12-17 YEARS

YOUR FUTURE IS AT YOUR FINGERTIPS

Develop your **cyber skills**

CYBER CHOICES

www.cyberchoices.uk

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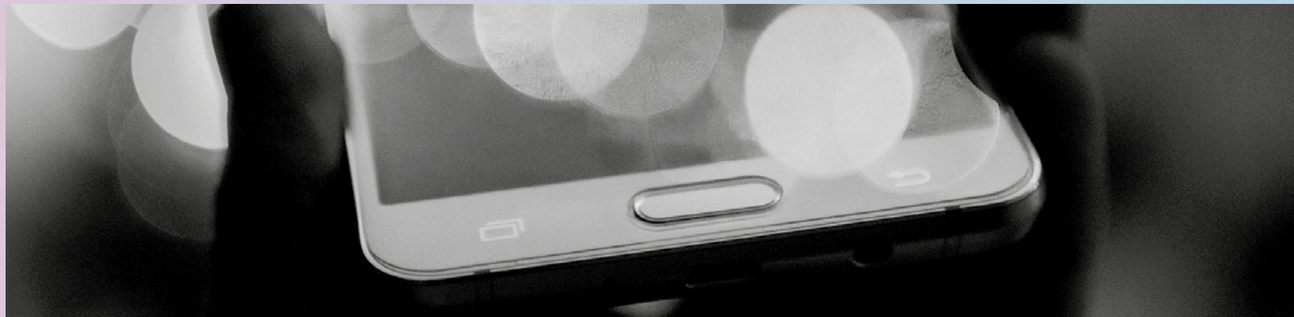
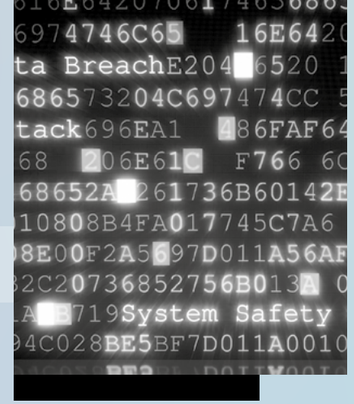


Hello

THANK YOU FOR PICKING UP THIS PACK

It's been especially designed for 12 to 17 year olds, to help you find ways to develop your cyber skills and make sure you know how to do so without breaking the law. We hope you enjoy...



Introduction

The world is immersed in communications and computing technology, including your phone, tablet, laptop, PC, game consoles, TVs, smart devices and of course the internet.

Many people are curious and want to explore how these things work, how they interact with each other and what vulnerabilities they have. This can include learning to code and experimenting with tools and techniques discovered online, on video streaming websites, or discussed in forums.

These are great skills and knowledge to have. The cyber security industry is short of people which means that salaries and prospects in this sector are fantastic. However some people make poor choices and use such skills illegally, often not knowing the law.

This Cyber Choices booklet provides information on the Computer Misuse Act 1990 and the potential consequences of breaking the law, to help you avoid making ill-informed and bad choices. It also lists a number of resources where cyber skills and interests can be practiced legally and developed positively.

The Computer Misuse Act 1990

Section 1 Unauthorised access to computer material.

Section 2 Unauthorised access with intent to commit or facilitate commission of further offences.

Section 3 Unauthorised acts with intent to impair, or with recklessness as to impairing, operation of computer.

Section 3ZA Unauthorised acts causing, or creating risk of, serious damage.

Section 3A Making, supplying or obtaining articles for use in offence under section 1, 3 or 3ZA.

A criminal record could affect your education and further career prospects so get to know the legal boundaries whilst online.

Read more on page 12

For example

- You watch your friend enter their username and password. You remember their login details and without their permission, later login and read all their messages.
- Your friend leaves their tablet on the sofa. Without their permission, you access their gaming account and buy game credits with the attached credit card.
- You are playing an online game with a friend who scores higher than you. You use a ‘Booter’ tool knowing it will knock them offline, so you can win the game.
- You hack a phone company. Your hack stops some people phoning the Police when they are in danger. You didn’t mean for this to happen but you were reckless.
- You download software so you can bypass login credentials and hack into your friend’s laptop, however you’ve not had a chance to use it yet.

Resources

There are fun and challenging online activities available to legally test and develop your cyber skills, whether or not you are considering a career in tech.

A FUN, PRACTICAL CHALLENGE

Cyber Security Challenge
Test your cyber skills. Created by professionals for the next generation of cyber defenders.
www.cybersecuritychallenge.org.uk

CODING

CoderDojo
Community-based programming clubs for young people.
www.coderdojo.com

Codecademy
Interested in learning to code? This is a great place to start.
www.codecademy.com

Free Code Camp
Thousands of videos, articles, and interactive coding lessons.
www.freecodecamp.org

Can you hack it?

ONLINE RESOURCES

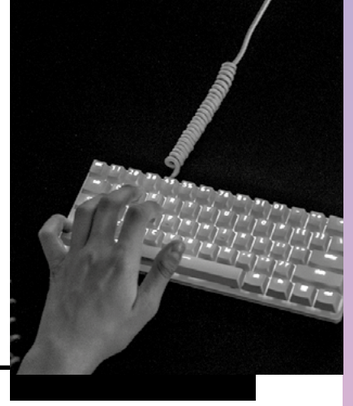
Hack The Box
A gamified and hands-on training platform to learn and advance penetration testing and cyber security skills.
www.hackthebox.eu

Vulnhub
Provides online materials allowing practical hands-on experience with digital security, computer applications and network administration tasks.
www.vulnhub.com

GOVERNMENT PROGRAMMES

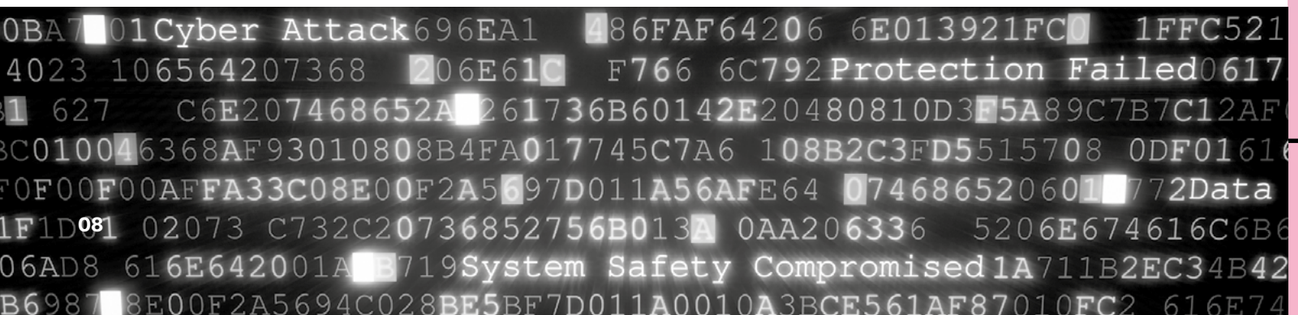
CyberFirst
Developing the UK's next generation of cyber professionals through student bursaries, courses for 11–17 year olds and competitions.
www.ncsc.gov.uk/cyberfirst/overview

Cyber Explorers
A fun, free interactive learning platform for those aged 11-14. It showcases how skills taught in class are linked to real world situations, through an immersive, gamified learning experience.
www.cyberexplorers.co.uk



UNIVERSITY COURSES

ONLINE STUDY



Further online training

If you are looking to learn more about IT and cyber security there are different routes you can choose, from university courses to online study.

Cybrary
Free online IT and Cyber Security training platform. Self-paced learning, ideal to grow your skills.
www.cybrary.it

SANS Cyber Aces
A free online course that teaches the core concepts needed to assess and protect information security systems.
www.cyberaces.org

NCSC
The National Cyber Security Centre website contains a lot of information on both academic and professional qualifications in cyber security.
www.ncsc.gov.uk/section/education-skills/11-19-year-olds

UCAS
The Universities and Colleges Admissions Service website provides full details of university courses and entry requirements. The site also details apprenticeships. There are a number of institutions offering cyber security as a specialism.
www.ucas.com

All the third party websites listed are publicly available for personal development.

They are not necessarily endorsed, supported or monitored by the NCA or UK law enforcement.

All links and web addresses were checked and verified to be correct at the time of publication.

Future careers

Skills in coding, gaming, computer programming, cyber security or anything IT related are in high demand. There are many careers and opportunities available to anyone with an interest in these areas.

TechFuture Careers
A great place to find out about the exciting tech roles available in companies from loads of different sectors. Whether you want to work in fashion, music, media or business, there's a tech role for you.
www.tpdegrees.com/careers

Girl Geeks
Supports untapped talent and females in STEM (Science, Technology, Engineering and Maths) through offering inspiration, connections and opportunities.
www.girlgeeks.uk

Inspired Careers
An innovative virtual hub that allows you to explore all of the job roles and career paths open to you. There are currently 87 different roles listed in cyber security.
www.inspiredcareers.org

CREST
An international not-for-profit accreditation and certification body that represents and supports the technical information security market. CREST has produced some careers guidance if you are looking to go into cyber security.
www.crest-approved.org/professional-development/crest-careers-guides/ index.html

Get paid

Traineeships
These are designed to help young people who want to get an apprenticeship or job but don't yet have appropriate skills or experience.
www.gov.uk/government/collections/traineeships-programme

Apprenticeships
These are available through college websites and the Government site below.
www.findapprenticeship.service.gov.uk/apprenticeshipsearch

Curious to know how much you could earn working in cyber security?
www.itjobswatch.co.uk/jobs/uk/cybersecurity.do

What to remember

We hope you found this Cyber Choices information useful.

The websites mentioned in this booklet are just some of the range of places cyber skills can be practised and improved ethically and legally. All the third party sites listed are publicly available for personal development. They are not endorsed, supported or monitored by the NCA or law enforcement.

Used correctly, skills in digital, technology and computing can lead to an exciting and well-paid career. Companies really want young people who are talented in these areas.

Enjoy exploring the websites and learning materials provided, and finding your own too. Make sure you stay within the law when practicing.

Consequences of breaking the Computer Misuse Act 1990 may include:

- Receiving a visit and warning from the police or NCA officers
- Being arrested
- Getting a criminal record
- Having devices seized
- Being banned or limited in your internet use
- Being expelled from school
- Not being able to get the job you want
- Not being able to travel to certain countries

...or all of the above!

To avoid making the wrong cyber choices there are four main things to remember...

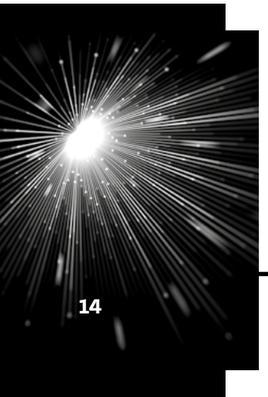
1. Don't access anyone else's computer, device, network or their accounts without their permission.
2. Don't do anything that stops someone else's computer, network or device working properly, without the owner's permission.
3. Don't change the way a computer, device, network or website works without the owner's permission.
4. Don't download, make or supply anything for the purpose of committing cyber crime.

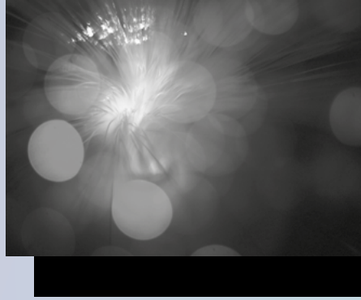
Ask a trusted adult if you are unsure about what you or others are doing.

Get in touch

Cyber Choices is a programme delivered by the Regional Cyber Choices Network and Local Police Force Cyber Teams, co-ordinated by the National Crime Agency.

If you would like any further information or advice on Cyber Choices, please visit us at **www.cyberchoices.uk** for more resources and our contact details.





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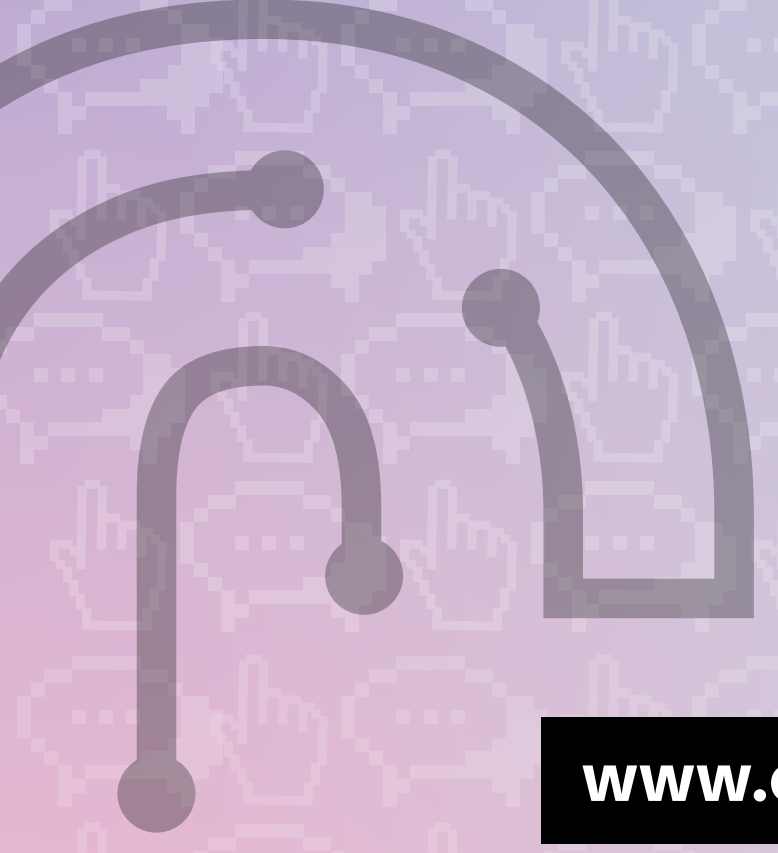

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Helping you choose a positive and legal path