



List of useful resources for cybercrime and fraud for individuals

This list is not exhaustive it and was accurate as of 15/01/20. The lists contain links to UK government sites and resources as well as those from organisations and companies.

The resources are split in to the following sections:

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If you note any broken links or identify any resources you think should be included on this list please email CyberProtect@Norfolk.police.uk

Print Materials

Name	Link	Description
Little Booklet of Phone Scams	https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-booklet-of-phone-scams.pdf	12 pgs. Includes the top 3 phone scams, things to look for and how to report.
Little Book of Big Scams (5 th Edition)	https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/the-little-book-of-big-scams.pdf	60 pgs. Covers frauds including: dating, romance, investment fraud, courier fraud, computer service fraud. (highlighted as these are currently trending) Also available as an audio book link
Little Book of Cyber Scams 2.0	https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-book-of-cyber-scams-2.0.pdf	40 pgs. Cyber crime types, social engineering, how to protect yourself from hacking
Little Leaflet of Cyber Advice	https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-leaflet-cyber-advice.pdf	Leaflet with 10 tips of cyber security advice
Take Five to Stop Fraud	https://takefive-stopfraud.org.uk/toolkit/	Range of resources including banners, leaflets and posters
First Principle Norfolk & Suffolk Constabulary	https://www.norfolk.police.uk/advice/crime-prevention-z	PDFs with information on a wide range of crime types

Useful Websites

Name	Link	Description
Cyber Aware (NCSC)	https://www.ncsc.gov.uk/cyberaware/home	Cyber Aware is the government's advice for individuals on how to stay secure online.
National Cyber Security Centre	https://www.ncsc.gov.uk/	Government authority that provides advice and support for the public and private sector in how to avoid computer security threats.
Take Five	https://takefive-stopfraud.org.uk/advice/general-advice/	General advice around frauds and scams
Action Fraud A-Z of fraud	https://www.actionfraud.police.uk/a-z-of-fraud	Information on types of fraud broken down by category. Action Fraud is the UK reporting centre for fraud/cybercrime. The site also has prevention advice.
Get Safe Online	http://www.getsafeonline.org/	Provides unbiased, practical, easy-to-understand information about online safety and security.
MET Police Little Media	https://www.met.police.uk/littlemedia	Page for MET police Little Guide to videos and print documents.
Friends Against Scams	https://www.friendsagainstscams.org.uk/	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	https://www.norfolk.gov.uk/business/trading-standards/scams	Sign up page to be notified of scam alerts.
Authy	https://authy.com/	This site provides guides on how to switch on 2 factor authentication for a number of sites.

Interactive Site / Training / Quiz's

Name	Link	Description
NCSC Tip Tips for Staff Online training	https://www.ncsc.gov.uk/training/StaySafeOnline_web/index.html#/menu/5f215cc1006d2436a3b6c5e2	25-minute online e-learning aimed at staff but with lots of relevant information for individuals too
Take Five online Scan Savvy quiz	https://quiz.takefive-stopfraud.org.uk/	9 questions to see how scam savvy you are
Google Phishing Quiz	https://phishingquiz.withgoogle.com/	Online quiz to test your ability to identify phishing emails
Have I Been Pwned	https://haveibeenpwned.com/	Allows Internet users to check whether their personal data has been compromised by data breaches.

Videos

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

Video Name	Location	Minutes
Phishing	https://www.youtube.com/watch?v=9FrX9wY-Y-M&list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&index=2	4:31
Vishing	https://www.youtube.com/watch?v=B7Y43GZ9XaY&list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&index=3	2:13
Multi Factor Authentication	https://www.youtube.com/watch?v=uKcLR2GXLUA&list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&index=4	2:28
Passwords	https://www.youtube.com/watch?v=XblNVerMBcs&list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&index=5	2:36
Updates & Anti-Virus	https://www.youtube.com/watch?v=FS5hFdKnN-E&list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&index=6	3:04
Social Engineering	https://www.youtube.com/watch?v=YzkSEyRdVJ0&list=PLoWZUquVJo4SLWKD5A96znBNi23UzOjiG&index=7	2:48

Met Police: These are short animations with audio talk through

Video Name	Location	Minutes
Online Identity	https://www.youtube.com/watch?v=kO8-Yzv8rUE&list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&index=7	2:21
Phishing	https://www.youtube.com/watch?v=IQG9A05oXEw&list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&index=10	
Safe WI-FI	https://www.youtube.com/watch?v=FAVMH3dqbLo&list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&index=8	2:21
Computer Updates	https://www.youtube.com/watch?v=aE_9PE_hjUU&list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&index=9	2:21

Computer software service fraud	https://www.youtube.com/watch?v=aJA-eyVtOW4&list=RDCMUC0Xe--tV7PTSI-ZnEbiAwUA&start_radio=1&t=2	2:13
Impersonation Fraud	https://www.youtube.com/watch?v=fy-RSQfwLDw&list=RDCMUC0Xe--tV7PTSI-ZnEbiAwUA&index=4	6:07
Payment fraud	https://www.youtube.com/watch?v=O1tktyF0-Tg&list=RDCMUC0Xe--tV7PTSI-ZnEbiAwUA&index=6	2:14
Romance fraud 2:30	https://www.youtube.com/watch?v=MBOB6bv48ww&list=RDCMUC0Xe--tV7PTSI-ZnEbiAwUA&index=8	2:30
Online Shopping	https://www.youtube.com/watch?v=Y-wPFXK2m4&list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz&index=4	2:37

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

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

Staffordshire Police: Inputs with sign language

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

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

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