

# Quick guide to cyber security



Cyber security is the way we reduce the risk of becoming a victim of cyber crime. Cyber crime is criminal activity that either targets or uses digital technology, like a computer, a computer network or a mobile device, in order to steal money or information to sell on.

## 6 Cyber Aware Tips?

### 1. Protect your email account with a separate password

Your email account contains lots of information about you and is the gateway to all your other online accounts. If someone gets into your email, they could potentially reset the password on all your online accounts. That's why it's important to keep it secure by protecting it with a strong password that is different to all your others.

### 2. Create a strong password using three random words

The longer and more unusual your password is, the stronger it becomes and the harder it is for a criminal to hack or guess. The best way to make your password hard to hack is by using a sequence of three random – but memorable words.

### 3. Save your passwords in your browser

You should avoid using the same password for different websites and do this by finding a way to remember passwords that works for you. Saving your passwords in your browser is a great way to do this. Remember - the big technology companies have invested a lot of time and money in the security of their browsers, to make this safe for you to do.

### 4. Two factor authentication (2FA)

For an added layer of security turn on two factor authentication. This is a free security feature that's available on many popular services and helps to prevent criminals accessing your accounts even if they have your password. Once you have entered your password, you are also sent a text or code to enter which completes the log in.

### 5. Update your devices

Make sure your devices – your laptop, phone, tablet, games console, smart speaker - have the most up to date software and apps. Check regularly for updates on your devices and apps or set them to automatically update.

### 6. Turn on automatic backup

If you turn on automatic backup on your device, if your phone, tablet or laptop is hacked or you lose it, you can recover quickly from your backup.

For more information visit

The National Cyber Security Centre's Cyber Aware website –  
[www.ncsc.gov.uk/cyberaware/home](http://www.ncsc.gov.uk/cyberaware/home)

[www.thinkuknow.co.uk/parents/articles/parents-guide-to-cyber-security](http://www.thinkuknow.co.uk/parents/articles/parents-guide-to-cyber-security)