



GREATER MANCHESTER
POLICE

CYBER CRIME PROTECT

GUIDE TO STAYING SAFE ONLINE



cyber.protectprevent@gmp.police.uk

What is Cyber Protect?

Providing up to date advice and information for staying safe online, based on current trends and threats. Clear and simple tips that will help everyone reduce their chances of becoming a victim of Cybercrime.

Passwords

Passwords should be strong and different for all your accounts. (Especially your email as that is the hub of everything you do online).

Use 3 random words to create a password that is easy to remember but hard to crack.

Do not use words that can be guessed (like your pet's name). Add numbers and symbols if needed. For example, "Hippo!PizzaRocket1"

Need help remembering all your passwords? Get a password manager or save them to your browser. (However NOT on a shared or public device)

Updates

Install the latest software and app updates. Doing this promptly will help protect your devices and accounts from cyber criminals.

You should turn on 'automatic updates' in your device's settings, if available.

2 Step Verification

2-Step Verification (2SV) gives you an extra layer of safety. Even if cyber criminals have your password, they still can't access your accounts.

2SV works by asking for more information to prove your identity. For example, getting a code sent to your phone when you sign in using a new device or change settings such as your password.

Switch this on in the settings of your accounts. (Especially your email!)

Social Media

For safety, it's best to keep accounts set to Private where possible. Only accept people you know as friends or followers.

Remember not everyone is who they say they are on the internet, including some business accounts.

Location settings can sometimes be switched on automatically when you sign up to an account or download an app. Always check the settings and make sure what info you are sharing.

Phishing

Phishing is when attackers send scam emails (or text messages) that contain malicious links.

Links may appear to come from a legitimate source in a bid to trick you into entering personal or financial information.

Never click on links in suspicious or unexpected messages. Report any suspicious messages to:

Forward Emails - report@phishing.gov.uk

Forward text messages - 7726

*As of July 2024 33M reports have been received resulting in 188k scams being removed.

NEW: Keep an eye out for Quishing: QR code phishing. Criminals use fake QR codes to direct victims to scam websites. This tends to happen in public car parks and pay machines.

Indecent Images

An indecent image is one of anyone under the age of 18 naked or semi-naked.

They are illegal to take, store, or share.

If you are under the age of 18 and anyone asks you for an image, or sends you one REPORT IT.

Visit www.iwf.org.uk to anonymously report any indecent images of children under 18.

Cyber Parenting

It can feel impossible to keep up with young people these days! It often feels like they are constantly using different apps.

The age limit on most Social and Gaming platforms is 13. We understand people under 13 will use Social Media, they just need to do so safely. (Start by following the advice in this leaflet)

Communication is always key! Talk to your children about their online world. Discuss the possible dangers and any of your concerns.

Here are some resources you may find useful;

www.nationalcollege.com – This site has some excellent 'Parent Guides' for specific games/platforms.

www.saferinternet.org.uk - Tips, advice, guides and resources to help keep your child safe online.

www.nspcc.org.uk – Has a section for keeping children safe online.

www.childline.org.uk – Has a section on Online and Mobile safety.



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SCAN ME

**REMEMBER,
IF IT'S NOT 999,
REPORT ONLINE!**

REPORT NON-EMERGENCIES ONLINE

REPORT ONLINE	REPORT ONLINE	REPORT ONLINE	CONTACT US	REQUEST
A white icon of a pair of handcuffs on a purple background.	A white icon of a car on an orange background.	A white icon of two stylized human figures on a yellow background.	A white icon of a speech bubble on a blue background.	A white icon of a bell with a notification number '1' on a green background.
A CRIME	NON-INJURY ROAD TRAFFIC INCIDENT	ANTI-SOCIAL BEHAVIOUR	VIA LIVECHAT	AN UPDATE