

## List of useful resources for cybercrime and fraud for individuals

This list is not exhaustive. It is accurate as of 15/01/21. The lists contain links to UK government sites and resources as well as those from organisations and companies.

The resources are split into the following sections:

Contents (sections hyperlinked)

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If you note any broken links or identify any resources you think should be included in this list please

email [CyberProtect@Norfolk.police.uk](mailto:CyberProtect@Norfolk.police.uk)

[Print Materials](#)

Name	Link	Description
Little Booklet of Phone Scams	<a href="https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-booklet-ofphone-scams.pdf">https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-booklet-ofphone-scams.pdf</a>	12 pgs. Includes the top 3 phone scams, things to look for and how to report.
Little Book of Big Scams (5 <sup>th</sup> Edition)	<a href="https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/the-little-book-of-bigscams.pdf">https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/the-little-book-of-bigscams.pdf</a>	60 pgs. Covers frauds including: <b>dating, romance, investment fraud, courier fraud, computer service fraud.</b>

		<b>(highlighted as these are currently trending)</b> Also available as an audio book <a href="#">link</a>
Little Book of Cyber Scams 2.0	<a href="https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-book-of-cyberscams-2.0.pdf">https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-book-of-cyberscams-2.0.pdf</a>	40 pgs. Cyber crime types, social engineering, how to protect yourself from hacking
Little Leaflet of Cyber Advice	<a href="https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-leaflet-cyberadvice.pdf">https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-leaflet-cyberadvice.pdf</a>	Leaflet with 10 tips of cyber security advice
Take Five to Stop Fraud	<a href="https://takefive-stopfraud.org.uk/toolkit/">https://takefive-stopfraud.org.uk/toolkit/</a>	Range of resources including banners, leaflets and posters
First Principle Norfolk & Suffolk Constabulary	<a href="https://www.norfolk.police.uk/advice/crime-prevention-z">https://www.norfolk.police.uk/advice/crime-prevention-z</a>	PDFs with information on a wide range of crime types

## Useful Websites

Name	Link	Description
Cyber Aware (NCSC)	<a href="https://www.ncsc.gov.uk/cyberaware/home">https://www.ncsc.gov.uk/cyberaware/home</a>	Cyber Aware is the government's advice for individuals on how to stay secure online.
National Cyber Security Centre	<a href="https://www.ncsc.gov.uk/">https://www.ncsc.gov.uk/</a>	Government authority that provides advice and support for the public and private sector in how to avoid computer security threats.
Take Five	<a href="https://takefive-stopfraud.org.uk/advice/generaladvice/">https://takefive-stopfraud.org.uk/advice/generaladvice/</a>	General advice around frauds and scams
Action Fraud A-Z of fraud	<a href="https://www.actionfraud.police.uk/az-of-fraud">https://www.actionfraud.police.uk/az-of-fraud</a>	Information on types of fraud broken down by category. <b>Action Fraud is the UK reporting centre for fraud/cybercrime.</b> The site also has prevention advice.
Get Safe Online	<a href="http://www.getsafeonline.org/">http://www.getsafeonline.org/</a>	Provides unbiased, practical, easy-to-understand information about online safety and security.
MET Police Little Media	<a href="https://www.met.police.uk/littlemedia">https://www.met.police.uk/littlemedia</a>	Page for MET police Little Guide to videos and print documents.

Friends Against Scams	<a href="https://www.friendsagainstscams.org.uk/">https://www.friendsagainstscams.org.uk/</a>	A National Trading Standards Scams Team initiative, which aims to protect and prevent people from becoming victims of scams by empowering people to take a stand against scams.
Norfolk Trading Standards – Sign up for scam alerts	<a href="https://www.norfolk.gov.uk/business/trading-standards/scams">https://www.norfolk.gov.uk/business/trading-standards/scams</a>	Sign up page to be notified of scam alerts.
Authy	<a href="https://authy.com/">https://authy.com/</a>	This site provides guides on how to switch on <a href="#">2-factor authentication</a> for a number of sites.

Interactive Site / Training / Quiz's

<b>Name</b>	<b>Link</b>	<b>Description</b>
NCSC Tip Tips for Staff Online training	<a href="https://www.ncsc.gov.uk/training/StaySafeOnline_web/index.html#/menu/5f215cc1006d2436a3b6c5e2">https://www.ncsc.gov.uk/training/StaySafeOnline_web/index.html#/menu/5f215cc1006d2436a3b6c5e2</a>	25-minute online e- learning aimed at staff but with lots of relevant information for individuals too
Take Five online Scan Savvy quiz	<a href="https://quiz.takefivestopfraud.org.uk/">https://quiz.takefivestopfraud.org.uk/</a>	9 questions to see how scam savvy you are
Google Phishing Quiz	<a href="https://phishingquiz.withgoogle.com/">https://phishingquiz.withgoogle.com/</a>	Online quiz to test your ability to identify phishing emails
Have I Been Pawnd	<a href="https://haveibeenpwned.com/">https://haveibeenpwned.com/</a>	Allows Internet users to

		check whether their personal data has been compromised by data breaches.
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## Videos

**City of London Police** – Cyber Griffin – working from home series (but relevant to anyone using computers) – these are someone talking through the different areas and providing guidance.

Video Name	Location	Minutes
Phishing	<a href="https://www.youtube.com/watch?v=9FrX9wY-Y-M&amp;list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&amp;index=2">https://www.youtube.com/watch?v=9FrX9wY-Y-M&amp;list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&amp;index=2</a>	4:31
Vishing	<a href="https://www.youtube.com/watch?v=B7Y43GZ9XaY&amp;list=PLoWZU quVJo4SLWKD5A96znBNi23UzOjiG&amp;index=3">https://www.youtube.com/watch?v=B7Y43GZ9XaY&amp;list=PLoWZU quVJo4SLWKD5A96znBNi23UzOjiG&amp;index=3</a>	2:13
Multi Factor Authentication	<a href="https://www.youtube.com/watch?v=uKcLR2GXLUA&amp;list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&amp;index=4">https://www.youtube.com/watch?v=uKcLR2GXLUA&amp;list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&amp;index=4</a>	2:28
Passwords	<a href="https://www.youtube.com/watch?v=XbINVerMBcs&amp;list=PLoWZU quVJo4SLWKD5A96znBNi23UzOjiG&amp;index=5">https://www.youtube.com/watch?v=XbINVerMBcs&amp;list=PLoWZU quVJo4SLWKD5A96znBNi23UzOjiG&amp;index=5</a>	2:36
Updates & Anti-Virus	<a href="https://www.youtube.com/watch?v=FS5hFdKnN-E&amp;list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&amp;index=6">https://www.youtube.com/watch?v=FS5hFdKnN-E&amp;list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&amp;index=6</a>	3:04
Social Engineering	<a href="https://www.youtube.com/watch?v=YZkSEyRdVJ0&amp;list=PLoWZU quVJo4SLWKD5A96znBNi23UzOjiG&amp;index=7">https://www.youtube.com/watch?v=YZkSEyRdVJ0&amp;list=PLoWZU quVJo4SLWKD5A96znBNi23UzOjiG&amp;index=7</a>	2:48

**Met Police:** These are short animations with audio talk through.

Video Name	Location	Time
Online Identity	<a href="https://www.youtube.com/watch?v=kO8-Yzv8rUE&amp;list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&amp;index=7">https://www.youtube.com/watch?v=kO8-Yzv8rUE&amp;list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&amp;index=7</a>	2:21
Phishing	<a href="https://www.youtube.com/watch?v=IQG9A05oXEw&amp;list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&amp;index=10">https://www.youtube.com/watch?v=IQG9A05oXEw&amp;list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&amp;index=10</a>	
Safe WI-FI	<a href="https://www.youtube.com/watch?v=FAVMH3dqbLo&amp;list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&amp;index=8">https://www.youtube.com/watch?v=FAVMH3dqbLo&amp;list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&amp;index=8</a>	2:21
Computer Updates	<a href="https://www.youtube.com/watch?v=aE_9PE_hjUU&amp;list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&amp;index=9">https://www.youtube.com/watch?v=aE_9PE_hjUU&amp;list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&amp;index=9</a>	2:21
Computer software service fraud	<a href="https://www.youtube.com/watch?v=aJAeyVtOW4&amp;list=RDCMUC0Xe--tV7PTSI-ZnEbiAwUA&amp;start_radio=1&amp;t=2">https://www.youtube.com/watch?v=aJAeyVtOW4&amp;list=RDCMUC0Xe--tV7PTSI-ZnEbiAwUA&amp;start_radio=1&amp;t=2</a>	2:13
Impersonation Fraud	<a href="https://www.youtube.com/watch?v=fy-RSQfwLDw&amp;list=RDCMUC0Xe--tV7PTSI-ZnEbiAwUA&amp;index=4">https://www.youtube.com/watch?v=fy-RSQfwLDw&amp;list=RDCMUC0Xe--tV7PTSI-ZnEbiAwUA&amp;index=4</a>	6:07
Payment fraud	<a href="https://www.youtube.com/watch?v=O1tktyF0Tg&amp;list=RDCMUC0Xe--tV7PTSI-ZnEbiAwUA&amp;index=6">https://www.youtube.com/watch?v=O1tktyF0Tg&amp;list=RDCMUC0Xe--tV7PTSI-ZnEbiAwUA&amp;index=6</a>	2:14



Romance fraud 2:30	<a href="https://www.youtube.com/watch?v=MBOB6bv48ww&amp;list=RDC MUC0Xe--tV7PTSI-ZnEbiAwUA&amp;index=8">https://www.youtube.com/watch?v=MBOB6bv48ww&amp;list=RDC MUC0Xe--tV7PTSI-ZnEbiAwUA&amp;index=8</a>	2:30
Online Shopping	<a href="https://www.youtube.com/watch?v=Y-wPFXK2m4&amp;list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&amp;index=4">https://www.youtube.com/watch?v=Y-wPFXK2m4&amp;list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&amp;index=4</a>	2:37

**Met Police** – Bitesize series - These are links to the above animations but are short and quicker – they are also COVID related.

<b>Video Name</b>	<b>Location</b>	<b>Minutes</b>
Test and Trace (Bitesize videos)	<a href="https://vimeo.com/showcase/7526455/video/448827305">https://vimeo.com/showcase/7526455/video/448827305</a>	1:25
Phishing (Bitesize videos)	<a href="https://vimeo.com/showcase/7526455/video/448826960">https://vimeo.com/showcase/7526455/video/448826960</a>	0:45
Vishing (Bitesize videos)	<a href="https://vimeo.com/showcase/7526455/video/446724093">https://vimeo.com/showcase/7526455/video/446724093</a>	0:45
Ransomware (Bitesize videos)	<a href="https://vimeo.com/showcase/7526455/video/446723991">https://vimeo.com/showcase/7526455/video/446723991</a>	0:46

*Staffordshire Police: Inputs with sign language*

<b>Video Name</b>	<b>Location</b>	<b>Minutes</b>
Phishing Video in British sign language	<a href="https://vimeo.com/staffspolice/bsl-phishing">https://vimeo.com/staffspolice/bsl-phishing</a>	2:19
Cyber Aware Advice Video in British sign language	<a href="https://vimeo.com/staffspolice/bsl-cyber-aware">https://vimeo.com/staffspolice/bsl-cyber-aware</a>	1:53
Smishing Video in British sign language	<a href="https://vimeo.com/staffspolice/bsl-smishing">https://vimeo.com/staffspolice/bsl-smishing</a>	1:55

*West Midland Regional Cyber Crime Unit - Reporting suspicious emails / texts (not for investigation)*

<b>Video Name</b>	<b>Location</b>	<b>Minutes</b>
Spotted a suspicious email	<a href="https://www.youtube.com/watch?v=fOMbZsRILdc">https://www.youtube.com/watch?v=fOMbZsRILdc</a>	1:46

Hope this list, prepared by John Greenwood, is useful – if you need more resources you can download some good leaflets from here: <https://we.tl/t-xEAd8duLoE>

Finally, some fun for families – especially if there is a 12 year old girl among them – a competition can be found [here](#) where they can find the **CyberFirst Girls Competition** which aims to support girls interested in a career in cyber security.

With kind regards

*John W Pennell*

Chairman: Well-Being Initiative Task Force

Norfolk Association of Local Councils Limited (Trading as Norfolk ALC)

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