



CYBER SECURITY

Please note, this is a sensitive topic that impacts many people. If you find that this has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team at safeguarding@qa.com





What is Cyber security ?

Cyber security is how individuals and organisations reduce the risk of cyber-attack. Cyber security's core function is to protect the devices we all use (smartphones, laptops, tablets and computers), and the services we access - both online and at work - from theft or damage. It's also about preventing unauthorised access to the vast amounts of personal information we store on these devices, and online. [What is cyber security? - NCSC.GOV.UK](https://www.ncsc.gov.uk/what-is-cyber-security)

Cyber Aware and staying secure online

From banking to shopping, and streaming to social media, people are spending more time than ever online. Cyber Aware is the government's advice on how to stay secure online.

Phishing: Spot and report scam emails, texts, websites and calls

Scammers try to quickly gain your trust. They aim to pressure you into acting without thinking. If a message or call makes you suspicious, stop and consider the language it uses. Scams often feature one or more of these tell-tale signs.

Authority Is the message claiming to be from someone official? For example, your bank, doctor, a solicitor, or a government department.

Criminals often pretend to be important people or organisations to trick you into doing what they want.

Urgency Are you told you have a limited time to respond (such as 'within 24 hours' or 'immediately')? Criminals often threaten you with fines or other negative consequences.

Emotion Does the message make you panic, fearful, hopeful or curious? Criminals often use

threatening language, make false claims of support, or tease you into wanting to find out more.

Scarcity Is the message offering something in short supply, like concert tickets, money or a cure for medical conditions? Fear of missing out on a good deal or opportunity can make you respond quickly.

Current events Are you expecting to see a message like this? Criminals often exploit current news stories, big events or specific times of year (like tax reporting) to make their scam seem more relevant to you.

Activity - Visit this link [Visit Cyber Aware](#) to access Cyber Aware and learn more about staying secure online and to receive your free Cyber Action Plan that is based on questions you answer which then personalises recommendations on how you can stay safe online.



Questions to consider:

- Think about your prior knowledge around this topic and what you have learnt from accessing this resource.
- How do you feel about the risks that people are exposed to online especially the vulnerable?
- Is there anything you can suggest that would help keep people safer online?



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