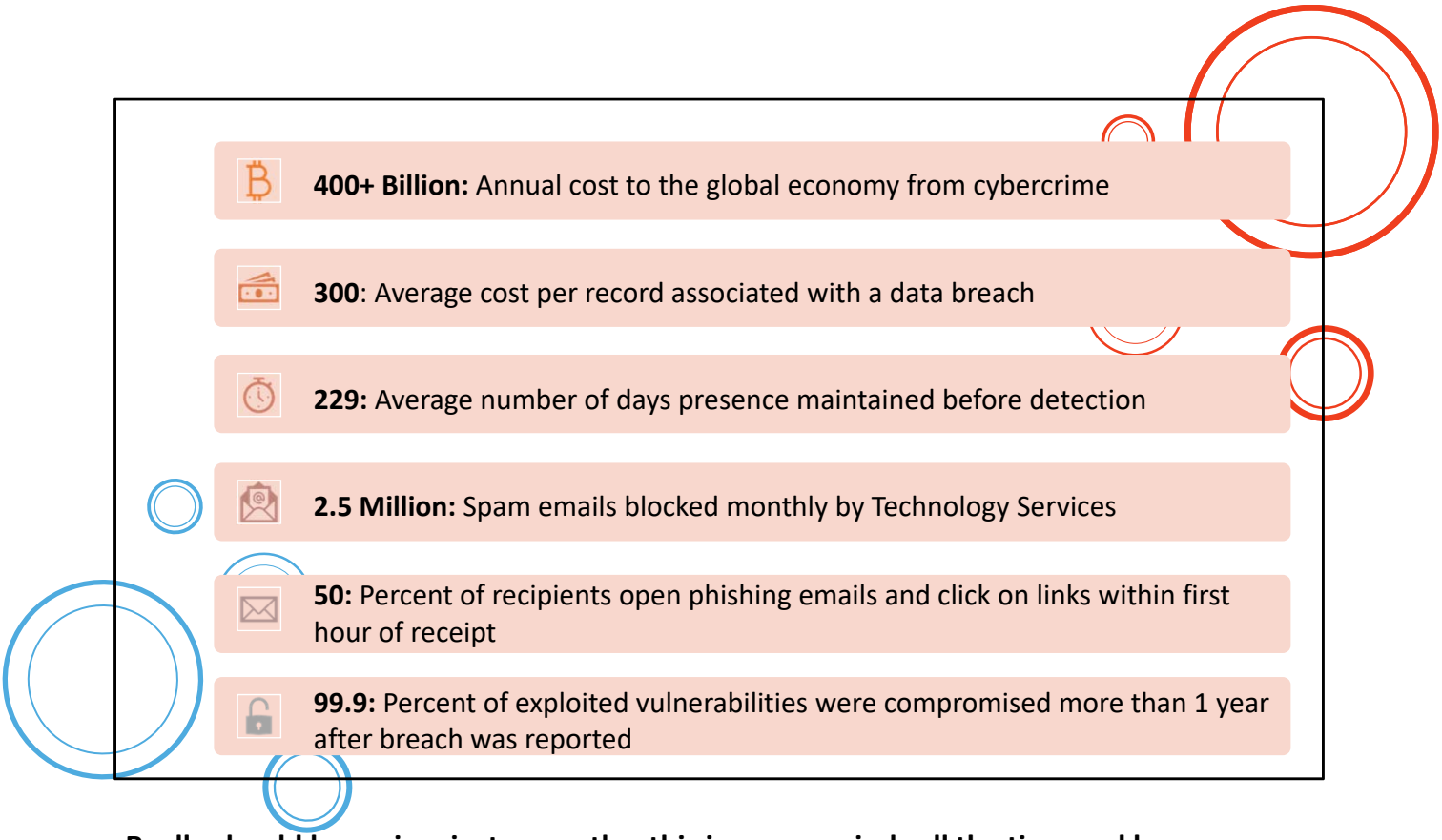
Cybersecurity Awareness Month

TECHNOLOGY SERVICES

ACADIA UNIVERSITY

Thank you to Acadia Life Long Learning for having us present to you on this important topic.
Thank you to National Security Alliance and its partners, and KnowBe4 for their resources.

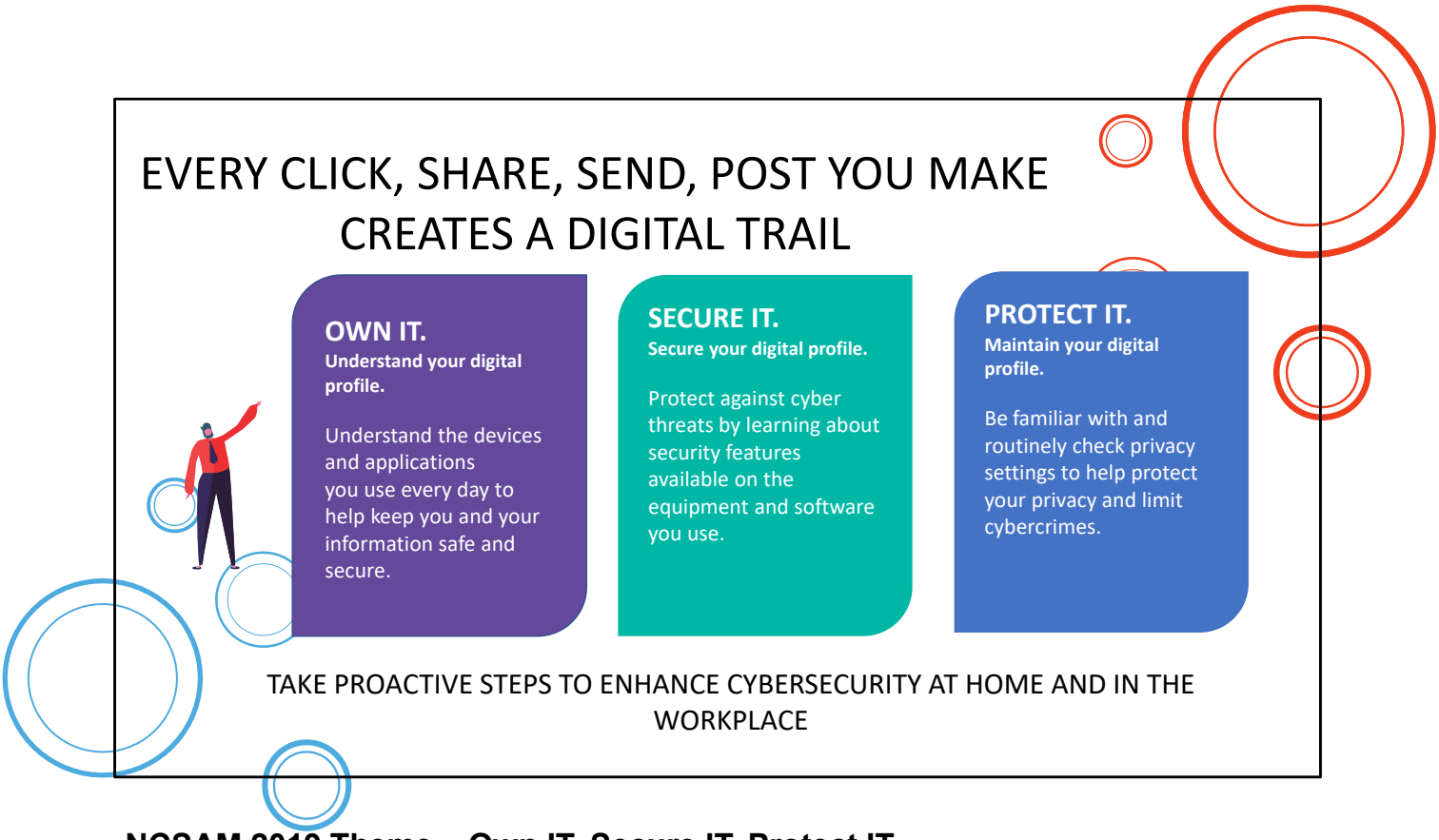


Really should be saying, just a month – this is on our minds all the time and keeps me up at night

2.5 million is 80% of all emails that come into our network are spam; but some still get through

4https://cofense.com/enterprise-phishing-susceptibility-report
52017 Data Breach Investigations Report, 10th Edition. Verizon.
6Data Breach Digest. Verizon.
7https://www.ponemon.org/library/2017-cost-of-data-breach-study-united-statesEDUCAUSE and REN-ISAC
Tell Facebook Story

According to AIG (insurance company giant) AIG Cyber Insurance Claims (2018)
Or in an IBM Ponemon Report, 2018: 28% Malicious intent; 27% Human Error; 25% System glitch

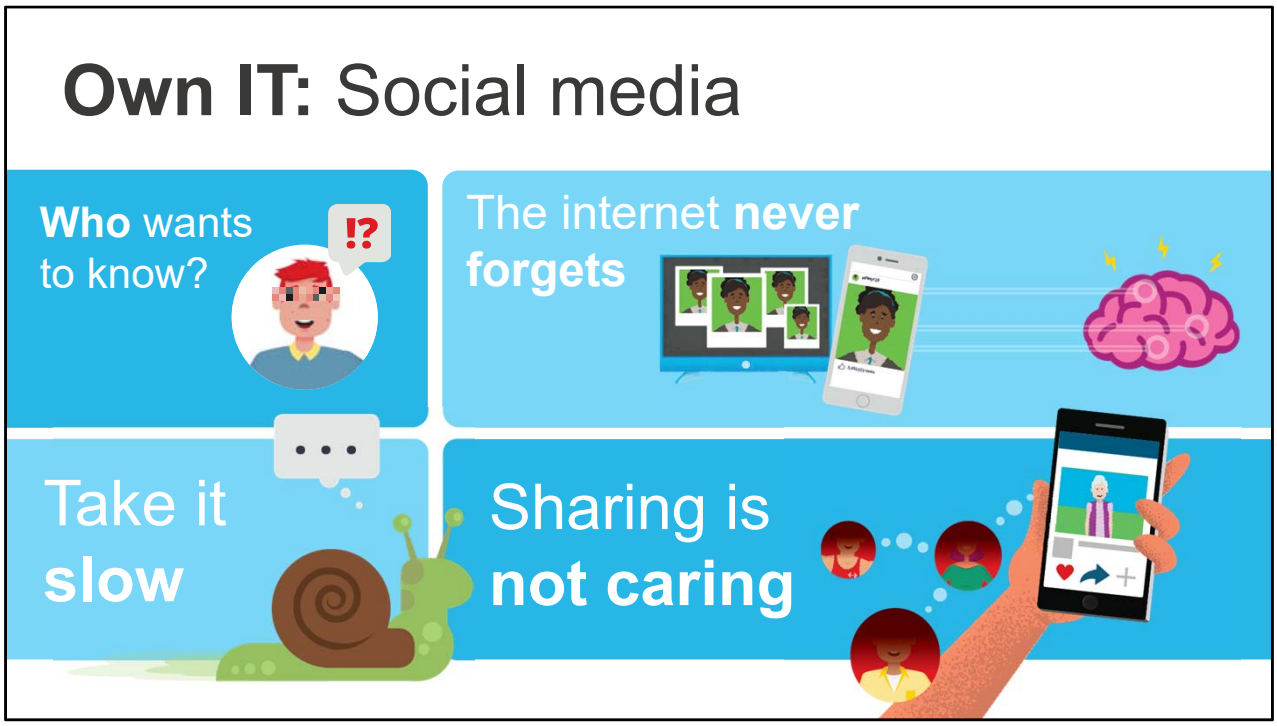


NCSAM 2019 Theme – Own IT. Secure IT. Protect IT.

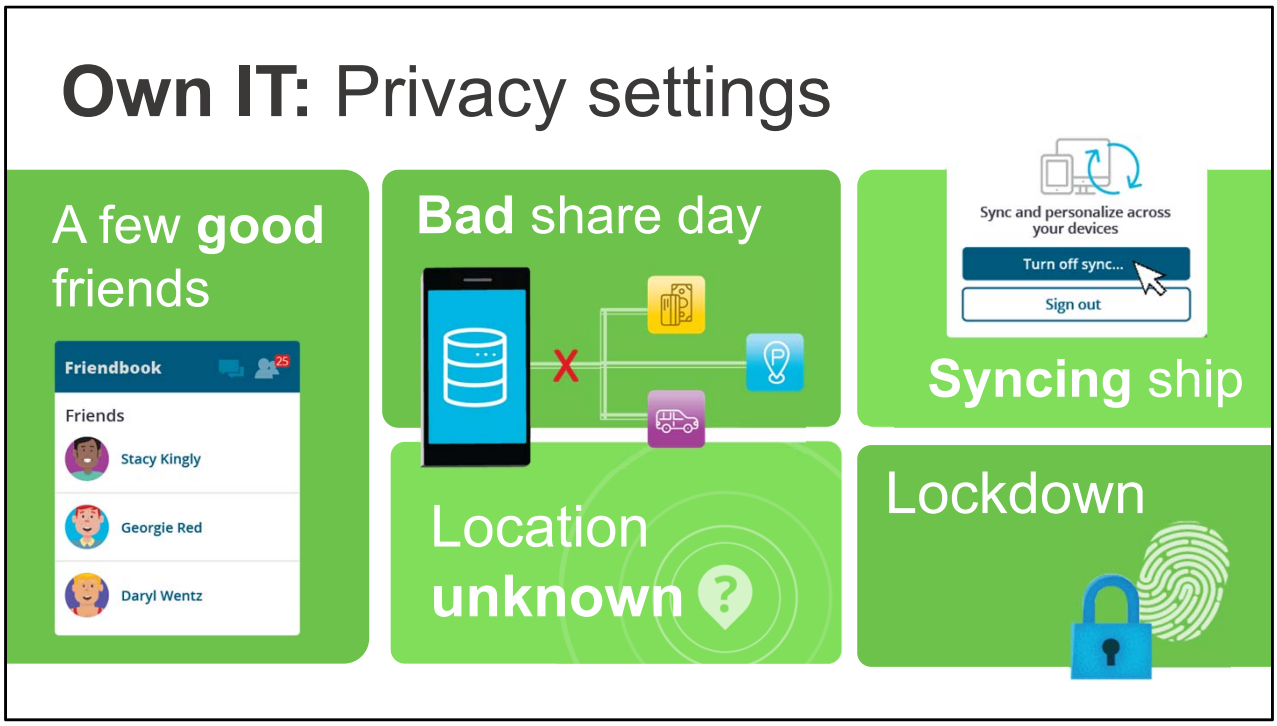
Over the month of October, we'll be exploring these themes and providing information on them. Watch for them.
Stay Safe Online – EDUCAUSE Connected; organization out of the US.
National CyberSecurity Alliance
Just give you some of the highlights…

Themes Agenda

- Own IT
  - Social media
  - Privacy Settings
  - Best practices for device applications
- Secure IT
  - Passphrases
  - Multi-factor authentication
  - Shop Safely
  - Phishing
- Protect IT
  - Updating to the latest security software, web browser and operating systems
  - Wi-Fi safety
  - Keeping our data and information safe



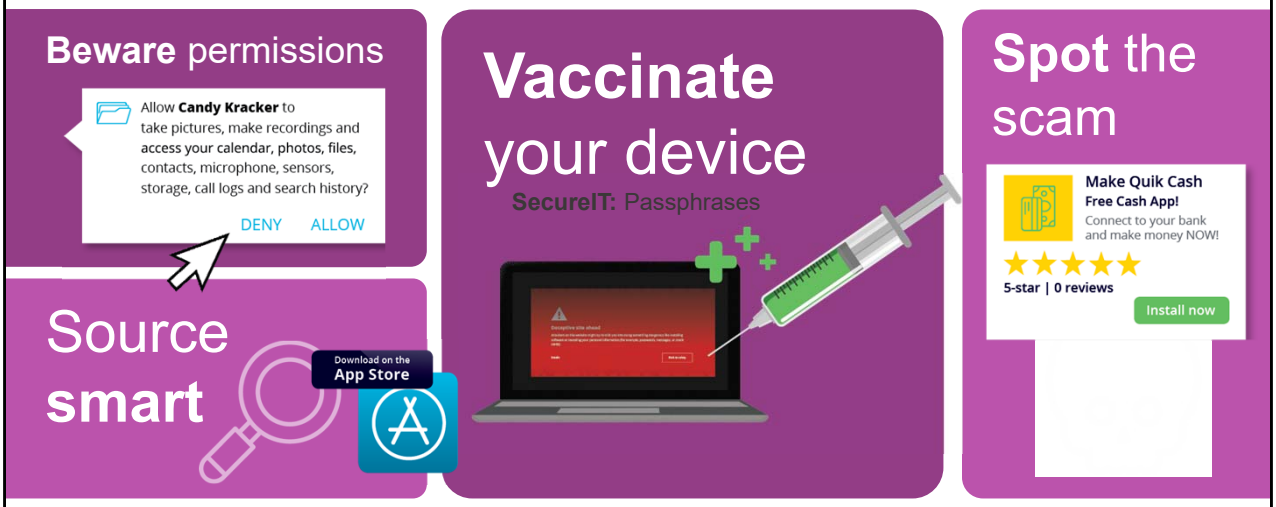
- There are 3 billion people on the internet and not everyone is who they say they are. Don't friend people you haven't met in real life. And consider that people may try to "friend" you based on information that's publicly available about you. Sometimes people friend or link to you in an attempt to defraud you; sometimes they're trying to target one of your contacts and they're just using you to get to that person.
- Everything is forever. Nothing on the internet every really goes away forever so when you post, assume EVERYONE will be able to see what you're posting. Never presume privacy – that includes email
- The great thing about social media is sharing and staying in touch with people – the downside is that information can also be used to trick or impersonate you. Having a social media account increases the chance of ID theft by 46%. Also, 40% of consumers across the world have been targets of ID theft at least once, and 1.3 million children have their identities stolen every year
- Think before you click. Take a second to read and think before you click. The bad guys know that everyone is busy and working quickly, and they take advantage of that. One of the best tips to staying more secure with everything – social media, email, app permission, everything – is to slow down.



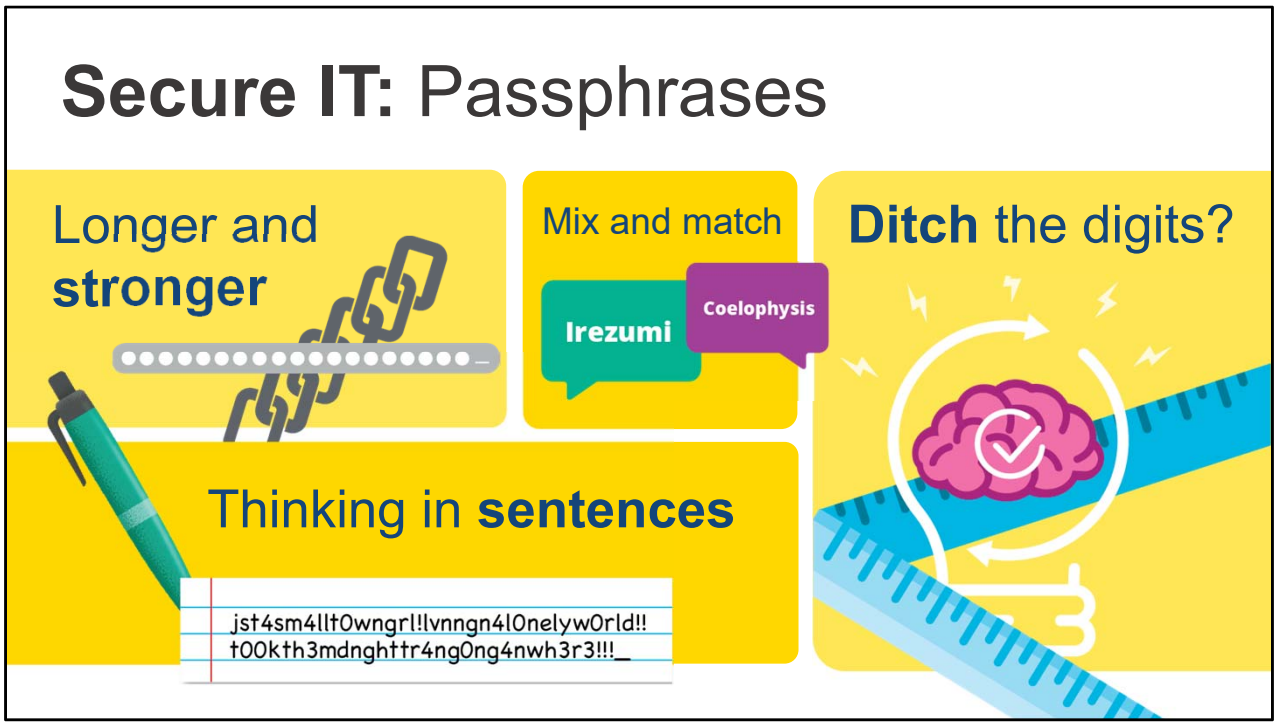
Talk track:

- Privacy on social media: limit your friends list to ACTUAL friends, and restrict what you post to friends only. Check under Settings on all your social media apps and change your privacy settings as appropriate
- Unique Account; Unique Password. Don't log into one app or account using another. Don't use FB or Google to create an account in another app. It means those apps are sharing data about you.
- If syncing is enabled on your accounts (between apps), and your device or account is compromised, you haven't just made life easier for yourself, you've also made it easier for the attacker. Consider syncing manually instead of enabling it automatically.
- Does every app and device you use really need to know your location? Allow this sparingly, like for maps and navigation only.
- Always use a lock screen on ALL of your devices, and enabling encryption will mean that even if someone gets past your lock screen, your data is secure

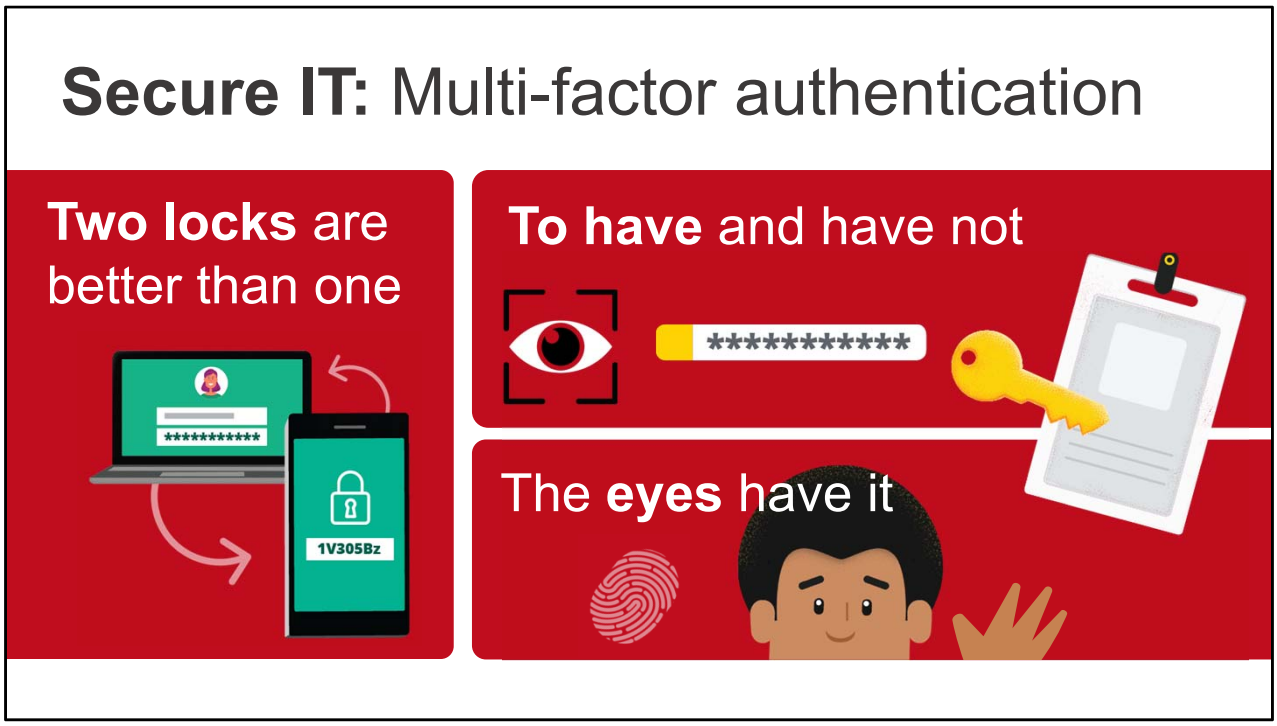
Own IT: Device applications



- Pay attention to permissions you're granting when you install or use apps. Slow down and read the fine print. Do they really need to know your location, or have access to our photos or contacts?
- Only use apps from a reputable provider
- Apps that look too good to be true usually are – like all 5-star reviews
- Keep your antivirus up to date – it adds a layer of protection against malicious apps



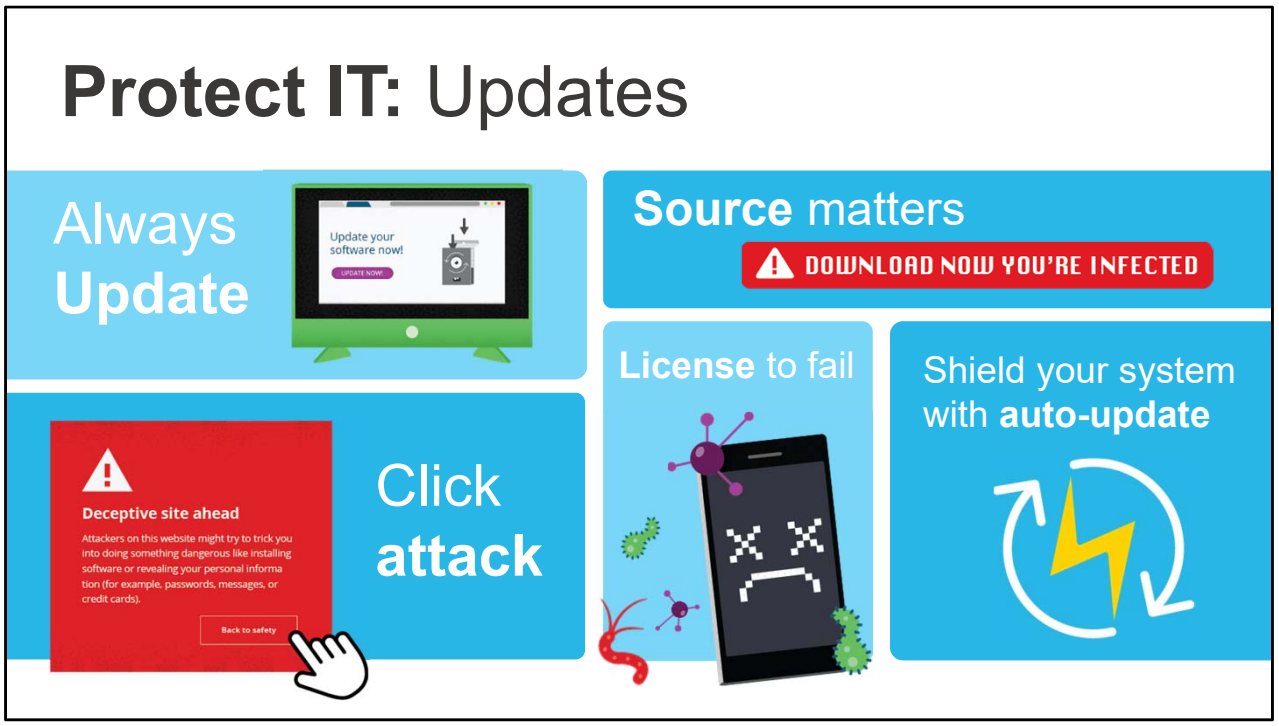
- Passwords and passphrases – the longer they are, the harder they are to crack
- Complexity is helpful – numbers, letters, upper and lower case, special characters – but length is key
- You can use passphrases or even sentences – and a password manager can help you keep it all straight
- Unique account; unique password
- Password safe
- Think of a password like a toothbrush – choose a good one; don't share it; don't reuse



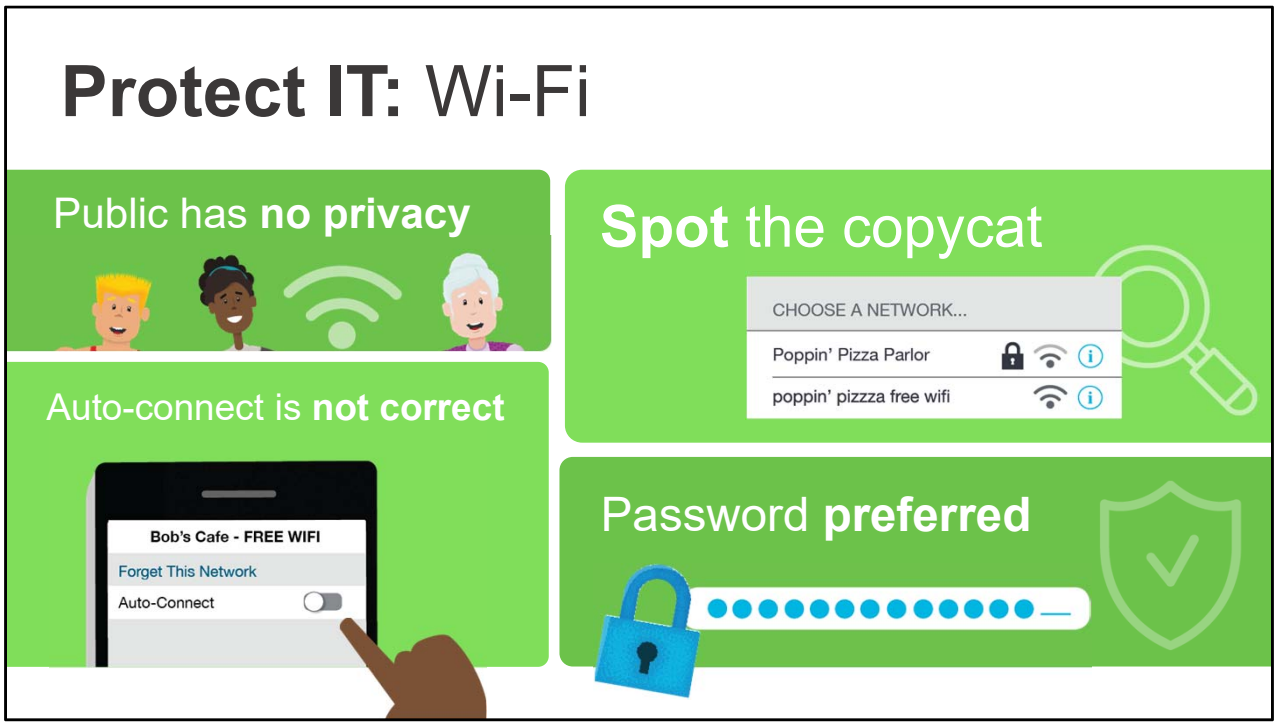
- Enable multi-factor authentication on every account possible (social media, email, etc.).
- Having two or more authentication steps makes it harder for an attacker to breach your account. Authentication just means how you prove that you are you. Multi-factor can be made up of something you have, something you are, something you know…like having an ATM card and knowing a PIN. Something you are includes biometrics, like your fingerprint, or an iris scan.
- If someone knows your password, but doesn't have access to a code texted to your phone, you are protected

- When shopping online, create unique accounts for every shopping site and use a unique password for each (which you can manage with a password manager).
- Don't click on links in emails from merchants or shippers – navigate to the site yourself and use bookmarks for convenience instead of clicking on links in emails
- If something looks to good to be true, it probably is! Check the BBB and online review sites.
- The "S" in https stands for secure. Look for that on the sites you're shopping

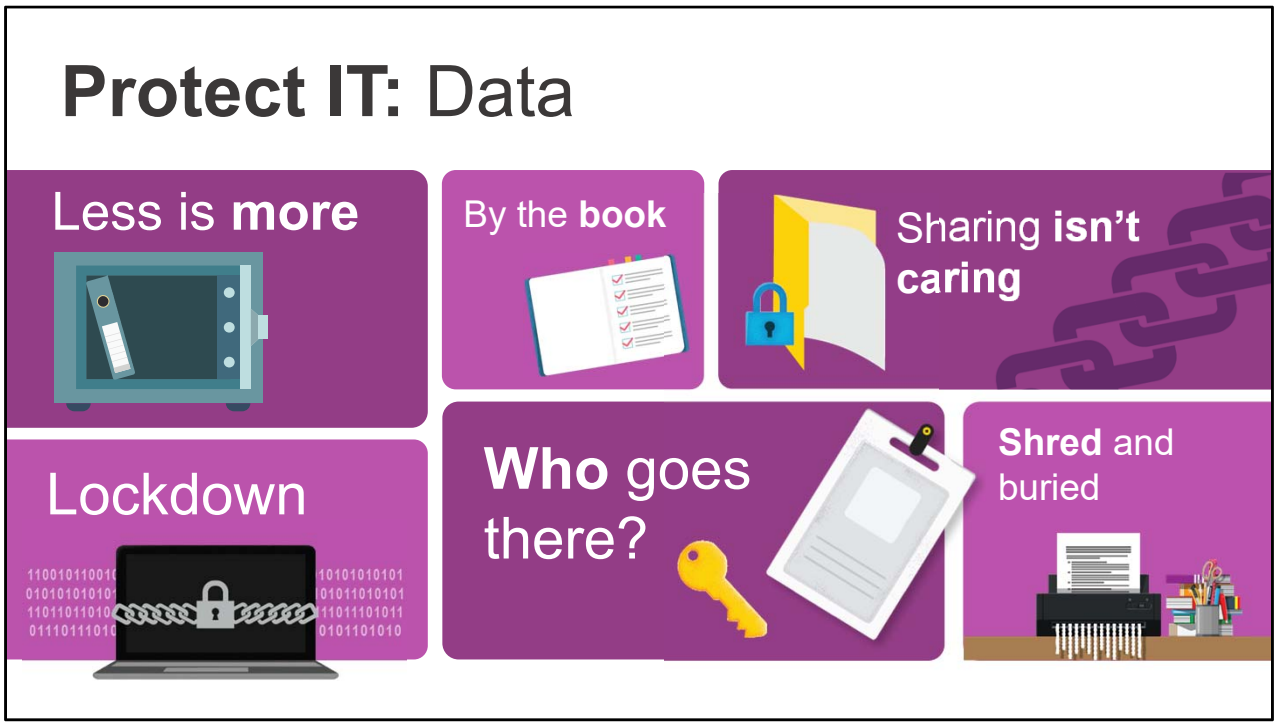
- The telltale signs of phishing: too good to be true, a sense of urgency, fake familiarity.
- Slow down and take the time to read before you click
- Remember, phishers use information that's publicly available about you to make you think you know them, or to make them seem more credible to you.
- Use caution- look closely at the sender's address. Don't download any attachments if the email seems phishy, and don't click on links. Attachments and links can lead to malware infections
- You can forward the email to see the from email address
- Read the URL – hover over the link; On your phone: hold and press to read the URL



- Don't ignore updates! We get busy and they always seem to pop up at the most inconvenient times, but most updates are primarily security updates, so run them asap. Cyber security is an arms race with the cyber criminals constantly updating their attacks, so your technology providers are constantly updating their defenses. If you don't run those updates, you're lagging behind and are more vulnerable.
- Set your devices and systems to auto-update
- All your devices – anything you can think of – that is connected to the internet.
- Be on the lookout for fake update warnings. Bad guys use those too to try to trick us
- Never use unlicensed versions of software or an operating system – they frequently carry malware. Only download software updates from reputable sources.



- If you're using public wi-fi, use a VPN (virtual private network). If you don't have access to a VPN, avoid public wi-fi to access your email or important accounts like your bank account
- Hackers will often spoof a network name as a copycat without password protection to trick you into using them. Always confirm that you're using the network you're supposed to be using at a hotel or restaurant.
- Don't enable your devices to auto-connect to networks. Carefully choose the network you want to use.
- If you can't use a network that's password protected, use a VPN



- Privacy legislation that affects us all – Nova Scotia FOIPOP and PIIDPA and federally PIDEPA.
- Collection, use, retention, disclosure, security,
- If you collect it, you are bound to protect it.
- The less data you have, the less you have to protect. This is true of storing your own information as well as anybody else's for which you are a steward.
- Physical and digital information should be stored, shared, and destroyed in accordance with company policy

Resources

Check your email breach status:
https://haveibeenpwned.com/

KnowBe4: https://knowbe4.com

Stay Safe Online:
https://staysafeonline.org/

Acadia Technology Services:
- hub.acadiau.ca
- https://ts.acadiau.ca/home.html; and
- https://datasecurity.acadiau.ca/home.html

Twitter: @TSAcadia
Facebook: Acadia Technology Services

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Thank You

Questions

Domain Doppelgänger