

Cybersecurity Document

A variety of courses are available for users of IT to protect the data you store. The following may be helpful to review:

NHS England

- **Cyber Security Services & Training:** SIRO training, phishing simulations: [NHS Cyber Security Services](#)
- **Cyber Security Awareness Campaigns & Protection:** [NHS Cyber Security Hub](#)

National Cyber Security Centre (NCSC) – Part of GCHQ

- **Cyber Action Toolkit:** Free, step-by-step guidance for small organisations - [Cyber Action Toolkit](#)
- **Cyber Security Guidance for Professionals:** Technical insights, risk management, device security, MFA, phishing defence, and cloud security - [Visit NCSC Guidance](#)
- **Exercise in a Box:** Free tool to simulate cyber incidents - [Exercise in a Box](#)
- **CyberFirst Programme:** Skills development and bursaries for students - [CyberFirst](#)

Cyber Griffin Services - Cyber Griffin (City of London Police)

- **Cyber Capability Assessment:** If you are interested in any services, visit <https://cybergriffin.police.uk>
- **YouTube Videos: Home Working Guides:** A series of short videos are available about staying safe whilst online <https://cybergriffin.police.uk/videos>
- **Webinar series:** Available at <https://cybergriffin.police.uk/events>
- **LinkedIn:** Keep up to date with Cyber Griffin's activities by following <https://www.linkedin.com/company/cybergriffin>

The following documentation is advised to be reviewed in the absence of attending a course.

Key Sites

- National Cyber Security Centre (NCSC) <https://www.ncsc.gov.uk>
- Report Fraud <https://www.reportfraud.police.uk>
- Reporting a Phishing email report@phishing.gov.uk
- Reporting a Smishing text message forward the message to 7726
- Reporting a suspicious call from your bank Hang up and call 159 to speak with your bank's fraud team

Useful Links & Consumer Reviews

- Have I been Pwned <https://haveibeenpwned.com>
- Password Strength Checker <https://www.passwordmonster.com>
- Passkeys <https://youtu.be/tQbWop1P7o?si=W2rtg-lh5mdgAvV9>
- Check who called <https://who-called.co.uk>
- Consumer reviews of Password Managers <https://www.cnet.com/tech/services-and-software/best-password-manager>
- Consumer reviews of Multifactor Authentication (MFA) services <https://www.techradar.com/best/best-authenticator-apps>
- Pros and Cons of different MFA methods <https://www.keepersecurity.com/blog/2025/03/31/the-pros-and-cons-of-different-mfa-methods>
- Consumer reviews on Antivirus products <https://www.techradar.com/uk/best/best-antivirus>

General Links

Useful technology review sites

- **Tech Radar**- <https://www.techradar.com/uk>
- **IT Pro**- <https://www.itpro.com/uk>
- **GSMarena**- <https://www.itpro.com/uk>
- **Tom's Hardware**- <https://www.tomshardware.com/uk>

Cyber security news sites

- **Bleeping Computer**- <https://www.bleepingcomputer.com/>
- **The Hacker News**- <https://thehackernews.com/>
- **Futursim**- <https://futurism.com/>

Protecting against disinformation

Useful sites for verifying news, videos and other media. Full Fact specifically focuses on the UK, ranging from politics and health, to hoaxes and crime.

- **Snopes**- <https://www.snopes.com/fact-check/>
- **Full Fact**- <https://fullfact.org/>

Privacy and Security settings for social media

- **Snapchat**- <https://veepn.com/blog/how-to-make-snapchat-private/>
- **Instagram**- <https://www.comparitech.com/blog/vpn-privacy/instagram-privacy-settings/>
- **Tik Tok**- <https://www.howtogeek.com/tiktok-privacy-settings-you-should-change-right-now/>

- **Tick Tock privacy guide for parents-** <https://www.internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/>
- **Facebook-** <https://www.techlicious.com/tip/complete-guide-to-facebook-privacy-settings/>
- **X (formerly Twitter)-** <https://www.androidpolice.com/how-to-change-privacy-safety-settings-x/>

Useful links for general security when using your Android or Apple iOS device

- **Android-** <https://www.androidpolice.com/android-security-settings-change-now/>
- **iOS-** <https://www.wired.com/story/iphone-privacy-and-security-settings/>

Alias/Masked email addresses

- <https://www.techradar.com/best/best-secure-email-providers>

How to log into your router for the first time

- <https://www.techradar.com/how-to/how-to-access-router-settings>
- Useful video outlining 8 useful steps to secure your router, including password configuration, setting encryption standards and disabling remote management- <https://www.youtube.com/watch?v=qJ5rBXkYcXw>

Keeping yourself secure when using public Wi-Fi

- <https://www.which.co.uk/news/article/how-to-keep-your-data-safe-when-using-public-wi-fi-aZKdQ4L8sKI9>

Top rated privacy browsers:

- General overview and context- <https://www.security.org/vpn/private-browsers/>
- Top rated privacy browsers- <https://www.zdnet.com/article/best-browser-for-privacy/>