

# Know how to stay safe!

View the videos below for more information



Cyber Griffin – working from home series (but relevant to anyone using computers) – these are a person talking through the different areas and providing guidance

|   |   |   |   |
|---|---|---|---|
| 1 | Cyber Griffin Guides: Phishing                    | <a href="#">Cyber Griffin Guides: Phishing - YouTube</a>                    | In this video you will learn what a phishing email is and how to spot the most recent types that cyber criminals are using.   |
| 2 | Cyber Griffin Guides: Vishing                     | <a href="#">Cyber Griffin Guides: Vishing - YouTube</a>                     | In this video you will learn what a vishing call is and how to spot one.  |
| 3 | Cyber Griffin Guides: Multi Factor Authentication | <a href="#">Cyber Griffin Guides: Multi Factor Authentication - YouTube</a> | In this video you will learn what Multi Factor Authentication is and how it is vitally important to use it to secure your online accounts.                                    |
| 4 | Cyber Griffin Guides: Passwords                   | <a href="#">Cyber Griffin Guides: Passwords - YouTube</a>                   | In this video you will learn how to create stronger passwords to protect your online accounts.  |
| 5 | Cyber Griffin Guides: Updates & Anti-Virus        | <a href="#">Cyber Griffin Guides: Updates &amp; Anti-Virus - YouTube</a>    | In this video you will learn how to keep your devices and apps up to date and why it is important. You will also learn about Anti-Virus and how to make sure it is turned on. |
| 6 | Cyber Griffin Guides: Social Engineering          | <a href="#">Cyber Griffin Guides: Social Engineering - YouTube</a>          | In this video you will learn what social engineering is and how to spot someone trying to engineer you.   |

# Know how to stay safe!

View the videos below for more information



Met Police – These are short animations with audio talk through

|   |  |  |   |
|---|--|--|---|
| 1 | The Little Guide to your Online Identity                     | <a href="#">The Little Guide to your Online Identity - YouTube</a>     | Stop thieves stealing from you - update privacy settings on all social media accounts and only let people you're connected to, see your pages.  |
| 2 | The Little Guide to Phishing                                 | <a href="#">The Little Guide to Phishing - YouTube</a>                 | Phishing emails are designed to steal from you by installing malicious software on your computer. Don't click on links from suspicious sources.   |
| 3 | The Little Guide to Safe Wi-Fi                               | <a href="#">The Little Guide to Safe Wi-Fi - YouTube</a>               | Don't do banking, online shopping or anything that requires you to enter login details while using public Wi-Fi.  |
| 4 | The Little Guide to Computer Updates                         | <a href="#">The Little Guide to Computer Updates - YouTube</a>         | Updates are vital in protecting your computer and your identity from cybercriminals. For more information and advice visit: <a href="https://www.met.police.uk/fraud">https://www.met.police.uk/fraud</a> |
| 5 | The Little Guide to Avoiding Computer Software Service Fraud | <a href="#">Computer software service fraud - YouTube</a>              | Computer Software Service Fraud affects thousands of people each year... and it's really quite simple to avoid. Watch this video to find out how, and be safer from the fraudsters.                       |
| 6 | The Little Guide to Avoiding Impersonation Fraud             | <a href="#">Little Guide to Avoiding Impersonation Fraud - YouTube</a> | How to spot, and avoid criminals trying to steal your money through impersonation fraud.  |
| 7 | The Little Guide to Avoiding Payment Fraud                   | <a href="#">Payment fraud - YouTube</a>                                | Payment fraud costs UK business millions a year. But with a few simple steps, you can make you, and your business, a lot safer!   |
| 8 | The Little Guide to Avoiding Romance Fraud                   | <a href="#">Romance fraud - YouTube</a>                                | Hundreds of people looking for love lose thousands each year. This video will help you stay safe whilst online dating.  |
| 9 | The Little Guide to Safer Online Shopping                    | <a href="#">Online shopping - YouTube</a>                              | Online shopping fraud impacts thousands of people a year. Follow these simple guidelines to be much safer shopping online.  |

For any queries, please contact **01603 787111** or [engage@ageuknorfolk.org.uk](mailto:engage@ageuknorfolk.org.uk)

# Know how to stay safe!

View the videos below for more information



Met Police – Bitesize series - These are link the above animations but are short and quicker – they are also COVID related.

|   |                                  |   |  |
|---|----------------------------------|---|--|
| 1 | The Mini Guide to Test and Trace | <a href="#">TestAndTrace.mp4 on Vimeo</a> | As part of the fight against Covid, Test and Trace was set up. Unfortunately, criminals will exploit new initiatives to defraud innocent people, so it is important to be aware of what to look out for.                           |
| 2 | The Mini Guide to Phishing       | <a href="#">Phishing on Vimeo</a>         | The Covid-19 epidemic means we are all using emails more than ever. Unfortunately, criminals like to send fact or spook emails where they pretend to be anyone and some of them look pretty professional.                          |
| 3 | The Mini Guide to Vishing        | <a href="#">Vishing on Vimeo</a>          | Now we are all keeping safe at home a lot of our communication is via emails and phone calls. Criminals however are very good at trying to fool us over the phone, they try on all sorts of disguises. Tax office, Bank Staff etc. |
| 4 | The Mini Guide to Ransomware     | <a href="#">Ransomware on Vimeo</a>       | Criminals are exploiting the Covid-19 situation. One way is through Ransomware. Ransomware is a type of virus that infects your system and locks it up, often demanding payments to release all your data.                         |

# Know how to stay safe!

View the videos below for more information



## Staffordshire Police: Inputs with sign language

|   |                                  |  |   |
|---|----------------------------------|--|---|
| 1 | Cyber Aware – Phishing emails    | <a href="#">BSL Phishing on Vimeo</a>    | This video is presented in British sign language. Phishing means suspicious emails. Suspicious emails usually include an attachment and are sent by criminals.  |
| 2 | Cyber Aware – Cyber Aware Advice | <a href="#">BSL Cyber Aware on Vimeo</a> | This video is presented in British sign language. Some information on the Government programme about Cyber Aware which includes advice on online security.  |
| 3 | Cyber Aware – Smishing           | <a href="#">BSL Smishing on Vimeo</a>    | This video is presented in British sign language. Fraudulent texts are sent from organisations who purport to be from banks and HMRC, they usually include either a link and ask e.g. ask your personal information or an offer e.g. money or refund. |

## Reporting suspicious emails / texts

|   |   |   |  |
|---|---|---|--|
| 1 | Spotted a Suspicious Email? - What to do with phishing emails | <a href="#">Spotted a Suspicious Email? What to do with phishing emails.. - YouTube</a> | Many of us are spending more time online. Keep yourself and your family secure by following our top tips and advice. |
|---|---|---|--|

The below hasn't been created by law enforcement or a partner agency. This has been highlighted as a useful video for further explaining topics.

|   |  |   |  |
|---|--|---|--|
| 1 | Fraud and Scams – Know the Warning Signs | <a href="#">Spot the warning signs of fraud and scams - Operation Signature - YouTube</a> | Depicts an elderly woman in her home in receipt of the many types of conventional fraud and phishing – highlighting her vulnerability. A fake police phone call discussing bank details and 'suspicious activity' on her account is shown. |
|---|--|---|--|