

### WHAT IS CYBERSECURITY?

The way we protect devices against unauthorised access and threats. It is often used interchangeably with "e-safety", but e-safety is about protecting yourself, while cybersecurity is about protecting your device and data.

### WHAT IS A CYBERATTACK?

An attempt to damage your device or steal information. This is rare for most people, especially if you protect your devices and your data. However, if your internet usage is insecure (e.g. weak passwords), you click suspicious links, or you use malicious websites (on purpose or by accident), you may be at risk.

### COMMON TYPES OR METHODS

Malware (malicious software), worms, and viruses can get on your computer when you access something that is "infected" like a dodgy email or website. Phishing (fake communications) is a method of stealing sensitive data or installing malware. This might be emails, calls or texts.

### WAYS TO PREVENT CYBERATTACKS

- Use multifactor authentication for logins - this means that your accounts ask you for 2 types of ID (e.g. enter a password then confirm your ID through a phone app)
- Install a firewall and antivirus software. Run scans if you are worried you have accessed something insecure and remember to renew your antivirus software licenses.
- Regularly backup data and install updates on your devices.
- Continue your digital learning to help you stay up to date with the latest advice.

#### References

<https://www.ncsc.gov.uk/section/information-for/individuals-families>

