

COURSE CONTENT OVERVIEW

Cyber Security Awareness



Most people use a wide range of technology daily, from smartphones and computers to online services, as well as the infrastructure managed by IT teams and the smart devices in our homes. Cyber security is about protecting these devices, systems and the data contained within them from unauthorised access or misuse.

This course explains what cyber security is and covers the types of cyber attacks that individuals and organisations may be at risk from. It also outlines practical steps that learners can take to improve their cyber security.

Module 1: What is Cyber Security?

This module provides an overview of cyber security and why it is important. It also covers the risks and threats that individuals and organisations may face.

- What is cyber security?
- What is information security?
- Who is at risk?
- Employee responsibilities
- Insider threats
- External threats

Module 2: Types of Cyber Attacks

This module outlines the most common types of cyber attacks in the UK, explaining each one, including how they work and the potential consequences.

- Phishing
- Spear phishing
- Malware
- Viruses
- Worms and Trojans
- Infostealers
- Ransomware
- Identity theft and impersonation

Module 3: How to Improve Your Cyber Security

This module examines practical measures learners can take to improve their online security, such as setting a strong password, using Multi-Factor Authentication (MFA) and recognising risky emails.

- Sharing information
- Account security
- Email security
- Social media
- Firewalls and antivirus software
- Organisational measures
- Reporting security breaches

Aims of the training

By the end of this course, learners 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 how threats can come from inside and outside of their organisation.
- Know how to improve their own cyber security through practical measures.
- Understand what action they must take if confidential information is lost or stolen.