



Cybersecurity and How It Affects You



First touched a computer in 1977

Learned computer programming in 1980

Became a computer lab aide in 1983

Commissioned in the U.S. Navy 1986

Bought first computer in 1990

Started working in corporate IT in 1991

Designated a computer security officer for DoD in 1997

Earned his CISSP Certification in 2015

(Certified Information Systems Security Professional)

What is this Cybersecurity thingie?

- ▶ Information held on computer systems
- ▶ Confidentiality
 - ▶ Ensuring that only authorized people can access the data
- ▶ Integrity
 - ▶ Ensuring that the data is correct
- ▶ Availability
 - ▶ Ensuring that the data can be accessed when needed

How does Cybersecurity affect you?

- ▶ Our lives are on the Internet whether we want it or not...
- ▶ Cell phones / tablets
- ▶ Bluetooth devices
- ▶ Social media
- ▶ Financial transactions
- ▶ The Internet of Things (that should not be on the Internet)
- ▶ Oh yeah... personal computers

Why is Cybersecurity important

- ▶ Your reputation
- ▶ Your privacy
- ▶ Your money

What are the threats?

- ▶ Cyber criminals – it's a multi-billion dollar industry
- ▶ Ideological groups – they have a cause and you have a computer
- ▶ Terrorist organizations – they use the Internet to make their money
- ▶ State sponsored gangs – they do things for the government without being that government
- ▶ Insider threats – getting back at an employer, or doing something for personal gain
- ▶ Human trafficking – the latest way to ensnare people
- ▶ The environment – Tornados, blizzards, floods, brown/black outs
- ▶ Household incidents – Fire, water damage, drive failure

Scammers

- ▶ They call you with a threat to something you have
- ▶ High pressure tactics – **you have to do something right away**
- ▶ Force distrust of institutions – don't trust your family or friends, financial institutions, government agencies
- ▶ Befriend you as the only person who will help you
- ▶ Get you to transfer funds or reveal your passwords

Easy tells that you are being scammed

- ▶ Do they address you how you are normally addressed by the institution?
- ▶ Are they calling from the correct number?
- ▶ Do they threaten to lock your account?
- ▶ Are they sending you text messages that are not in the format that your institution would normally send?
- ▶ Are they saying you need to change your password and sending you a link?
- ▶ Did you look at the URL and does it look close but not quite?
- ▶ Do they want you to transfer funds by BitCoin or gift cards?

“Social Engineering”

- ▶ Did an old friend just show up on some social media platform you use?
- ▶ Have you confirmed that they are the person they say they are?
- ▶ Are they asking for money that they will pay you back soon?
- ▶ Are people contacting you from beyond the grave?
- ▶ Gaming consoles / applications that connect to the Internet are a big target.
- ▶ Hijacking one account gives them access to more user names with vectors to target more people.
- ▶ You may not even be dealing with a person (AI).

Bad passwords are bad

- ▶ Change the default password on devices
- ▶ Store the password in a password manager
- ▶ Use pass phrases, not passwords – the longer the better
- ▶ Never use the same password for different accounts
- ▶ Change your passwords
- ▶ Do not tape your username and password to your keyboard or monitor
- ▶ Do not use easy passwords
- ▶ Do not recycle your passwords

What can I do?

- ▶ Set up every financial account with a username and password
- ▶ Set up notifications for financial transactions
- ▶ Freeze your credit (TransUnion, Experian, Equifax)
- ▶ Don't use the magnetic stripe on your cards if possible
- ▶ Don't take online quizzes
- ▶ Back up your important information
- ▶ Don't click on a link unless you are sure you want to
- ▶ Practice password hygiene
- ▶ Use multi-factor authentication

What is multi-factor authentication

- ▶ Something you are
 - ▶ Biometrics – fingerprint, facial scan, voice print
- ▶ Something you have
 - ▶ Identity app on your phone, Yubikey, RSA token, key card
- ▶ Something you know
 - ▶ Your account name, password, and/or pin

It's really up to you

- ▶ Smokey the bear says, "Only you can prevent forest fires."
- ▶ Being aware makes you harder to be a victim.
- ▶ Be careful about people being isolated.
- ▶ Determine what you can afford to lose.
- ▶ Make sure someone else (trustee / executor) has access to your passwords in case of emergency.

Questions?

