

Online self-defence

Why: if you spend time online, then you are at risk of a cyber attack, so you need to master the art of self defence to protect yourself

Most cybercriminals want to steal your private information or infect your device with malware. To prevent this, there are a number of things you can do:

- Set a strong password or passphrase
- Use Multi-Factor Authentication (MFA)
- Ensure your devices are up to date
- Run regular anti-virus scans

Best practices:



Fraudulent websites – check the address bar to ensure the details are genuine



Phishing emails – this is a very common tactic that cybercriminals use



Pop-up adverts – be cautious when clicking on things online, this could download malware onto your device