Cyber Hygiene 101

Stephanie Thero
TRAC - Yellowhead Regional Library
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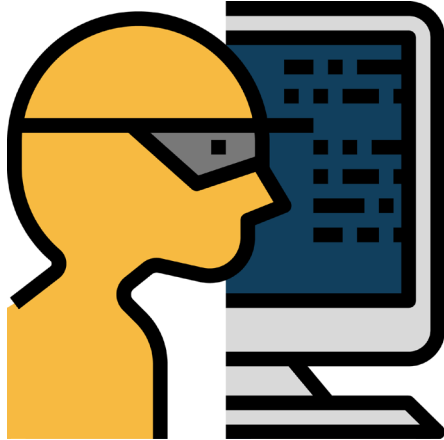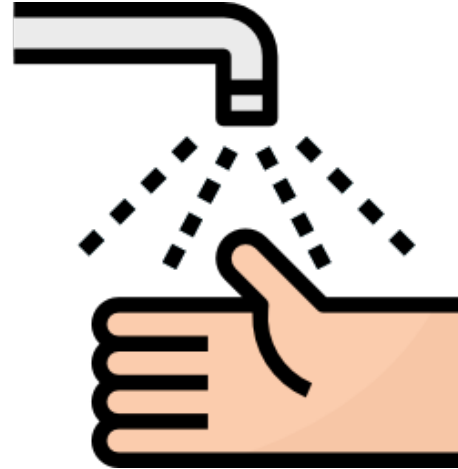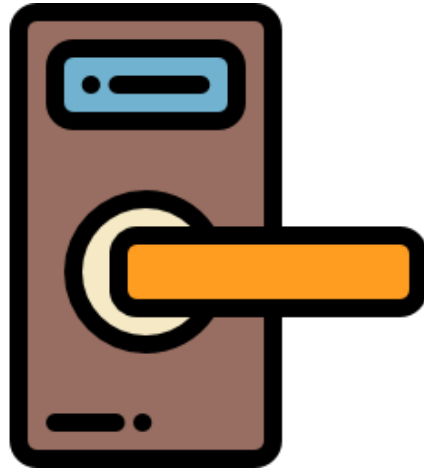
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Sunday, May 5th | Pre-Conference
Monday, May 6th – Wednesday, May 8th | Main Conference

Outline

1. What is cyber hygiene?
2. Your role
3. The threats
4. Protect
5. Resources

What is cyber hygiene?

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What is cyber hygiene?

"… a means to appropriately protect and maintain IT system and devices meant to implement cyber security best practices."

Center for Internet Security

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What is cyber hygiene?

The little things you should do in order to:

- Ensure the safety of your info and identity

- Minimize the chances of getting compromised

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Your role

Be AWARE

- Threats
- Devices
- Users

Be ALERT

- Recognize
- Respond

Be ASSERTIVE

- Ask
- Educate

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THREATS

The main ones

Social engineering

Malware/Scareware/Ratting

Phishing

Social engineering

Use of deception to manipulate someone into giving personal or confidential info.

- Familiarity exploit
- Creating a hostile situation
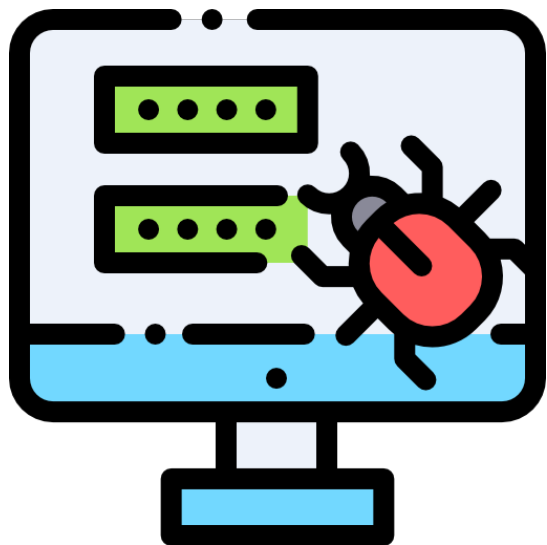- Gathering and using info

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Social engineering

Use of deception to manipulate someone into giving personal or confidential info.

- Know what you're allowed to give out and to whom
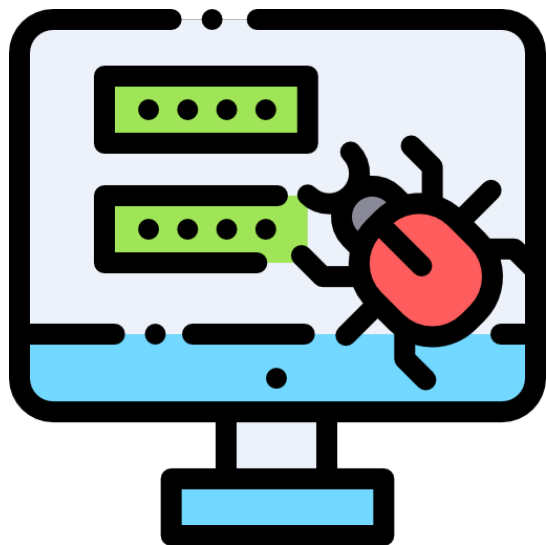- Be assertive – ask questions

Malware

A harmful program that gets installed without your knowledge or permission.

- Popular and profitable (for criminals)
- Exploits vulnerabilities

Malware

A harmful program that gets installed without your knowledge or permission.

- Update your browser
- Get a popup blocker
- Do not put unknown devices in your computer
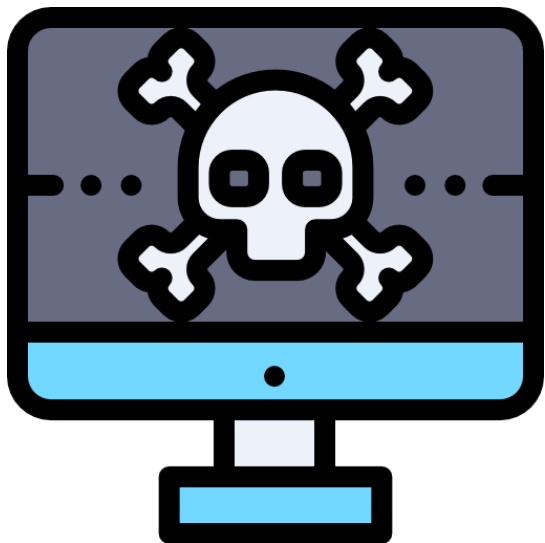
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Scareware

A program that tricks someone into thinking their computer is infected.

- Preys on our fears
- Will recommend to update, install or disable software

Scareware

A program that tricks someone into thinking their computer is infected.

- Don't click on anything
- ALT+F4 to close window

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Ratting

Act of hacking into a computer to take control of its functions.

- RAT malware hidden in games, email attachment or other programs
- Difficult to detect

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Ratting

Act of hacking into a computer to take control of its functions.

- Stay in control
- Do not put unknown devices in your computer

Phishing

An attempt to obtain sensitive info by pretending to be a trustworthy entity in online communication.

- Phisherman casts the net wide, wait for bites
- When in doubt, throw it out

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Phishing red flags

Kevin ▨▨▨▨▨ DETAILS

To Stephanie Thero

Purchase Request

August 20, 2018 7:50 AM

Good morning ,

I need your swift response for a quick purchase,do let me know if you can get that done right now or when you are at your desk?

Best Regards,
Kevin

Sent from my iPad

1. Do you recognize the sender?

2. Is there something unusual or out of character?

3. Does it make you uncomfortable?

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Phishing red flags

1. Wrong account

2. Spelling/grammar errors

3. Hover over links

NETFLIX

Your cancellation confirmation

Hi sthero@yrl.ab.ca,

We tried to renew your membership as the end of every billing cycle but the payment failed, so we had to cancel your membership.

Obviously we'd love to have you back. If you want renew your membership, simply click here to enjoy all the best TV shows & movies without interruption.

RESTART MEMBERSHIP

We're here to help if you need it. Visit the Help Center for more info or contact us.

© The Netfilx Team

Questions? Call 0120-934-474

This account email has been sent to you as part of your Netflix membership. To change your email preferences at any time, please visit the Communication Settings page for your account.

Please do not reply to this email, as we are unable to respond from this email address. If you need help or would like to contact us, please visit our Help Center at help.netflix.com.

This message was mailed to [sthero@yrl.ab.ca] by Netflix.

Collect only what you NEED.

Protect your patrons

🔒 No generic logons and know your permissions

🔒 Minimize data

🔒 Set up patron and item purges

🔒 Close windows and log off properly

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Protect your patrons

🔒 Assume everyone is eavesdropping

🔒 Train and involve all staff

🔒 Clean up your files – physical and virtual

🔒 Use secure passwords, don't share them and change them regularly

Protect yourself

🔒 Reduce your online footprint
   HaveIBeenPwned.com

🔒 Declutter your mobile device

🔒 Update your software and back up your files

🔒 Use secure passwords or passphrases

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Protect yourself

KEEP IT SECRET

No Post-it© Notes

KEEP IT SAFE

Use a Password Manager

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Passwords

UNIQUE

MEMORABLE

STRONG

LONG

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Resources

SITES

🇨🇦 GetCyberSafe.ca
🇬🇧 GetSafeOnline.org
🇺🇸 StaySafeOnline.org
🇦🇺 StaySmartOnline.gov.au
🇪🇺 CyberSecurityMonth.eu

STUFF

LastPass, 1Password
uBlock Origin, Adblock Plus
DuckDuckGo
HaveIBeenPwned.com
Google Safe Browsing

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Resources

Resource guide (Google Doc)

https://bit.ly/IUG2019cyberhygiene

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Acknowledgements

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