



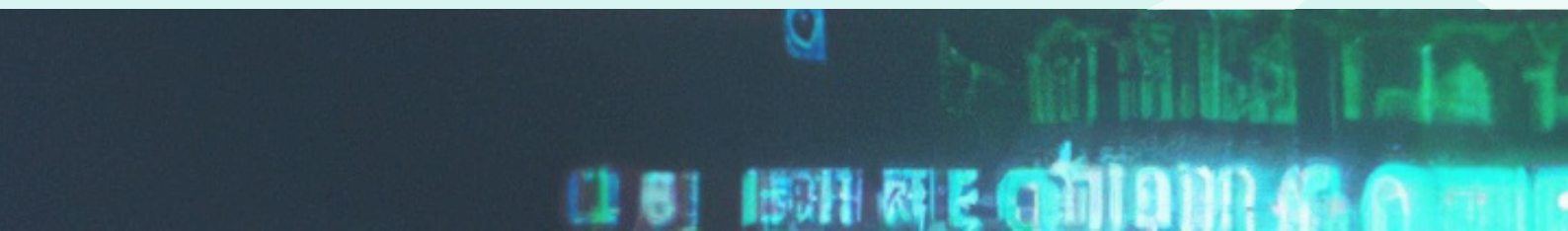
Security Awareness Training (SAT) Catalog





Overview

This catalog offers a comprehensive suite of materials designed to strengthen your organization's security posture across various critical areas. You'll find resources on Security Awareness to help educate your team on identifying and mitigating threats, as well as best practices for Authentication to ensure secure access to systems and data. Explore our guidelines on Phishing prevention, Data Protection strategies, and Social Engineering defense. Additionally, the catalog includes essential information on Web Security, Malware prevention, and maintaining security while Working Remotely. We also cover best practices for managing Mobile and Removable Devices to protect sensitive information on the go. These materials provide the foundation for a robust and resilient security program tailored to your organization's needs.



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02. Authentication

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05. Social Engineering

06. Web Security

07. Malware

08. Working Remotely

09. Mobile/Removable Devices

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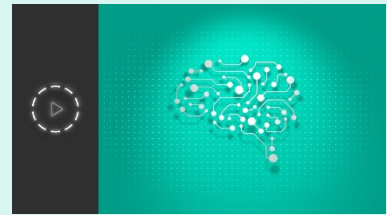
01. Security Awareness

Security Awareness Explored

This video explores the cybersecurity landscape, explaining the tactics used by cybercriminals and providing expert guidance on how to protect yourself from cyber attacks.

Categories: Data Protection; Email Security; Malware Awareness; Mobile Device Security; Working Remotely; Social Engineering; Web Security; Authentication; Removeable Media Security.

Video duration: 10:33

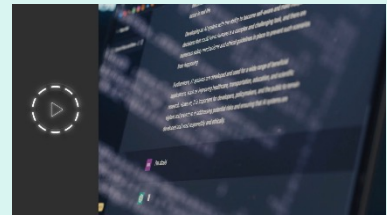


ChatGPT and AI Security

Short video on the topic of ChatGPT and AI security.

Categories: Web Security; Data Protection; Coding; Data Breaches;

Video duration: 2:55



QR Code Phishing

Explains what QR code phishing is and why it's becoming a popular tool of cybercriminals as well as providing guidance on how to protect yourself from QR code phishing.

Categories: Phishing; Human Firewall; Malware Awareness; Spoofing.

Video duration: 2:59

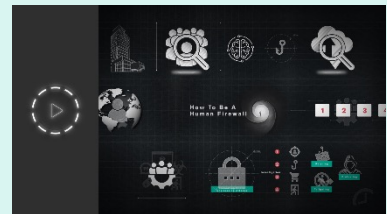


How to be a Human Firewall

Explains what a human firewall is and how they are essential to maintaining an organization's cybersecurity. Provides guidance and tips on how individuals can secure their personal and company data.

Categories: Human Firewall; Social Engineering.

Video duration: 6:32

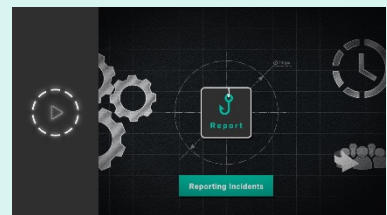


How to Protect Yourself Online

The guidance and techniques you need to stay safe in the modern digital landscape.

Categories: Human Firewall; Data Breaches; Incident Response; Social Media, Web Security; Wi-Fi Security.

Video duration: 7:04

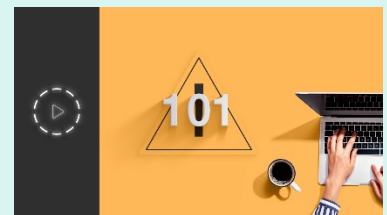


Incident Response 101

Explains the importance of responding quickly and effectively to security incidents.

Categories: Incident Response.

Video duration: 3:06

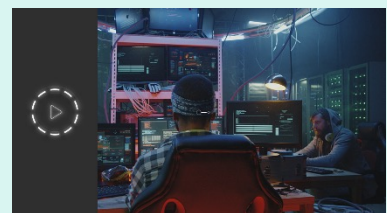


Spoofing

Explains what spoofing is and the techniques used by criminals. It also includes how to help prevent becoming a victim of spoofing.

Categories: Spoofing; Social Engineering.

Video duration: 2:26



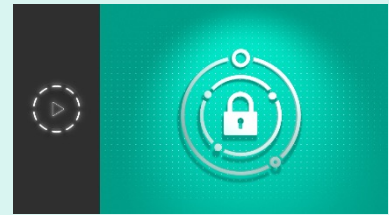
02. Authentication

Authentication Explored

Explores the history of user authentication and password hacking. Provides guidance on how to create a strong password, and illustrates the benefits of password managers and multi-factor authentication.

Categories: Access Control; Data Protection; Passwords; Social Engineering; Authentication; Data Breaches; Human Firewall; Multi-factor Authentication;

Video duration: 8:40



Brute Force Attacks

Explains how hackers use brute force to crack passwords, and how to ensure your password is strong enough to defeat brute force.

Categories: Authentication; Passwords;

Video duration: 2:43

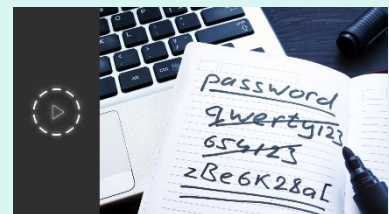


Password Security Training

Video explains the importance of having strong passwords.

Categories: Passwords; Authentication; Multi-factor Authentication; Human Firewall;

Video duration: 1:13

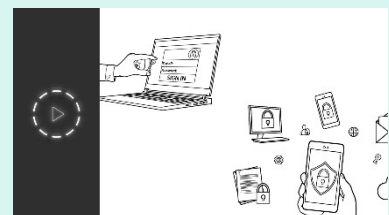


Staying Safe with a Strong Password

Explains how to stay safe by using strong passwords.

Categories: Passwords; Authentication; Multi-factor Authentication;

Video duration: 1:17

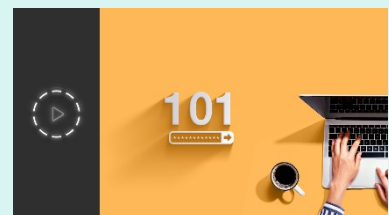


Passwords 101

Explains the importance of strong passwords in cybersecurity and how to create strong, unique but memorable passwords.

Categories: Authentication; Passwords;

Video duration: 3:10



03. Phishing

Email Security Explored

Explores the tactics cybercriminals use to exploit email communication and the dangers of sending emails to unintended recipients.

Categories: Email Security; Phishing; Spear Phishing; Whaling; CEO Fraud; Business Email Compromise; Spoofing;

Video duration: 7:10

Anatomy of a Whaling Attack

Video telling the true story of a real world whaling cyber attack .

Categories: Email Security; CEO Fraud, Ransomware; Whaling; Spear Phishing; Business Email Compromise; Spoofing;

Video duration: 5:30

CEO Fraud - Business Email Compromise

Video explains what is CEO Fraud/BEC and how to identify such scams.

Categories: Business Email Compromise; CEO Fraud; Email Security; Phishing; Whaling; Spear Phishing; Spoofing;

Video duration: 1:34

Clues for Spotting a Phishing Attack

Video explains how to spot a phishing attack.

Categories: Phishing; Spear Phishing; Whaling; Email Security;

Video duration: 1:45

How to Protect Against Phishing

Covers the tactics and techniques hackers use in phishing attacks, how to spot them and how to protect yourself from future attacks.

Categories: Phishing; Business Email Compromise; Vishing; Smishing;

Video duration: 12:00

Clues for Spotting Business Email Compromise Attacks

Explains how to spot business email compromise attacks.

Categories: Business Email Compromise; CEO Fraud, Email Security; Phishing; Spear Phishing; Whaling;

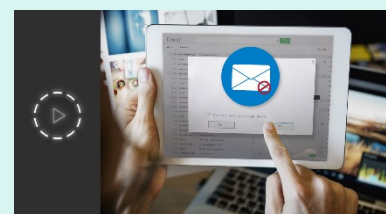
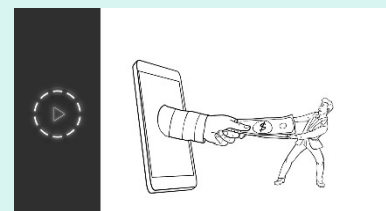
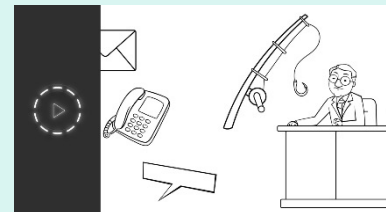
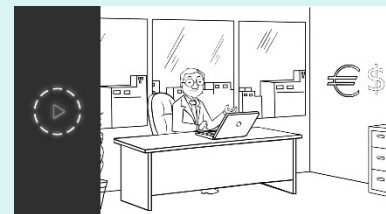
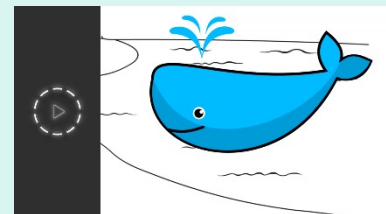
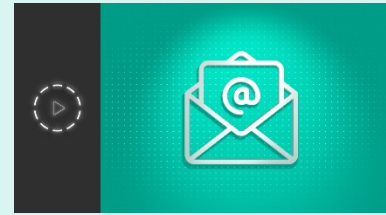
Video duration: 1:34

Social Media Phishing

Explains the tactics of phishing targets through the use of fake social media profiles and posts. Covers what steps you can take to stay safe from this form of cyber attack.

Categories: Phishing; Social Media; Social Engineering; Web Security;

Video duration: 2:40



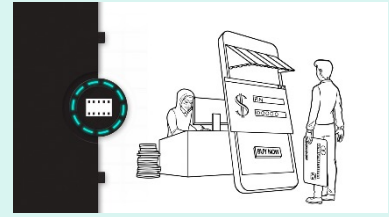
03. Phishing

Staying Safe from Whaling Attacks

Explains how to stay safe from whaling attacks.

Categories: Whaling; Phishing; Email Security; Spear Phishing;

Video duration: 2:02

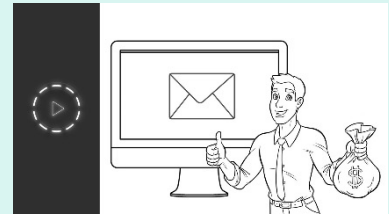


Spear Phishing Standards

Explains how hackers use your habits and hobbies to carry out phishing attacks.

Categories: Phishing; Spear Phishing; Email Security; Social Engineering;

Video duration: 1:18

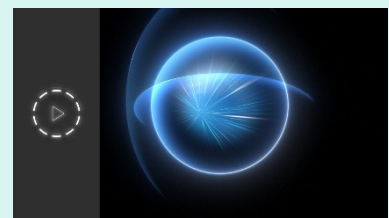


What Happens When You Click

Explores the potential consequences of clicking on a malicious link in a phishing mail, text or social media message.

Categories: Email Security; Phishing; Incident Response;

Video duration: 10:33

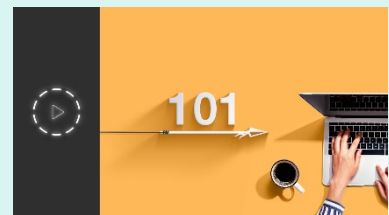


Business Email Compromise 101

Explains the tactics cybercriminals use when carrying out targeted spear phishing attacks using compromised email accounts and how to stay safe from them.

Categories: Phishing;

Video duration: 5:25



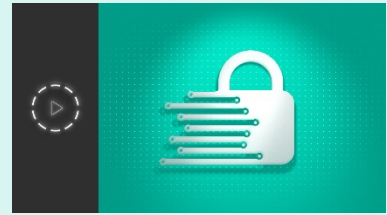
04. Data Protection

Data Protection Explored

Explores the concept of data protection and why it's necessary. Covers the security awareness techniques and legal regulations which can help you protect your data.

Categories: Data Protection; Social Media; Web Security; Data Breaches; Privilege Access; Third Party Cookies; Access Control;

Video duration: 7:47



Handling Confidential Data Standards

Explains how to handle confidential data from work.

Categories: Data Protection; Human Firewall; Working Remotely; Email Security;

Video duration: 1:27

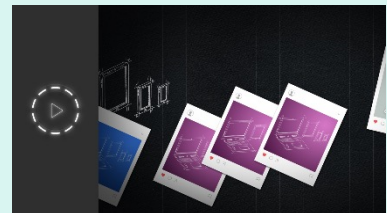


How to Protect Confidential Data

Illustrates the different types of confidential data and the secure practices that keep this information private and secure.

Categories: Data Protection; Access Control;

Video duration: 13:27

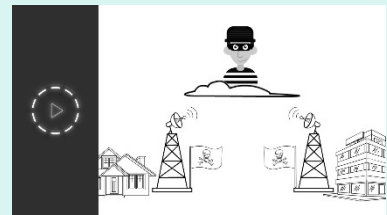


Staying Safe from Identity Theft

Explains how to stay safe from identity theft.

Categories: Data Protection; Social Engineering;

Video duration: 1:46



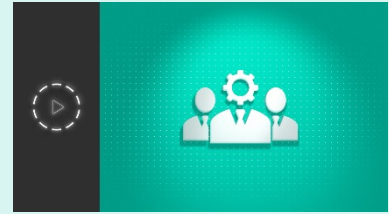
05. Social Engineering

Social Engineering Explored

Explores the types of social engineering attacks cybercriminals use to obtain login credentials and unauthorized access.

Categories: Social Engineering; Passwords; Phishing; Clean Desk;

Video duration: 8:04

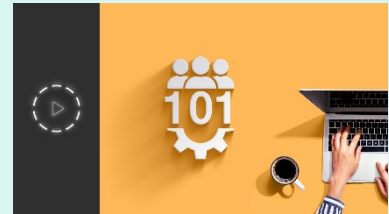


Social Engineering 101

Explains how cybercriminals use social engineering to steal credentials, confidential data and money, and how to protect against social engineering attacks.

Categories: Social Engineering;

Video duration: 5:50

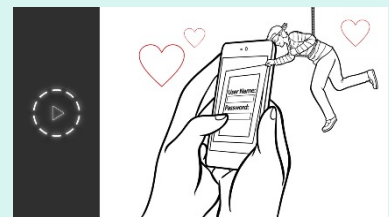


Staying Safe from Smishing

Explains how to stay safe from SMS phishing attacks.

Categories: Mobile Device Security; Phishing; Malware Awareness; Social Engineering; Smishing;

Video duration: 1:33



06. Web Security

Web Security Explored

Covers the origins of the web, the current cyber threats users face, and how to stay safe when browsing the web.

Categories: Web Security; Malware Awareness; HTTPS;

Video duration: 9:06

Staying Safe when Using Social Media

Explains how to stay safe when using social media.

Categories: Social Media; Web Security; Social Engineering; Human Firewall;

Video duration: 1:33

How to Browse the Web Securely

Explains the techniques and practices that can keep you safe while browsing the web.

Categories: Web Security; Wi-Fi Security;

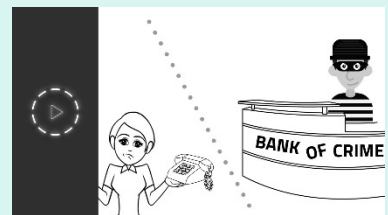
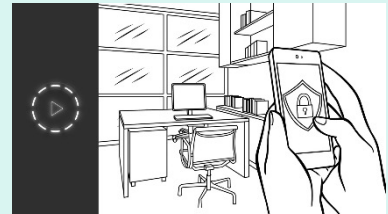
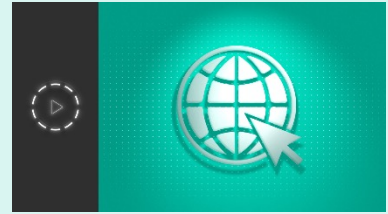
Video duration: 14:45

Staying Safe when Banking Online

Explains how to stay safe when banking online.

Categories: Web Security; Mobile Device Security; HTTPS; Human Firewall;

Video duration: 1:19



07. Malware

Malware Explored

Explores the different types of malware, how they are distributed and how to protect your devices from infection.

Categories: Spyware; Malware Awareness; Attachments; Email Security; Phishing; Web Security; Security Updates; Ransomware;

Video duration: 9:15

Keyloggers

Keyloggers can track every keystroke entered into your computer or mobile device. This short video provides an overview of the types of keyloggers being used by cybercriminals and guidance on how to keep yourself and your devices safe.

Categories: Physical Security; Spyware; Removeable Media Security; Malware Awareness; Wi-Fi Security;

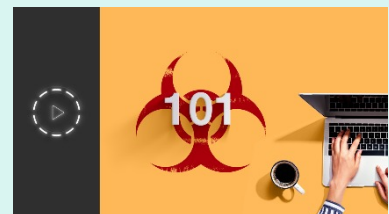
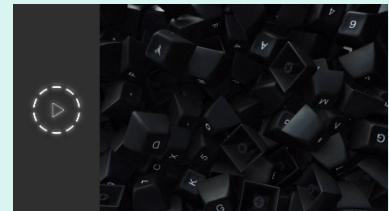
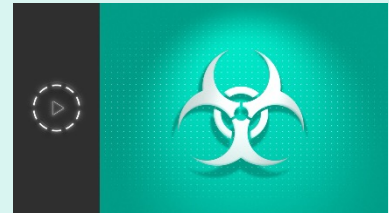
Video duration: 2:00

Malware 101

Explains the danger that malicious software poses to your personal devices and work networks along with providing guidance on how to protect against malware attacks.

Categories: Malware Awareness;

Video duration: 4:02



08. Working Remotely

Working Remotely Explored

Explores the potential cybersecurity risks of remote working and provides guidance on how to stay safe while working on the move.

Categories: Social Media; Wi-Fi Security; Web Security; Working Remotely; Physical Security; Passwords; Multi-factor Authentication; Mobile Device Security; Removeable Media Security; Access Control;

Video duration: 7:05

Staying Safe when Working from Home or on the Move

Explains how to stay safe when working from home or on the move.

Categories: Working Remotely; Wi-Fi Security; Removeable Media Security; Mobile Device Security; Human Firewall;

Video duration: 1:21

Staying Safe when Using Public Wi-Fi

Explains how to stay safe when using public Wi-Fi.

Categories: Wi-Fi Security; Working Remotely; Human Firewall; Spoofing;

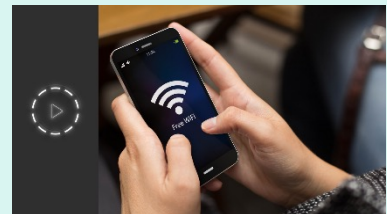
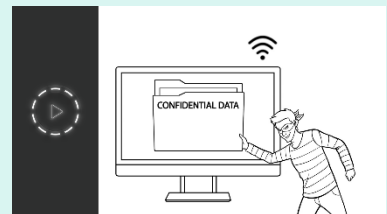
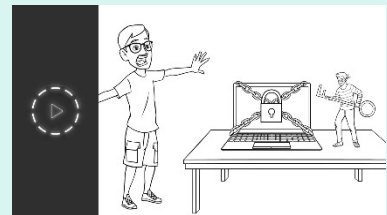
Video duration: 1:39

Wi-Fi Standards

Video explains the risk of using open Wi-Fi .

Categories: Wi-Fi Security; Web Security; Working Remotely;

Video duration: 1:05



09. Mobile/Removable Devices

Mobile and Removable Device Security Explored

Explores the benefits and risks of using mobile devices and provides best practice on how to secure your devices.

Categories: Mobile Device Security; Working Remotely; Wi-Fi Security; Web Security; Physical Security; Social Engineering; Multi-factor Authentication;

Video duration: 6:15

Removable Media

Video explains the importance of treating all external data storage devices as potentially dangerous.

Categories: Removeable Media Security; Pretexting; Social Engineering; Mobile Device Security;

Video duration: 1:38

Staying Safe when Using your Mobile Phone

Explains how to stay safe when using your mobile phone.

Categories: Mobile Device Security; Wi-Fi Security;

Video duration: 1:33

