





**Scottish Government's Cyber Resilience Unit Suggested Social Media Posts**  
**June –August 2019**

The following messages are to be used on your social media channels to promote cyber security key messages. Please feel free to edit these messages so that they are tailored to your audience.

Date	Message	Picture
June		
w/c 3 June	<p>If you become a victim of cybercrime, you can report this to @policescotland by visiting a station or calling 101 (non-emergency).</p> <p><a href="https://www.scotland.police.uk/contact-us/report-cybercrime">https://www.scotland.police.uk/contact-us/report-cybercrime</a></p> <p>#report #CyberAwareScotland @CyberResScot</p>	 <a href="https://unsplash.com/photos/gyslVZcsNK4">https://unsplash.com/photos/gyslVZcsNK4</a>

	<p>Thinking of booking a holiday this summer?</p> <p>Make sure to do your research online before booking with your chosen travel company. Make sure they are a member of a recognised travel authority which offers financial protection.</p> <p><a href="https://www.getsafeonline.org/protecting-yourself/holiday-and-travel-booking/">https://www.getsafeonline.org/protecting-yourself/holiday-and-travel-booking/</a></p> <p>#CyberAwareScotland @CyberResScot</p>	 <p><a href="https://unsplash.com/photos/83zRhEhFMfo">https://unsplash.com/photos/83zRhEhFMfo</a></p>
w/c 10 June	<p>If you spot a phishing email in your work email, report this to your IT staff. They can help make sure other staff know what to look out for.</p> <p>Can you spot a real email from a scam? Try this out. <a href="https://www.cpni.gov.uk/system/files/documents/29/97/quiz.pdf">https://www.cpni.gov.uk/system/files/documents/29/97/quiz.pdf</a></p> <p>#report #CyberAwareScotland @CyberResScot</p>	 <p><a href="https://pxhere.com/en/photo/1449185">https://pxhere.com/en/photo/1449185</a></p>
w/c 17 June	<p>Check out @NCSC top cyber tips for staying safe online.</p> <p><a href="https://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online">https://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online</a></p> <p>#CyberAwareScotland @CyberResScot</p>	 <p><a href="https://pxhere.com/en/photo/910704">https://pxhere.com/en/photo/910704</a></p>

w/c 24  
June

Don't make it easy for cyber criminals. Choose a strong password made up of 3 random words.

<https://www.cyberaware.gov.uk/passwords>

#3randomwords #CyberAwareScotland  
@CyberResScot



<https://images.app.goo.gl/TqA46oSdgLhr5BNB6>

## July

w/c 1  
July

Do you really know everybody on your 'friends' list? Go through your friends lists and delete those you don't know.

<https://www.getsafeonline.org/safeguarding-children/your-child-and-social-networking/>

#CyberAwareScotland  
@CyberResScot



<https://images.app.goo.gl/WFoCC8K12nQ7s5r99>



Have you thought about keeping yourself protected online while you're on holiday?



Check out this blog with some great advice to help keep you safe. <https://www.getsafeonline.org/blog/safe-and-secure-online-on-holiday/>

#CyberAwareScotland @CyberResScot



[https://unsplash.com/photos/2E\\_7nQ3Jdg4](https://unsplash.com/photos/2E_7nQ3Jdg4)

w/c 8 July	<p>Use parental control software and apps on computers, mobile devices and games consoles, privacy features on social networking sites, and the safety options on search engines.</p> <p><a href="https://www.getsafeonline.org/safeguarding-children/">https://www.getsafeonline.org/safeguarding-children/</a></p> <p>#CyberAwareScotland @CyberResScot</p>	 <p><a href="https://pxhere.com/en/photo/1246667">https://pxhere.com/en/photo/1246667</a></p>
w/c 15 July	<p>Keep yourself up to date with new game 'fads'. Check out this advice to help protect you and your personal data when gaming.</p> <p><a href="https://www.ncsc.gov.uk/guidance/online-gaming-for-families-and-individuals">https://www.ncsc.gov.uk/guidance/online-gaming-for-families-and-individuals</a></p> <p>#CyberAwareScotland @CyberResScot</p>	 <p><a href="https://unsplash.com/photos/fqyEoltOUGE">https://unsplash.com/photos/fqyEoltOUGE</a></p>

<p>w/c 22 July</p>	<p>Talk to your children about online safety basics: not clicking on random links or attachments, choosing good passwords and not revealing personal information such as address, current location or private images.</p> <p>#CyberAwareScotland @CyberResScot</p>	 <p><a href="https://unsplash.com/photos/UH-xs-FizTk">https://unsplash.com/photos/UH-xs-FizTk</a></p>
<p>w/c 29 July</p>	<p>#Thinkuknow has information for parents and carers on how to educate children and young people about staying safe online.</p> <p>Check it out here - <a href="https://www.thinkuknow.co.uk/">https://www.thinkuknow.co.uk/</a></p> <p>#CyberAwareScot @CyberResScot</p>	 <p><a href="https://images.app.goo.gl/D7HPgDp4q7ga5wMD9">https://images.app.goo.gl/D7HPgDp4q7ga5wMD9</a></p>



## August

w/c 5  
August

It's fun to post when you're away from home, but today's thief loves social media as much as you do, and your insurance policy may not pay out if you're burgled.

#CyberAwareScotland  
@CyberResScot



<https://unsplash.com/photos/qWBoBpeOxjo>



w/c 12  
August

Be mindful of the information you post online and who has access to this.

#CyberAwareScotland #Identitytheft  
@CyberResScot



<https://unsplash.com/photos/DfMMzzi3rmq>

<p>w/c 19 August</p>	<p>Check that your Facebook and other social media profiles – where possible – are set to private. For more advice on social media safety check out NCSC's advice.</p> <p><a href="https://www.ncsc.gov.uk/guidance/social-media-how-to-use-it-safely">https://www.ncsc.gov.uk/guidance/social-media-how-to-use-it-safely</a></p> <p>#CyberAwareScotland @CyberResScot</p>	 <p><a href="https://unsplash.com/photos/DfMMzzi3rmq">https://unsplash.com/photos/DfMMzzi3rmq</a></p>
<p>w/c 26 August</p>	<p>Do not click on links in posts, tweets or direct messages unless you are 100% certain that they are genuine and well-intentioned.</p> <p>#CyberAwareScotland @CyberResScot</p>	 <p><a href="https://unsplash.com/photos/4NCV8gS9syU">https://unsplash.com/photos/4NCV8gS9syU</a></p>