Audit & Standards committee meeting 14 February 2020

Agenda item 8:

Cyber Scotland week 17 to 23 February 2020

Intranet article

SPT is supporting Cyber Scotland week 2020. A week dedicated to promoting **cyber awareness**, cyber careers and innovation in cyber security.

The week runs from 17 to 23 February 2020 and is part of a Scottish Government led initiative to raise awareness of being **safe and secure** online.

What is cyber security?

Cyber security is the means by which individuals and organisations reduce the risk of being affected by cyber crime.

Cyber security's core function is to protect the **devices** we all use (smartphones, laptops, tablets and computers), and the **services** we access online - both at home and work - from theft or damage. It's also about preventing unauthorised access to the vast amounts of **personal information** we store on these devices, and online.

Cyber security is important because smartphones, computers and the internet are now such a fundamental part of modern life, that it's difficult to imagine how we'd function without them. From online banking and shopping, to email and social media, it's more important than ever to take steps that can prevent cyber criminals getting hold of our accounts, data, and devices.

Top tips to ensure you are doing all you can to secure you and your family online

Protect your email by using a strong and separate password

Cyber criminals can use your email to access many of your personal accounts, leaving you vulnerable to identity theft.

Install the latest software and app updates

Software and app updates contain vital security updates to help protect your devices from cyber criminals.

Turn on two-factor authentication on your email

Two-factor authentication is recommended for email accounts to make sure your data is secure. Two-factor authentication (often shortened to 2FA) provides a way of *'double checking'* that you really are the person you are claiming to be when you're using online services, such as social media, banking or email.

Secure smartphones and tablets with a screen lock

Screen locks offer your devices an important extra layer of security.

Always back up your most important data

Safeguard your most important data, such as your photos and key documents, by backing them up to an external hard drive or a cloud-based storage system.