/media-and-information-literacy-project-zambia-free-press-initiative-fpi/>

DEALING WITH CYBERBULLYING

Bullying online hurts just like in real life. It can happen to anyone.

- Don't respond – block bullies.
- Talk to someone you trust.
- Record screenshots, audio, video and report to Police/ZICTA.
- Be careful yourself not to harm others.
- Beware of signs that someone has been victimized: social withdrawal, changes of mood, nervous reaction to messages.

Talk, don't hide. You're not alone

