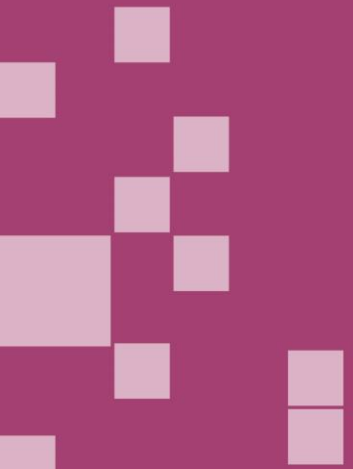


Cyber resilience

Raising awareness





Advice from SSSC

- Staff are your first and last line of defence against cyber attacks. Even the best cyber security team or security software can't 'secure the human factor'.
- One-off eLearning is not enough to prepare your staff.
- Spotting Phishing emails is only a small part of cyber awareness. Staff need to know and apply much more than this.
- Don't think it won't happen to you. Services hold vast amounts of information about vulnerable people. This information is highly prized by cybercriminals.



Staying secure online

Launched in March 2019.

Introduction video with three interactive video tutorials about fake tech support, mobile working and social media.

Special episode of the SSSC LearnCast podcast.

learn.sssc.uk.com/cyber

Staying secure online

Cyber security isn't only for people who work in IT or might be good with computers. It's everyone's responsibility – including yours. When cyber criminals target your service or the people who use it then you become the last line of defence.



Introduction

As a social service worker, either now or in the future, you'll have access to digital devices as part of your job. It is necessary to protect and safeguard these devices and the information you have access to. We built this learning resource to help you with this.

Watch the video about staying safe online and then choose a scenario from the options below to get started.

Remember: If you or someone you know becomes the victim of a cyber attack, report it and ask for help from Police Scotland by calling 101.

Get started

Choose one of the scenarios below to get started. The interactive videos may not work on some smartphones.



With thanks to: Kathleen McGovern, Balmore Gate Service, [The Richmond Fellowship Scotland](#), Melanie McGinney, Robert Bruce, Alison Precup, Wendy Johnston, Roxanne Campbell, Keir Maddison and [Coffee HQ Dundee](#)

SSSC LearnCast



Staying safe online

1 March 2019 | 39 minutes

We talk with Coleen Wylie and Robbie Ross from Police Scotland and Kirstie Steele from the Scottish Government's Cyber Resilience Unit about how to stay safe online. This

episode gives practical hints and tips about how to avoid falling foul of some of the common risks online.

[Play this episode](#)

Find [other episodes](#) or [subscribe](#)

What next?

We can't cover every risk and threat in this resource, so you should commit yourself to learning more by visiting the websites below.

- [Top tips for staying secure online](#)
- [Cyber Aware](#)
- [Action Fraud](#)
- [Cyber Essentials](#)
- [Take Five to Stop Fraud](#)
- [Turn on 2FA](#)





23 Things for staying secure online

Available from March 2020

1. Introduction
2. Passwords
3. Password managers
4. Multi-factor authentication
5. Anti-malware software
6. Firewalls
7. WiFi
8. Phishing and email
9. Virtual Private Networks (VPNs)
10. Backups
11. Encryption
12. Securing your web browser
13. Securing websites
14. Cyber bullying
15. Online shopping
16. Social media
17. Cloud
18. Vishing and Smshing
19. Updates
20. Cyber fraud
21. Mobile devices
22. Physical security
23. Secure configuration for BYOD devices



Self-assessment Question example 1

Choose the strongest password from the options:

- a. b*E2p&08
- b. TasteYardsBoxed
- c. 1q2w3e4r5t
- d. Qwertyuiop
- e. OneMilesTrunk
- f. London2012



Self-assessment Question example 2

Do you know what two-factor authentication (2FA) also known as two-step authentication or multi-factor authentication is?

- a. Yes
- b. No



Self-assessment Question example 3

Choose the strongest form of 2FA from the options:

- a. Text message to my mobile phone
- b. Code generator app on my smartphone
- c. Login verification link sent to my email
- d. Yubikey or other FIDO key
- e. I'm not sure



Self-assessment Question example 4

You receive an email from Robert Stewart at SSSC, but it looks suspicious, so you inspect the **From field** to see where it came from. Which of the following might indicate the email isn't genuine? Tick all that apply.

- a. Robert.Stewart@sssc.uk.com <ind7862@yahoo.com>
- b. Robert Stewart <Robert.stewart@ssscuk.com>
- c. Robert Stewart  <Robert.stewart@sssc.co.uk>
- d. Robert Stewart <rob.stewart@sssc.uk.com>
- e. Robert Stewart <Robert.stewart@sssc.uk.com>



Staying secure online podcasts

Available in February 2020.

- #1 Protecting your online accounts
- #2 Protecting your information
- #3 Protecting your devices
- #4 Protecting yourself from fraud
- Cyber resilience for social service workers
- Cyber resilience for social service managers



Additional new resources

- Two new interactive video scenarios
- A video tutorial about installing and using a password manager
- A video tutorial about installing and using a VPN
- Exercise and simulation resources for services.

Exercise - Please consider....

- Which staff are your immediate priority?
- Which of these are you most likely to use with your own staff?
- How will you make sure learning is transferred into practice?
- How will you identify and tackle overconfidence?
- How will you support staff who are less confident?

THANK YOU