

Cyber Aware social posts

28 Jan - 15 Feb

Twitter

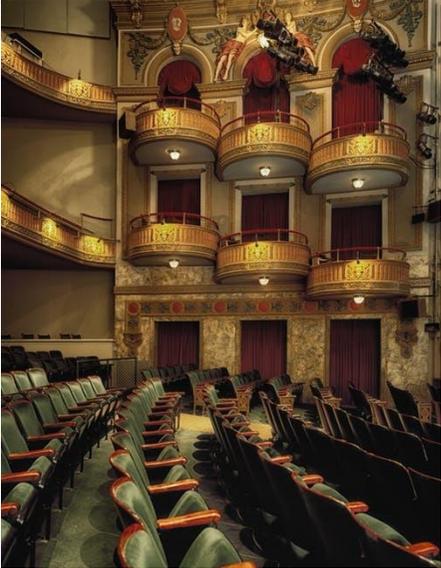
Date	Audience focus/post type	Passion Point	Copy	Image/creative
w/c 28 Jan				
Mon 28 Jan 12pm	At risk majority/ Young and Risky	I really enjoy cooking	Have you kept up with your #NewYearsResolution of #healthy eating? If not, Monday is the perfect time to reset your food plan. Why not also take the opportunity to make one reset to your email #password so its strong and separate to the one you use for other accounts	 https://www.pexels.com/photo/assorted-sliced-fruits-in-white-ceramic-bowl-1092730/

<p>Tues 29 Jan 1pm</p>	<p>Young and Risky</p>	<p>I like to listen to new bands</p>	<p>Want to shake up your #music playlists? #MeghanTrainor, #BringMeTheHorizon and #BackstreetBoys all have new albums out so why not take a listen?</p> <p>If you're listening to tunes on your way to work, secure your device with a screenlock - they provide an extra layer of security</p>	 <p>https://www.pexels.com/photo/photography-of-person-holding-headphone-953213/</p>
<p>Wed 30 Jan 2pm</p>	<p>Young and Risky</p>	<p>Interested in reading about sport</p>	<p>Excited for the match tonight? @SwansOfficial will be up against @Arsenal in the @premierleague! When you tune in to the game, leave your phone to install the latest software and app updates to make sure you're defending your device from hackers</p> <p>#football #premierleague</p>	 <p>https://www.pexels.com/photo/aerial-view-of-soccer-field-1171084/</p>
<p>Fri 1 February 12pm</p>	<p>Young and Risky</p>	<p>Interested in reading about sport</p>	<p>It's the start of February, has your New Year fitness regime fallen by the wayside?</p> <p>Reset your fitness routine with @Thefoodmedic's workout. One small reset can make a big difference, like resetting your email password to something strong & separate from your other accounts.</p>	<p>Dr Hazel Wallace's OneReset video</p>

w/c 4 Feb				
Tues 5 Feb 1pm	At risk majority/ Young and Risky	Calendar hook	<p>Today is #SaferInternetDay! Two simple ways to stay secure online are:</p> <ul style="list-style-type: none">-Use a strong and separate password for your email account (Use three random words to make a strong password)- Install the latest software and app updates <p>@saferinternetday</p>	 <p>https://images.pexels.com/photos/423367/pexels-photo-423367.jpeg?auto=compress&cs=tinysrgb&pr=1&w=500</p>
Tues 5 Feb 2pm	At risk majority/ Young and Risky	Calendar hook	<p>How are you celebrating #ChineseNewYear? If you're out and about bringing in the #yearofthepig secure your tablet or smartphone with a screen-lock.</p> <p>For more info on staying secure online, visit: https://www.cyberaware.gov.uk/</p>	 <p>https://www.pexels.com/photo/red-chinese-lantern-1455985/</p>

<p>Thus 7 Feb 12pm</p>	<p>At risk majority/ Young and Risky</p>	<p>Calendar hook</p>	<p>Excited to support #LGBTmonth? If you're going to #showyourcolours this weekend, don't use public WiFi to buy tickets. Hackers can set-up fake WiFi hotspots, which might enable them to intercept sensitive information you are transferring online.</p>	 <p>https://www.pexels.com/photo/photo-of-person-holding-multicolored-heart-decoration-1173576/</p>
<p>Fri 8 Feb 1pm</p>	<p>At risk majority/ Young and Risky</p>	<p>Calendar hook</p>	<p>Excited to see if your favourites will win a @BAFTA this weekend? When you're tuning in to the awards, put your phone aside and leave it to install the latest #software and app updates - so you can focus on the drama #bafta</p>	 <p>https://www.google.com/search?q=bafta+awards&rlz=1C1GCEA_enGB818GB818&tbm=isch&source=Int&tbs=sur:fc&sa=X&ved=0ahUKEwiYv7yptdvfAhVoQxUIHRXjB_4QpwUllA&biw=821&bih=928&dpr=1#imgsrc=uiLHe8SrbXfVhM:</p>
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<p>Mon 11 Feb 2pm</p>	<p>Young and Risky</p>	<p>My favourite pastime is playing video games</p>	<p>Can't wait to finish work and get home for an evening of #gaming? Password managers are a useful tool to store passwords for all of your gaming accounts. Why not set one up now? #password manager</p>	 <p>https://www.pexels.com/photo/gray-scale-image-of-xbox-game-controller-194511/</p>
<p>Wed 13 Feb 12pm</p>	<p>At risk majority/ Young and Risky</p>	<p>I enjoy entertaining people at home</p>	<p>Planning a mid-week kitchen wowser? If you're taking #foodie photos of your dishes, make sure to always back-up your most important data - that way you won't lose your photos permanently if you're #hacked.</p> <p>For more info on staying secure online, go here: https://www.cyberaware.gov.uk/</p>	 <p>https://www.pexels.com/photo/carbonara-in-gray-bowl-1030947/</p>

<p>Thurs 14 Feb 1pm</p>	<p>At risk majority/ Young and Risky</p>	<p>Calendar hook</p>	<p>Don't let a cyber attack get in the way of love. Avoid clicking on suspicious links when buying a gift for your special person #ValentinesDay</p>	 <p>https://www.pexels.com/photo/three-red-heart-balloons-704748/</p>
<p>Fri 15 Feb 2pm</p>		<p>I am interested in the arts</p>	<p>Heading to your favourite museum this weekend? If you're buying tickets for an exhibit, don't use public WiFi to transfer financial information - hackers can set up fake WiFi hotspots and steal your personal information! #cybersecurity For more info on staying secure online, go here: https://www.cyberaware.gov.uk/</p>	 <p>https://www.pexels.com/photo/landmark-lights-building-architecture-63328/</p>

Facebook:

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