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Introduction

This issue of Core Brief details information on cyber resilience – the 'One Reset' you need to protect your emails from hackers.

Be Cyber Safe: The 'One Reset' you need to protect your emails from hackers

As our lives are increasing lived online – whether learning, shopping, buying a home, job-hunting or dating – keeping our online space secure is more crucial than ever. It's the old adage applied to the digital age – you wouldn't leave your house open for a burglar, so why give criminals an open invitation to your inbox and your personal information.

Cyber Aware's new #OneReset campaign aims to highlight how the UK public's email passwords are leaving their accounts wide open to hackers. A weak password coupled with the 'treasure trove' of information in your email can be used to access many of your personal accounts, by asking for your passwords to be reset, and by exploiting your personal information, such as your bank details, address or date of birth, leaving you vulnerable to identity theft or fraud.

That's why Cyber Aware's #OneReset campaign is encouraging people to consider adding a simple cyber reset to their existing list of 'life changes'.

- Start using long passphrases which includes three random words to create a strong password. Remember longer the stronger
- Use separate passwords for different emails and applications
- Don't share passwords with ANYONE
- Where available use two-factor or multi-factor authentication for email
- Don't use your official work email address to register with non-work related websites like social networking, online shopping, dating etc.

For more details please refer to the below Cyber Resilience Blog link from the Scottish Government: https://blogs.gov.scot/cyber-resilience/2018/02/21/327/

Are your contact details up-to-date? Click here to check

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