



**Abacus**  
Australian Mutuals

Association of Building Societies and Credit Unions

## **MEDIA RELEASE**

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### **Credit unions, building societies support National Cyber Security Awareness Week**

Credit unions and building societies have put their support behind the Australian Government initiative National Cyber Security Awareness Week, which is being held this week, June 6-11, to raise awareness of smart online practices.

Abacus – Australian Mutuals CEO Louise Petschler urged all Australian internet users to adopt simple online practices to help improve online security.

“Awareness and vigilance is the key,” said Ms Petschler.

“Credit unions and building societies are committed to raising the awareness of their members, communities and the general public of the online security risks and the steps people can take to protect themselves when online.

“It isn’t just about protecting yourself online when you’re on the computer – there’s a whole array of devices that now connect to the internet, so people should take some simple steps to ensure they are protected online – regardless of what device they are accessing the internet through,” said Ms Petschler.

Cyber security is not just about protecting yourself online when using computers – as phones, game consoles, TVs and even fridges and photo frames can now connect to the internet. As the number of people using these devices increases, the need for better cyber security becomes increasingly important.

“No matter how or where you go online, you need to protect yourself,” said Ms Petschler.

There are six easy things you can do to improve your online security:

1. Install security software and update it regularly;
2. Turn on automatic updates so that all your software receives the latest fixes;
3. Get a stronger password and change it at least twice a year;
4. Stop and think before you click on links or attachments;
5. Stop and think before you share any personal or financial information about yourself, your friends or family;
6. Know what your children are doing online, make sure they know how to stay safe and encourage them to report anything suspicious.

**To find out more information on cyber security, go to [www.staysmartonline.gov.au](http://www.staysmartonline.gov.au)**

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