

# Cyber Security

Please contact the following if there is anything additional you would like advice and guidance around or wish to seek support for.

## **Safeguarding support options**

Ways to access support if you are worried for yourself or someone else:

- Email [safeguarding@qa.com](mailto:safeguarding@qa.com)
- Complete a [Safeguarding Self-Referral Form](#) if the concern relates to you.
- Complete a [Safeguarding Referral Form](#) if you are worried about someone else.



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## What is Cyber security?

Cyber security is how individuals and organisations reduce the risk of cyberattack. Cyber security's core function is to protect the devices we all use (smartphones, laptops, tablets and computers), and the services we access - both online and at 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. [What is cyber security? - NCSC.GOV.UK](https://www.ncsc.gov.uk/what-is-cyber-security)

### Cyber aware and staying secure online

From banking to shopping, and streaming to social media, people are spending more time than ever online. Cyber Aware is the government's advice on how to stay secure online.

### Phishing: Spot and report scam emails, texts, websites and calls

Scammers try to quickly gain your trust. They aim to pressure you into acting without thinking. If a message or call makes you suspicious, stop and consider the language used.

Recognising Scam Messages: Key Indicators to look out for:		
	What to Check	How Scammers Exploit:
<b>Authority</b>	Does the message claim to be from an official source, such as your bank, doctor, solicitor, or a government department?	Criminals often pretend to represent trusted organisations to make their message seem legitimate.
<b>Scarcity</b>	Is the message offering something in limited supply, such as concert tickets, or prize money?	They use the fear of missing out on something rare or valuable to pressure you into taking immediate action.
<b>Urgency</b>	Does the message demand a quick response, such as "Within 24 hours" or "immediately"?	By creating a sense of urgency, they push you to act before you have time to think critically or verify the claims.
<b>Current Events</b>	Is the message tied to current events, news stories, or seasonal activities	Criminals often use timely or relevant themes to make their scams feel more convincing.
<b>Emotion</b>	Does the message provoke strong emotions, such as panic, fear, hope, or curiosity?	Emotional manipulation is a common tactic to cloud your judgment and make you more likely to respond without questioning the message's authenticity.



**Activity** - Visit this link [Cyber Aware - NCSC.GOV.UK](https://www.ncsc.gov.uk) to learn more about staying secure online and to receive your free Cyber Action Plan [Stay protected online with a Cyber Action Plan - NCSC.GOV.UK](https://www.ncsc.gov.uk) that is based on questions you answer which then personalises recommendations on how you can stay safe online.

**Questions to consider:**

- Think about your prior knowledge around this topic and what you have learnt from accessing this resource.
- How do you feel about the risks that people are exposed to online especially the vulnerable?
- Is there anything you can suggest that would help keep people safer online?

**Further Resources**

Visit our learner portal for Information, advice and activities to help prioritise your wellbeing during your apprenticeship programme, including workload management, handling stress, and external support services. [Apprentice learner's portal](#)

**Reminder:**

For safeguarding support please contact [safeguarding@qa.com](mailto:safeguarding@qa.com) for further advice and support or make a referral via these links:

- [Staff/Employer/Peer Referral](#)
- [Learner Self-Referral](#)
- [Low level & Behavioural Concern](#)



