

What are your cyber-security attitudes?

This short quiz asks you about your cyber-security attitudes and behaviour. For each block of statements below, answer each individual statement in terms of whether you strongly disagree, disagree, neither agree nor disagree, agree, or strongly agree. For each statement, you will have a score of 1, 2, 3, 4 or 5, depending on which option you chose. Make sure you note the numbers correctly; some run 1 to 5, others run 5 to 1. Add up the numbers in each block to get the total raw score for each block.

Conscientiously follows rules	Strongly disagree	Disagree	Neither	Agree	Strongly agree
Everyone in my organization has a role to play in IT security	1	2	3	4	5
I always follow all the IT security rules and procedures in my organization	1	2	3	4	5
I can't be bothered to read security briefings or emails	5	4	3	2	1
If I discover a security problem, I continue what I was doing; someone else will fix it.	5	4	4	2	1
Many of the rules about IT security don't really apply to me	5	4	3	2	1
My organization's cyber-security rules procedures and rules get in the way of productivity	5	4	3	2	1
There are a lot of stupid rules about IT security in my organization	5	4	3	2	1

Conscientiously follows rules total (NOTE scoring for the last five questions is reversed):

Keeps passwords and devices secure	Strongly disagree	Disagree	Neither	Agree	Strongly agree
I manually lock my computer screen when I step away from it	1	2	3	4	5
I use a password or passcode to unlock my laptop or tablet	1	2	3	4	5
I set my computer screen to automatically lock if I don't use it for a prolonged period	1	2	3	4	5
I am often one of the last to realize that a new process or protocol has been put in place	5	4	4	2	1
I only use a password because my IT administrator makes me do so	5	4	3	2	1
I write down my password	5	4	3	2	1
Occasionally I will write down a password and leave this note next to my computer	5	4	3	2	1

Keeps passwords and devices secure total (NOTE scoring for the last five questions is reversed):

Knowledge-informed carefulness	Strongly disagree	Disagree	Neither	Agree	Strongly agree
I know the difference between websites that have a “http” address and a “https” address	1	2	3	4	5
If I am browsing a website, I mouseover (hover over) links to see where they go, before clicking on them	1	2	3	4	5
I submit information to websites without first checking that it will be sent securely (e.g. SSL, ‘https’ or a ‘lock’ icon)	5	4	3	2	1
I use the same password for most accounts and apps	5	4	4	2	1
If I can, I will re-use the same password	5	4	3	2	1
If I get an email from someone I know personally, it’s OK to open any attachments	5	4	3	2	1
When someone sends me a link, I usually open it without first checking where it goes	5	4	3	2	1

Knowledge-informed carefulness total (NOTE scoring for the last five questions is reversed):

Now compare the total raw score from each block to the norm table below to see your standard score on each scale:

	1	2	3	4	5	
Does not follow all IT security rules; may pick which apply to them. Thinks many rules stupid or obstructive, Leaves IT security to others.	<i>Conscientiously follows rules</i>					Follows IT security rules and procedures, takes responsibility, takes rules seriously, reads briefings, knows that the rules apply to them.
Only uses passwords/ codes because they have to, writes down password and may leave next to computer, unaware of new IT security protocols.	<i>Keeps passwords and devices secure</i>					Uses passwords willingly, locks computer screen when away, does not write down password, keeps up to date with IT security protocols
Does not identify secure sites or check sites are secure, opens links and attachments without checking secure, re-uses passwords	<i>Knowledge-informed carefulness</i>					Can identify secure sites, checks sites are secure before using, does not trust attachments or links, varies passwords
	1	2	3	4	5	

What actions could you take to improve your cyber-security? Are there any questions where you had a score of 1 or 2?