



Five forces, one team

Six Actions to Improve Your Cyber Security

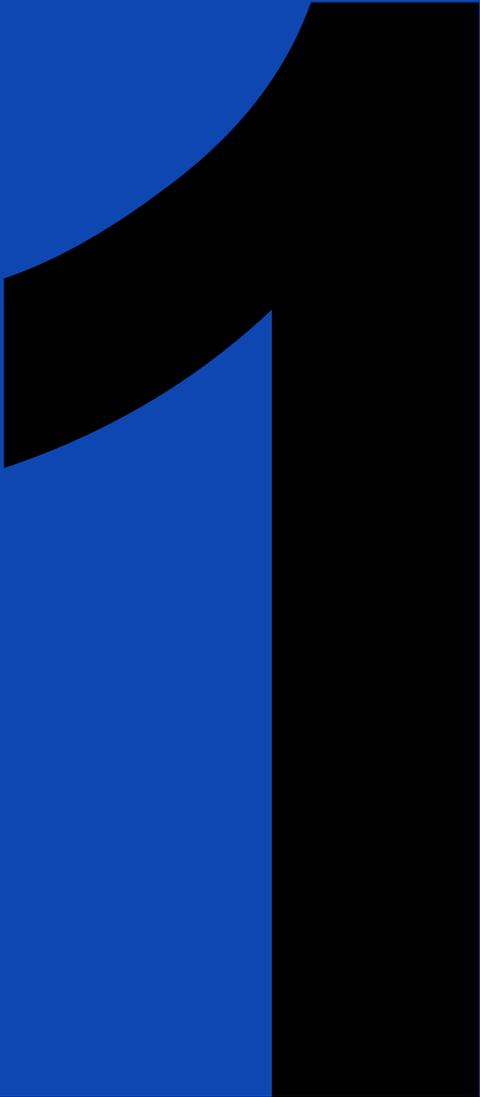


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#1 Create a separate
password for your email



Create a separate password for your email

Your personal email is the **gateway** to your other online accounts.

If your email account is hacked, not only will cyber criminals have access to important information about you, but all your other passwords can be reset.

Use a strong password – different to all your others.





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#2 Create a strong password using ThreeRandomWords

Create a strong password using three random words

Weak passwords can be hacked in seconds.

Make your password long, strong and difficult to hack by using a sequence of three random words you'll remember.

EXAMPLE: **WaterPhilosophyZebra**

You can make it even stronger with special characters.

EXAMPLE: **Water!PhilosophyZebra\$**





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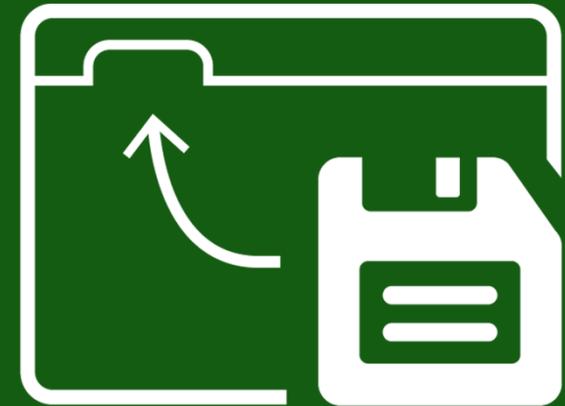
#3 Save your passwords
in your browser

Save your passwords in your browser

Using the same password for all your accounts makes you vulnerable - if that one password is stolen all your accounts can be accessed.

It's good practice to use different passwords for the accounts you care most about, but remembering lots of passwords can be difficult.

Saving to your browser is quick, convenient and safer than re-using the same password.





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#4 Turn on two-factor authentication (2FA)

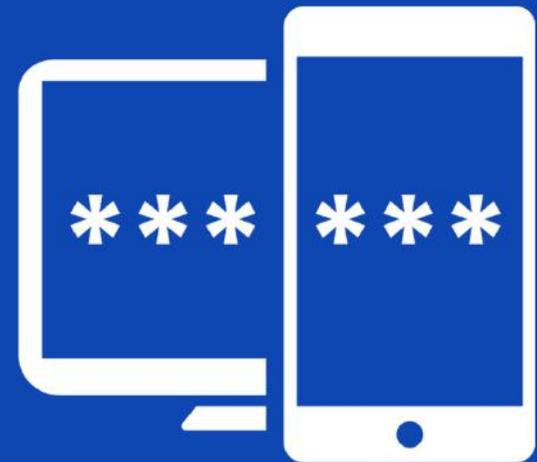
Turn on two-factor authentication (2FA)

2FA is a free security feature that asks you to provide a second piece of information to check you are who you say you are.

EXAMPLE: getting a text or code when you log in.

This extra layer of protection stops cyber criminals getting into your accounts – even if they have your password.

If the online services and apps you use offer it, turn it on.





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#5 Update your devices |

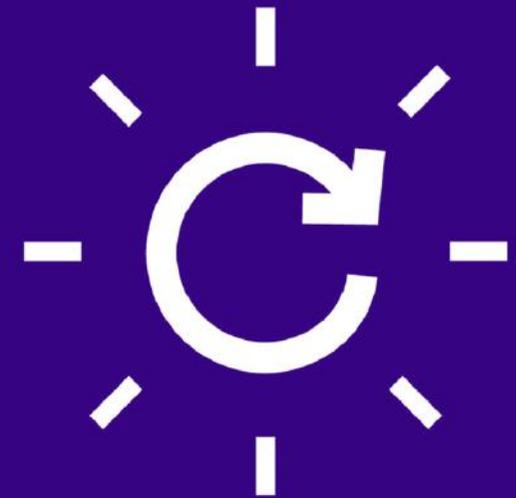
Update your devices

Cyber criminals exploit weaknesses in software and apps to access your personal data. Providers continually work to fix these weaknesses, by releasing regular updates.

Using the latest versions of software, apps and operating system immediately improves your security.

Update regularly, or **set your phone or tablet to automatically update.**

That way you don't have to think about it.





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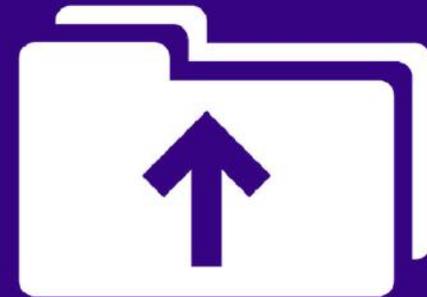
#6 Turn on Backup |

Turn on Backup

If your phone, tablet or laptop is hacked, your sensitive personal data could be lost, damaged or stolen.

Keep a copy of all your important information by backing it up.

You can back up all your data or only information that is important to you.



Phishing Scams

Reporting suspicious messages



If you are suspicious of an email, report it by forwarding it to:
report@phishing.gov.uk

If you are suspicious of a text, report it by forwarding it to:
7726

You'll be helping protect others from being scammed.

Where to get help



If you think you've been the victim of fraud or cyber crime, you should:

Report it to **Action Fraud** via **www.actionfraud.police.uk**
or by calling **0300 123 2040**

If you've been tricked into providing your banking details, you should **contact your bank and let them know.**

You can also get further advice and support from Citizens Advice's Scams Action service, visit **www.citizensadvice.org.uk**





**EAST
MIDLANDS**
CYBER SECURE

This website has been created by the East Midlands Cyber Protect Network.

This network consists of police officers and staff from the five forces in the region whose goal is to help protect individuals and organisations from the adverse effects of cybercrime.

FIVE FORCES. ONE TEAM.

CYBER SECURITY SUPPORT

Visit eastmidlandscybersecure.co.uk



Five forces, one team



Doing more online?

Visit cyberaware.gov.uk to
create your own Cyber
Action Plan.



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