

Protecting Yourself in Today's Cyber Landscape



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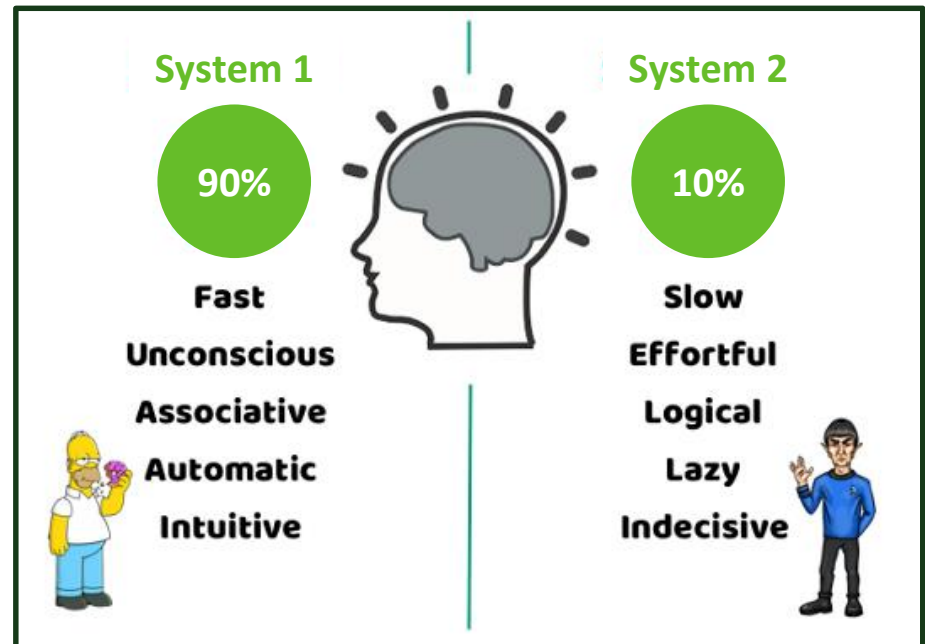
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Welcome.

Psychology of Phishing

- Emotional Response vs. Logical Reasoning
- Fear
- High Anxiety Levels
- Distraction
- Information Overload



- Sensitive Information – How to mark it and protect it
- Privacy
- Phishing & Smishing awareness
- Social Engineering
- Current Threats & Scams
- Reporting Responsibilities

**Your employees are your first line
of cybersecurity defense!**

- Chose a strong password/passphrase
- Change passwords regularly
- Never reuse passwords across multiple accounts
- Consider a password manager
- Change default passwords

Identify

- Inventory sensitive data (know where it is stored and processed, know what 3rd parties have your sensitive data)
- Inventory systems and software (necessary for Vulnerability Mgt, etc)
- Establish policies and procedures around Cybersecurity (WiFi, breach, etc)
- Independently assess your security and that of your 3rd parties

Protect

- Employee training/awareness (Phishing, BEC, Social Engineering, Fraud, ...)
- Updated/Current OS and Applications (patch management)
- Practice good password management; Use Multi-factor Authentication
- Implement E-mail security (DMARC, SPF, DKIM), external banner, block spam/junk
- Backup data (conduct, maintain and test)

Detect

- Monitor your logs for anomalies (or outsource it – MSSP)
- Antivirus, Endpoint encryption, Data Loss Prevention - software up to date
- Increase network defensive barriers (Firewalls, IDS, IPS, ...)
- Checks and Balances in ALL processes (Segregation of duties, least privilege, invoice/payment processing, ...)
- Plan (and exercise) for the worst (malware, outage, breach, ...)

Respond

- Establish and practice crisis management policies and procedures

Recover

- Cybersecurity Insurance – Purchase and/or update policies & know your coverage

* Start with these, but don't stop there once you've mastered them

1. Raise awareness (Phishing, Social Engineering, ...) – know the threats
2. Passwords – NO reuse; Complex; Passphrase; Use a Password Manager
3. Backup data
4. Updated/Current OS and Applications – allow auto-update
5. Antivirus, Firewall, Home network – change default passwords!
6. Terms of Service; Beware of free services – YOU'RE the product
7. Geolocation/Location based services
8. Reputable applications and what they have access to
9. Home IoT Devices – Change default passwords; Security
10. WiFi Security
11. Credit Cards – Transaction Alerts (CNP); Use mobile app locking
12. Credit Reporting Bureaus - Freeze/Lock credit
13. Application Settings - Security & Privacy – periodically review/reset

BE BRILLIANT AT THE BASICS

- Huntington - Privacy & Security
 - <https://www.huntington.com/Privacy-Security>
- FBI
 - Internet Crime Complaint Center (IC3)
 - <https://www.ic3.gov/default.aspx>
 - Public Service Announcements
 - <https://www.ic3.gov/media/default.aspx>
- Federal Trade Commission –
 - Cybersecurity for Small Business
 - <https://www.ftc.gov/tips-advice/business-center/small-businesses/cybersecurity>
 - Identity Theft
 - <http://www.identitytheft.gov/>
- NIST Cybersecurity Framework
 - <https://www.nist.gov/cyberframework/framework>
- Center for Internet Security
 - <https://www.cisecurity.org/>
- Cloud Security Alliance
 - <https://cloudsecurityalliance.org/>



- Credit Reporting Agencies

- Equifax (888)766-0008 <http://www.equifax.com/CreditReportAssistance>



- Experian (888)397-3742

- Fraud - <https://www.experian.com/fraud>

- Freeze - <https://www.experian.com/freeze/center.html>



- TransUnion (800)680-7289

- Fraud – <https://www.transunion.com/solution/fraud-detection>

- Freeze - <https://www.transunion.com/blog/identity-protection/credit-freeze-vs-credit-lock>



- Federal Trade Commission – Complaint

- <http://www.ftc.gov/complaint>



References – Cybersecurity Careers & Education

- Careers in Cybersecurity – CyberSeek
 - <https://www.cyberseek.org/heatmap.html>
 - <https://www.cyberseek.org/pathway.html>
- National Institute of Standards and Technology (NIST)
National Initiative for Cybersecurity Education (NICE) Framework
 - <https://www.nist.gov/itl/applied-cybersecurity/nice/resources/nice-cybersecurity-workforce-framework>
- National Initiative for Cybersecurity Careers and Studies (NICCS)
 - <https://niccs.us-cert.gov/>
- STOP. THINK. CONNECT.
 - <https://www.stopthinkconnect.org/>
- FBI – Safe Online Surfing
 - <https://sos.fbi.gov/en/>

