

PROTECTING YOURSELF AND YOUR FAMILY IN THE NEW WILD, WILD WEST

RESOURCES

Oct 19, 2017

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HAZARDS: BUGS

Chart of computer bugs, generated by the National Institute of Standards and Technology

<https://nvd.nist.gov/vuln-metrics/visualizations/cvss-severity-distribution-over-time>

OUTLAWS: AFTER YOUR MONEY

Information is Beautiful: World's Biggest Data Breaches

<http://www.informationisbeautiful.net/visualizations/worlds-biggest-data-breaches-hacks/>

List of all breaches affecting more than 500 CA residents to be listed publicly

<https://oag.ca.gov/privacy/databreach/list>

OUTLAWS: PASSWORD STEALERS

Has my account been in a data breach and made public?

<https://haveibeenpwned.com>

OUTLAWS: CREDIT CARD COPIERS: 'SKIMMERS'

<https://krebsonsecurity.com/all-about-skimmers/>

OUTLAWS: WIFI WARDRIVERS

<https://wagle.net/>

SWINDLERS: SCAMMERS

Lists and map of common scams and frauds.

<https://www.bbb.org/scamtracker/us>

<https://www.usa.gov/common-scams-frauds>

SWINDLERS: ROBOCALLERS

Robocall statistics from one of the larger call blocking companies

<https://robocallindex.com/>

SWINDLERS: SEARCHING FOR YOU... AND GETTING THE LOW DOWN...

Be cautious if you decide to pay for one of these services – they can start monthly billing and be hard to stop...

<https://www.spokeo.com/>

<https://pipl.com/>

DANGEROUS PLACES: WEBSITES GROWING AND EVERY ONE A TARGET

ISC is the Internet Systems Consortium – they write and operate some of the software at the heart of the Internet.

<https://www.isc.org/network/survey/>

DANGEROUS PLACES: CONSTANT ATTACKS

These are live maps, can be very revealing once you figure them out.

<http://www.digitalattackmap.com/>

<https://cybermap.kaspersky.com/>

CONFLICT/PERSECUTION: BULLYING

Statistics from the Department of Justice

<http://www.statisticbrain.com/cyber-bullying-statistics/>

CONFLICT/PERSECUTION: STALKING & ABUSE

National Resource Center on Domestic Violence

<http://www.nrcdv.org/dvam>

CONFLICT/PERSECUTION: TROLLS

Excellent article in Time, Aug 18, 2016

<http://time.com/4457110/internet-trolls/>

DEFEND YOUR DEVICES – UPDATE/PROTECT

Keep the devices you use trustworthy

- Update OS and apps
- Uninstall things you don't use any more – especially browser plugins
- Don't use USBs from unknown places (could be like sharing needle with an addict!)
- Beware used/public devices

Extreme; use a bootable USB OS https://en.wikipedia.org/wiki/Live_USB

INSTALL ANTIVIRUS - KEEP IT UPDATED - MAC AND ANDROID, TOO!

Antivirus/antispymware (keep updated/subscribed).

Should select one that goes beyond simple antivirus and looks for malware by observing the behavior of programs and alerts you (for example, lets you know if a program accesses your webcam or microphone).

<https://www.tomsguide.com/us/best-antivirus,review-2588.html>

Vendor	HQ	Website
Avast	Czech Republic	https://www.avast.com
AVG (owned by Avast)	Netherlands	https://www.avg.com
Bitdefender	Romania	https://www.bitdefender.com
eSet	Slovakia	https://www.eset.com/us
Kaspersky	Russia	https://usa.kaspersky.com/
McAfee	USA	https://www.mcafee.com
Norton (owned by Symantec)	USA	https://us.norton.com
Sophos	UK	https://home.sophos.com
Windows Defender	USA	(Included in Windows 10 only)

DEFEND YOUR DEVICES – LOCK UP!

Put a passcode on devices. The longer the better – but anything is better than nothing.

Face/Fingerprint ID, if it works for you (but remember in a confrontation that you cannot stop someone from holding the phone up to your face or finger)

Very detailed, very conservative guide to iOS and Android security:

<https://blog.sucuri.net/2017/08/personal-security-guide-iosandroid.html>

Enable 'Find and lock my device' capability

Authorize other devices (or browsers) as trusted so you can use the 'find' ability.

Apple: <https://iCloud.com>

<https://support.apple.com/explore/find-my-iphone-ipad-mac-watch>

Android: <https://android.com/find>

or Google "Find my phone" (signed in with same ID)

Windows: <https://support.microsoft.com/en-us/help/11579/microsoft-account-find-lost-phone-device>

Apple ID/Microsoft ID/Google Play ID

pick a strong password,

Turn on two-step verification and record "Recovery Key(s)"

OR good (non-obvious) security question answers

DEFEND YOUR DEVICES – CHECK HOME NETWORK

Test your home router for the “UPNP” capability that can let outsiders into your home network

<https://www.grc.com/x/ne.dll?bh0bkyd2>

Read the router bug list to see if your home router needs an update – and how to apply it.

<https://routersecurity.org/bugs.php>

DEFEND YOUR ACCESS – GOOD PASSWORDS

Use this to test example passwords (not necessarily your real ones!) to see how good they are.

<https://Howsecureismypassword.net>

Use strong hard to predict passwords – phrases are good, overly complex is bad if you then can't remember it!

Don't re-use passwords across sites

Protect your passwords (no sharing, no sticky notes!)

Use a password manager

<https://www.tomsguide.com/us/best-password-managers,review-3785.html>

<https://www.consumerreports.org/digital-security/everything-you-need-to-know-about-password-managers/?loginMethod=auto>

Change important ones periodically, in case of hacks

Keep an eye on account warnings/notifications (but don't click!)

Don't use a potentially infected / altered computer

DON'T USE EASY TO GUESS/FIND SECURITY ANSWERS! (Lie!)

DEFEND YOUR ACCESS – 2 FACTOR AUTHENTICATION

Overview of what 2 factor authentication is about:

<https://www.eff.org/deeplinks/2017/09/guide-common-types-two-factor-authentication-web>

This site lists what providers (banks, etc) have 2 factor authentication, and links to the instructions.

<https://twofactorauth.org/>

If phone is replaced/destroyed, have alternate access (phones, emails, codes) already setup so you can get back in.

<https://finance.yahoo.com/news/two-step-verification-is-great-1331950517108790.html>

DEFEND YOUR CLICKS

Unexpected email/SMS text/Facebook message/etc? Use caution!

Check the 'from' email

Don't open unexpected attachments

Google any phone numbers – giveaway if they aren't showing up for the expected company

<https://apwg.org/resources/overview/>

<https://finance.yahoo.com/news/protect-yourself-phishing-174404364.html>

<https://apwg.org/resources/overview/>

DEFEND YOUR FILES AND PHOTOS – MAKE BACKUPS

<https://thewirecutter.com/reviews/best-online-backup-service/>

But don't forget to delete/destroy it when disposing of the computer or phone

DEFEND YOUR COMMUNICATIONS

Look for HTTPS:// for any important websites

BRING YOUR OWN WIFI (TETHER/MIFI)

Don't go to critical websites (purchases, banks) over public wifi unless using VPN.

At the very least – check for HTTPS:// if you type anything into the website

CONSIDER VPN TO HIDE YOUR USAGE FROM SNOOPING (IF NOT USING YOUR OWN WIFI)

<https://www.tunnelbear.com/> (This provider has published their 3rd party audit report. Bold move.)

<https://protonvpn.com> (This provider is used by many journalists.)

<https://www.witopia.com/> (Fast, clear policies on privacy and use.)

Many antivirus vendors now also offer VPN

Note: Free VPN probably means they are selling data about you!!!

DON'T FORGET THE PAPER!

Shred anything with an account #!

DEFEND YOUR SOCIAL MEDIA USAGE

Double Check your Security and Privacy Settings

What is public that you thought was private?

<https://www.facebook.com/about/basics/stay-safe-and-secure>

<https://safety.linkedin.com/>

<https://www.snapchat.com/safety>

<https://help.instagram.com/>

<https://www.amazon.com/gp/registry/wishlist/search.html>

NOTHING IS EVERY REALLY GONE...

The Internet Archive started archiving websites in 1996. They don't get everything, but certainly show what can be done!

<https://Archive.org>

SEARCH/SOCIAL MEDIA: YOU ARE THE PRODUCT!

Great site with tools to help you understand and limit your social media usage

<http://www.timewellspent.io/take-control/>

DEFEND YOUR UNDERSTANDING

Double Check Statements - Beware 'Confirmation Bias'

Google the headline or key words

<http://www.snopes.com/>

<http://www.politifact.com/>

<http://www.factcheck.org/>

Google has added Fact Check links

DEFEND YOUR CREDIT

Credit Reports, Monitoring, Locks, Freezes and 'what do I do now?' services.

<https://www.identitytheft.gov/> (Clear, well organized)

<https://idtheftcenter.org> (Note – this one is San Diego based, excellent resource)

<https://www.annualcreditreport.com/> (This is the ONLY approved website to get a free credit report each year.)

<http://krebsonsecurity.com/2014/03/are-credit-monitoring-services-worth-it> (Highly recommended reading)

Auto Club, Costco, Discover, Amex, others offer credit reports/scores

DEFEND YOUR \$\$\$

1. Use debit card only at bank ATMs
2. Setup Bank & Credit Alerts
3. Bank/credit only from a trusted computer/app/WiFi
4. Register login with the IRS to prevent tax refund fraud

DEFEND YOURSELF

Tools and apps to keep yourself and family safe from harassment and stalking

<https://techsafetyapp.org/>

<https://nnedv.org/>

<https://www.circleof6app.com/>

<https://getbsafe.com/>

<http://redpanicbutton.com/> (Easy for children and elderly)

<http://college.usatoday.com/2014/06/01/4-free-apps-to-help-college-women-feel-safer/>

DEFEND YOUR KIDS

Cool pic! Wait a sec... Peek-a-boo!

Location data from cell phone GPS is "EXIF" data.

<http://www.irfanview.com/>

<http://osxdaily.com/2015/06/17/view-exif-data-photos-mac-os-x/>

Also: No 'selfies' for the kids with their first driver's license/credit card...

<http://money.cnn.com/2017/08/05/technology/sharing-photos-kids/index.html>

EDUCATE YOURSELF TO BE A GOOD 'DIGITAL PARENT'

No technology beats a good heart to heart conversation!

Consider charging the devices overnight away from the bedroom.

<https://StaySafeOnline.org>

<https://safeandsecureonline.org/>

Windows Parental controls: <https://www.windowscentral.com/how-protect-little-ones-windows-defender-and-parental-controls>

Mac Parental controls: https://support.apple.com/kb/PH25799?locale=en_GB

<https://www.fosi.org/>

<http://www.connectsafely.org/>

<https://www.nytimes.com/2017/09/06/style/teen-apps-bullying.html>

<https://www.common sense media.org/blog/apps-to-help-keep-track-of-what-your-kids-are-doing-online>

DON'T LET THE SILVER TSUNAMI GENERATION GET SWAMPED

<http://www.connectsafely.org/seniors>

<https://aarptek.aarp.org/online-safety/>

<http://www.aarp.org/money/scams-fraud/fraud-watch-network/>

<https://www.charitynavigator.org/>

(Double check charities before making donations)