

Email and social media hacking

How to protect yourself



Email and social media hacking are the most reported forms of **cyber crime in the UK**. Here are some useful tips on how to stay safe on social media and how to secure your accounts against hacking.



How to protect yourself:

- **Use passkeys** wherever they are available. They are more secure and easier to use.
- Where passkeys are unavailable, **use strong passwords**, for example generated by a password manager and **enable 2SV**.
- Think about who has access to the content you're posting. Make sure your **privacy settings** are configured so that it's only visible to the people you want to see it, for example only your friends.
- **Try not to share too many personal details** that a fraudster could use to build a picture of you. They can use facts such as your birthday, where you live, family relationships or pet names to steal your identity or make their fraud more convincing.



Tell the police about cyber crime and fraud at **reportfraud.police.uk** or by calling **0300 123 2040**

reportfraud.police.uk

f i x @reportfrauduk