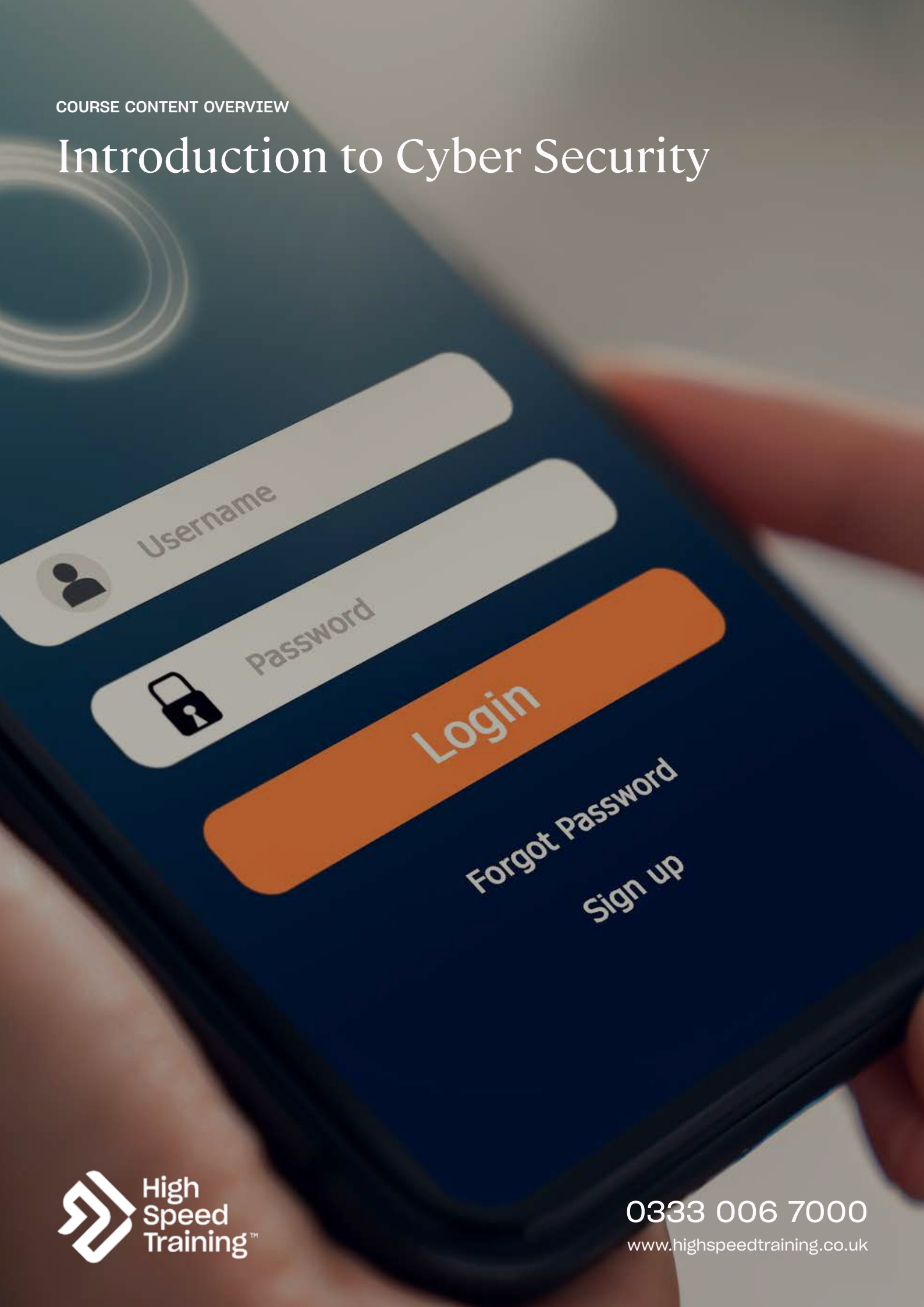
COURSE CONTENT OVERVIEW

Introduction to Cyber Security



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The internet is a valuable tool that we all use every day but, like anything else, it also presents risks. As an employee, it's essential that you understand how to protect yourself, your company and the people you work with when working online. This Introduction to Cyber Security course will provide you with a thorough understanding of why online security is so important, what the threats to digital data protection are, and how you can take action to implement measures that will help to keep you and your data safe on the internet.

Module One: What is Cyber Security?

This module explains why cyber security is important and highlights the types of people and data that are most at risk from security threats.

- What are cyber security and information security?
- Why is cyber security important?
- Who is at risk?
- Employee responsibilities
- Internal and external threats to security

Module Two: Types of Cyber Attacks

This module looks at the most common types of cyber attacks in the UK, explaining what they are, how they work and the possible consequences of each.

- Phishing and spear phishing
- Malware (viruses, worms and Trojans)
- Ransomware
- Identity theft

Module Three: How to Improve Your Cyber Security

This module looks at the practical measures you can take to improve your security online, such as setting a strong password and identifying a fake e-mail.

- Sharing information
- Password security
- E-mail and social media
- Firewalls and antivirus software
- Organisational measures
- Reporting security breaches

Aims of the training

By the end of this course, you will:

- Understand what is meant by cyber security and who is at risk from security threats.
- Be aware of the common types of cyber attacks that organisations and individuals may experience.
- Understand the internal and external threats to information security.
- Know how to improve your own cyber security through practical measures.
- Understand what action you must take if confidential information is lost or stolen.

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