The North West Regional Organised Crime Unit and is a collaboration between the six police forces in Cumbria, Cheshire, Lancashire, Greater Manchester, Merseyside and North Wales to tackle serious organised crime that crosses county borders in the region.

The Government state that by following these simple steps the majority of Cyber Crimes Can be PREVENTED…



Software and app updates contain vital security upgrades which help keep your devices secure

A strong password is your first defence against hackers and cyber criminals

**Website help**

If you want to find out about other free government initiatives or sign up to our newsletter email us [Titan.Cyber.Protect@titan.police.uk](mailto:Titan.Cyber.Protect@titan.police.uk) or visit our website [www.nwrocu.police.uk/protecting-you/cybercrime](http://www.nwrocu.police.uk/protecting-you/cybercrime)

or visit our websitte

**Web site settings**

|  |  |  |
| --- | --- | --- |
| **Facebook** | **Staying safe** | **https://www.facebook.com/about/basics/stay-safe-and-secure** |
| **Help centre** | **https://www.facebook.com/help** |
| **Instagram** | **settings** | **https://www.instagram.com/accounts/data\_controls\_support/** |
| **Whatsapp** | **Use whatsapp on your laptop** | **https://web.whatsapp.com/** |
| **Twitter** | **Tweetdeck – see things in different views** | [**https://tweetdeck.twitter.com/**](https://tweetdeck.twitter.com/) |
| **Linkedin** | **Settings page** | **https://www.linkedin.com/psettings/** |
| **Youtube** |  | **If you give your phone to the kids, replace it with youtube kids app**  **https://www.youtube.com/yt/kids/** |
| **Kids mode** | **Samsung phones** | **https://www.samsung.com/global/galaxy/apps/kids-mode/** |

Android Phones

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| Android | Google Find My Device | <https://play.google.com/store/apps/details?id=com.google.android.apps.adm> |
| Use Google photos app for automatic photo backup | <https://play.google.com/store/apps/details?id=com.google.android.apps.photos> |
| Emergency contact setup on phone lock screen | https://support.google.com/pixelphone/answer/7055029?hl=en-GB |
|  |  | Get a case and glass screen protector for your phone |

Apple Phones

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| Apple Phones | How to Backup your iPhone, iPad | <https://support.apple.com/en-gb/HT203977> |
| Contacting Apple Support | <https://support.apple.com/en-gb/contact> |
| I-cloud | https://www.apple.com/uk/icloud/ |
|  |  | Get a case and glass screen protector for your phone |

**Useful Websites**

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| https://www.turnon2fa.com/tutorials/ | Instructions for turning to 2Factor Authentication for your accounts that you use, protect your data, and make sure you are the person logging on as you. |
| https://www.eventbrite.com | Local events to register to go to |
| https://www.ted.com | Speakers talking about stuff |
| https://www.bbc.co.uk/iplayer | Bbc catch up tv service to computer |

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| Google | |
| https://myaccount.google.com/intro/find-your-phone?hl=en-GB | Find my device – Android phones |
| https://accounts.google.com/signup?hl=en-GB | Setup a new google account |
| https://photos.google.com/ | Google photos to view your photos uploaded from your phone on your laptop. |
| https://drive.google.com/drive/my-drive | Google drive for keeping important files available wherever you are. |

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| Microsoft | |
| https://outlook.live.com/owa/?nlp=1&signup=1 | Setup a new email address for outlook.com |
| <https://setup.office.com/?ms.officeurl=setup> | Office 365 account setup settings |
| <https://account.microsoft.com/?refd=www.office.com> | Office 365 account details |
| https://onedrive.live.com/about/en-gb/ | One Drive (store important documents and files in the cloud rather than on home pc). |

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| Apple | |
| https://support.apple.com/en-gb/HT204316 | Setup an apple id |

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| Advice sites | |
| [www.actionfraud.police.uk](http://www.actionfraud.police.uk) | If you need to report a Cyber or Fraud Crime you will need to contact Action Fraud – they are the UK’s national fraud and cyber crime reporting centre.  ***If you are reporting a ‘live’ Cyber Crime please make sure you phone 0300 123 2040 and choose option 9.*** |
| [www.getsafeonline.org](http://www.getsafeonline.org) | Lots of awareness & resource helping protect people, finances, devices and businesses from fraud, abuse and other issues encountered.  Get Safe Online is a public / private sector partnership supported by HM Government and leading organisations in banking, retail, internet security and other sectors. |
| <https://HaveIBeenPwned.com> | Check if you have an account that has been compromised in a data breech by searching on your email address or username. |
| [www.NoMoreRansom.org](http://www.NoMoreRansom.org) | Ransomware is malware that locks your computer and mobile devices or encrypts your electronic files. When this happens, you can’t get to the data unless you pay a ransom. However this is not guaranteed and you should never pay! This website gives you advice on how to protect yourself from this threat. |
| <https://takefive-stopfraud.org.uk> | Take Five offers straight-forward and impartial advice to help everyone in the UK protect themselves against financial fraud. |
| [www.net-aware.org.uk](http://www.net-aware.org.uk) | From Facebook and Instagram to Snapchat and Tumblr a simple no-nonsense guide for parents and guardians from NSPCC and O2 to the social media, apps and games that everyone’s playing on. |
| [www.ncsc.gov.uk](http://www.ncsc.gov.uk) (<https://www.ncsc.gov.uk/smallbusiness>) | Helping to make the UK the safest place to live and do business online. They have a Cyber Security for small business guide which helps improve cyber security quickly, easily and at low cost plus much more. |

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| Backup & passwords | |
| https://www.acronis.com/en-gb/ | Backup software for your computer |
| Lastpass.com | Password management |
| Yubikey.com | Hardware Key for password management |

**Twitter & News to follow**

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| Twitter follow suggestions | |
| Advice for the public | [@GetSafeOnline](https://twitter.com/GetSafeOnline)‏@actionfrauduk @WhichUK |
| Official Advice / police messages | [@CityPoliceTell2](https://twitter.com/CityPoliceTell2)‏ ‏[@CitizensAdvice [@cyberawaregov](https://twitter.com/cyberawaregov)](https://twitter.com/CitizensAdvice)‏[@CyberProtectUK](https://twitter.com/CyberProtectUK) |
| Regulatory Advice | [@NCSC](https://twitter.com/NCSC)‏ [@ICOnews](https://twitter.com/ICOnews)@CyberEssentials |
| Infosec people | @troyhunt @Scott\_Helme |
| Twitter - Breaches | *@haveibeenpwnd* |
| Data Protection People | @iconews @tim2040 @MissIG\_Geek |
| Security blogs & news | @gcluley @troyhunt  [*https://www.smashingsecurity.com*](https://www.smashingsecurity.com) |
| More security to check if you want to read more | @briankrebs @DarkReading @TheKenMunroShow @mikko  <https://onlinedegrees.sandiego.edu/top-cyber-security-blogs-websites/> |

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| News | https://www.bbc.co.uk/news |
| Computer News & websites | <https://www.theregister.co.uk/> |

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| Assistance | |
| Reporting Crime to police | 101 |
| Accident – Health Advice | 111 |

Kids TV - Light relief

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| --- | --- | --- | --- |
| Author | Twitter / contact | Subject | Post |
|  |  |  |  |
| Ben & Holly | Ben & Hollys Little Kingdom | Kids | https://www.youtube.com/channel/UC2UhuvjTIrR0Ck2KrkvRcuA |
| Peppa | Peppa Pig | Kids | https://www.youtube.com/channel/UCAOtE1V7Ots4DjM8JLlrYgg |
| Mother Goose Club | Mother Goose Club | Kids | https://www.youtube.com/channel/UC6zPzUJo8hu-5TzUk8IEC2Q |
| Katie Cutie Kids | Katie Cutie Kids | Kids | https://www.youtube.com/user/katiecutiekidsTV/videos |
| Royal Institution Christmas Lectures | www.rigb.org | Science & STEM | http://www.rigb.org/christmas-lectures/watch |