

# CYBERPROTECT

## Strengthen your protection against **cyber crime**

### The main **FREE** support elements we can provide are:

- Cyber basics review of your organisation's IT, in line with Cyber Essentials
- Attend and deliver cyber PROTECT message/ training at events
- Host Lego Decisions and Disruptions roleplaying game to raise awareness of the importance of cyber security
- Act as sponsor for the Cyber Security Information Sharing Partnership (CiSP)
- Signpost and offer general cyber support and advice
- Raise awareness of trusted, available resources

### Free advice and support

[norfolk.police.uk/advice/cyber-crime](http://norfolk.police.uk/advice/cyber-crime)

[suffolk.police.uk/advice/cyber-crime](http://suffolk.police.uk/advice/cyber-crime)

### Contact

CyberProtect@suffolk.pnn.police.uk

CyberProtect@norfolk.pnn.police.uk



# CYBERCHOICES

## Keep young people from becoming involved in cyber crime

Offenders are usually unaware of the law around Computer Misuse.

Cyber Choices aims to address this by:

- raising awareness of the law
- raising awareness consequences of offending
- positive diversion of these skills and interests to resources where they can practise ethically and legally

The main support elements we can provide are:

Classroom delivery



Meetings with young people at risk



Provide resources to develop skills legally



### Other useful sites

- **Take Five offer straightforward and impartial advice**  
[takefive-stopfraud.org.uk](http://takefive-stopfraud.org.uk)
- **Simple no-nonsense guide to social media, apps and games**  
[net-aware.org.uk](http://net-aware.org.uk)
- **Check if your account has been compromised**  
[haveibeenpwned.com](http://haveibeenpwned.com)
- **Advice on ransomware and malware**  
[nomoreransom.org](http://nomoreransom.org)

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