



Key Legislation: **UK GDPR | Data Protection Act 2018 | Computer Misuse Act 1990**

## KEY STATISTICS



**£4.5 million**

Average cost of a data breach to UK organisations in 2023



**82%**

Of breaches involve a human element



**300%**

Increase in cyber attacks since 2020



**95%**

Of cyber incidents preventable with staff awareness training

## LEARNING OBJECTIVES



Understand the cyber threat landscape and common attack types



Recognise phishing, social engineering and other human-targeted attacks



Apply password security best practices and multi-factor authentication



Understand data protection obligations under UK GDPR

## STEP-BY-STEP GUIDE

**1**

### Passwords

Use strong, unique passwords of 12+ characters — use a password manager



**2**

### Phishing

Be suspicious of unexpected emails — verify before clicking links



**3**

### Updates

Install security updates promptly — enable automatic updates



**4**

### MFA

Enable multi-factor authentication on all accounts

