From Clickbait to Cyber Safe

An internet security awareness workshop

Agenda - Day 1

9:30 - 10:00 a.m.
- Introductions

10:00 - 11:00 a.m.
- Understanding Online Threats

(15 min break)

11:15 - Noon
- Email Management

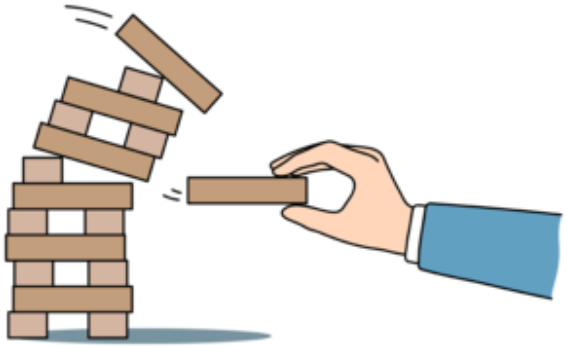
1:00 - 2:00 p.m.
- Password Security

(15 min break)

2:15 - 3:00 p.m.
- Safe Browsing Habits

Ice breaker

“Get to know you Jenga”



How to Play:

- Roll the die.
- Grab colored block that is indicated on die.
- Look at the numbered sticker on the block.
- Answer the question for that number, see slide notes for questions.
- Don’t let the tower fall!

Understanding Online Threats

10:00 - 11:00 A.M.

Social Engineering

How do they do it?

Authority: An attacker may call you pretending to be an executive in order to exploit your tendency to comply with authority figures.

Liking: An attacker may try to build rapport with you by finding common interests, and then ask you for a “favor”.

Reciprocation: An attacker may try to do something for you, or convince you that he or she has, before asking you for something in return.

Consistency: An attacker might first get your verbal commitment to abide by a fake security policy, knowing that once you agree to do so, you will likely follow through with his next request in order to keep your word.

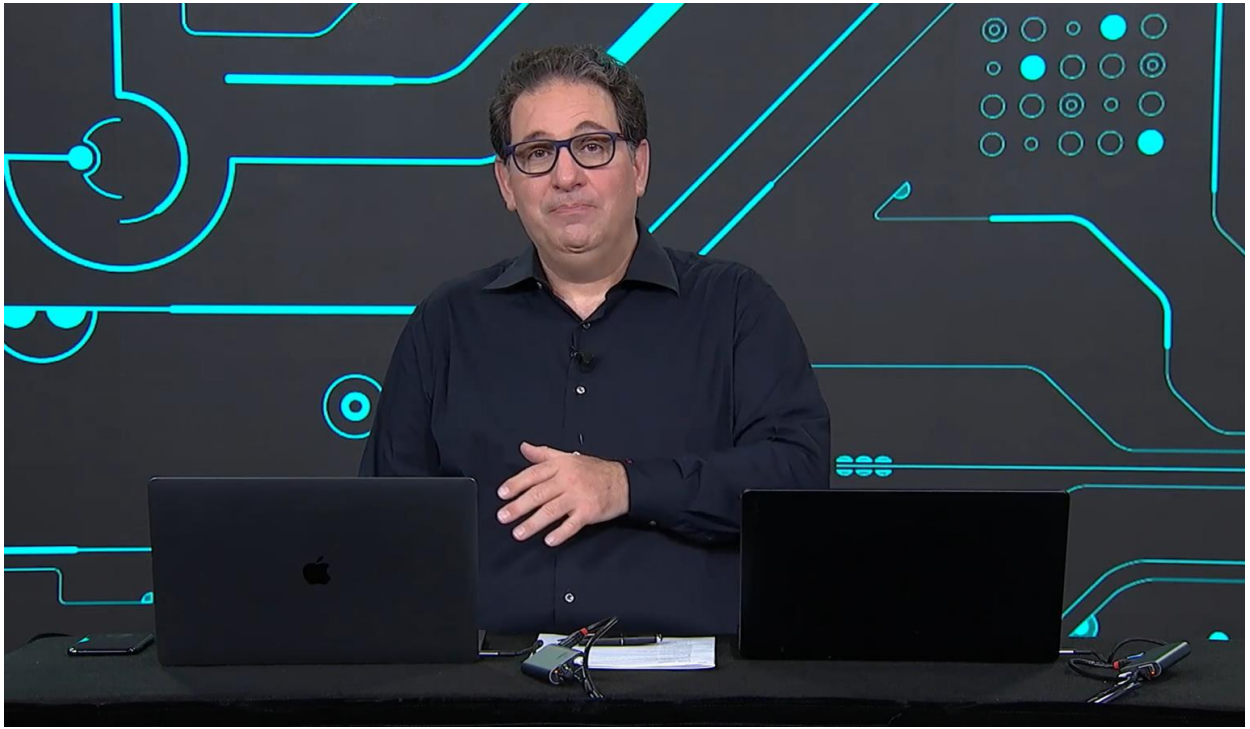
Social Validation: An attacker may try to convince you to participate in a fake survey by telling you that others in your department already have. He or she may have even gotten some of their names and use them to gain your trust.

Scarcity: An attacker may tell you that the first 10 people to complete a survey will automatically win a prize and that since some of your co-workers have already taken the survey, you might as well too.

Phishing Attacks

Phishing involves tricking individuals into revealing sensitive information such as passwords or credit card numbers by posing as a trustworthy entity.

Demo

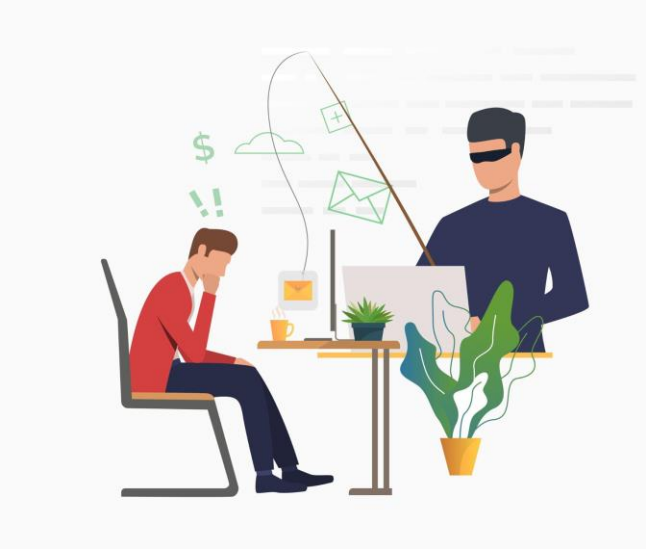


Components of a Phish

A phishing attack typically involves several components, each aimed at deceiving the victim and achieving the attacker's objectives.

Here are the key components:

1. Bait
2. Spoofed Communication
3. Deceptive Content
4. A Call to Action
5. A Sense of Urgency

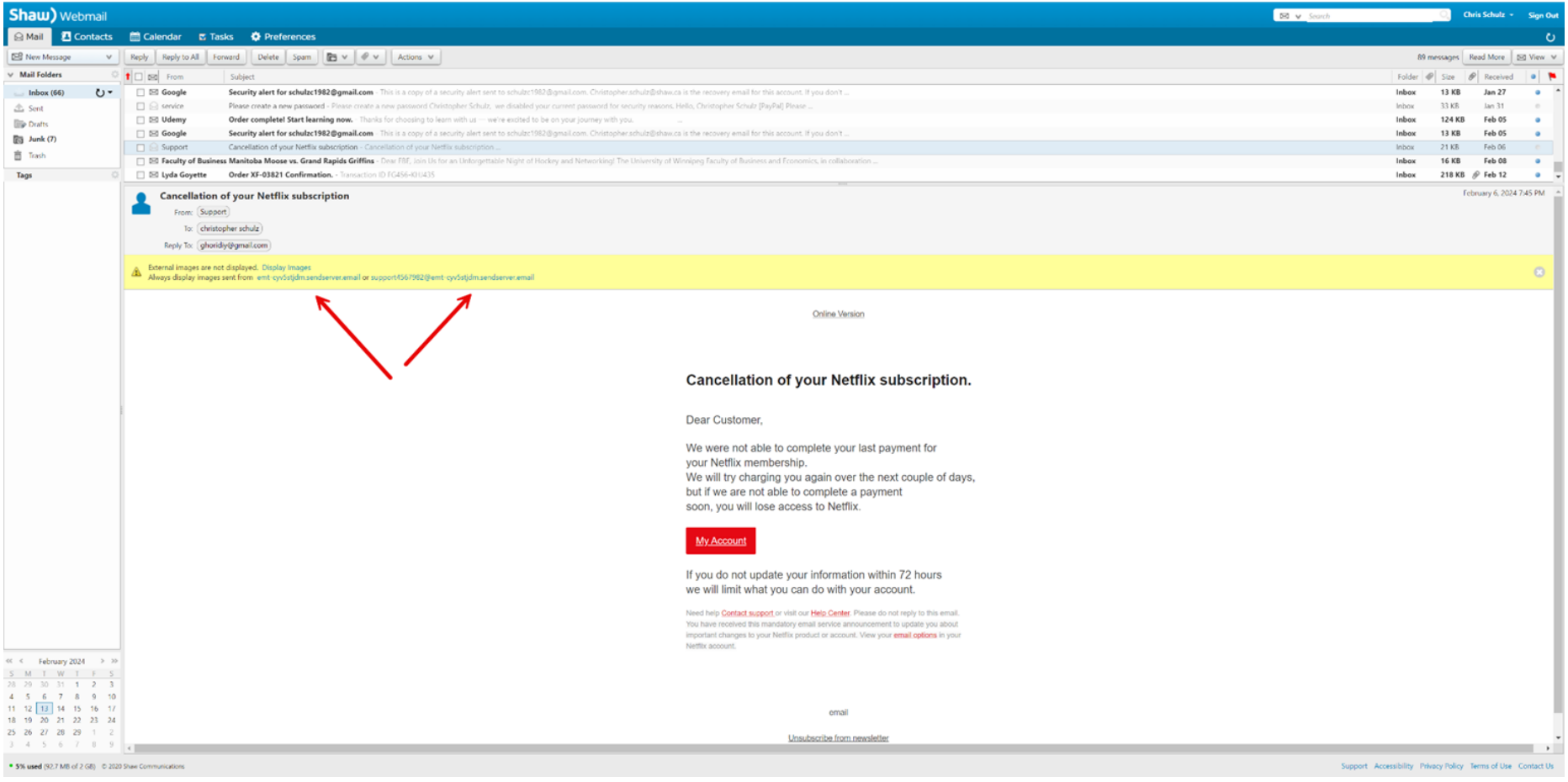


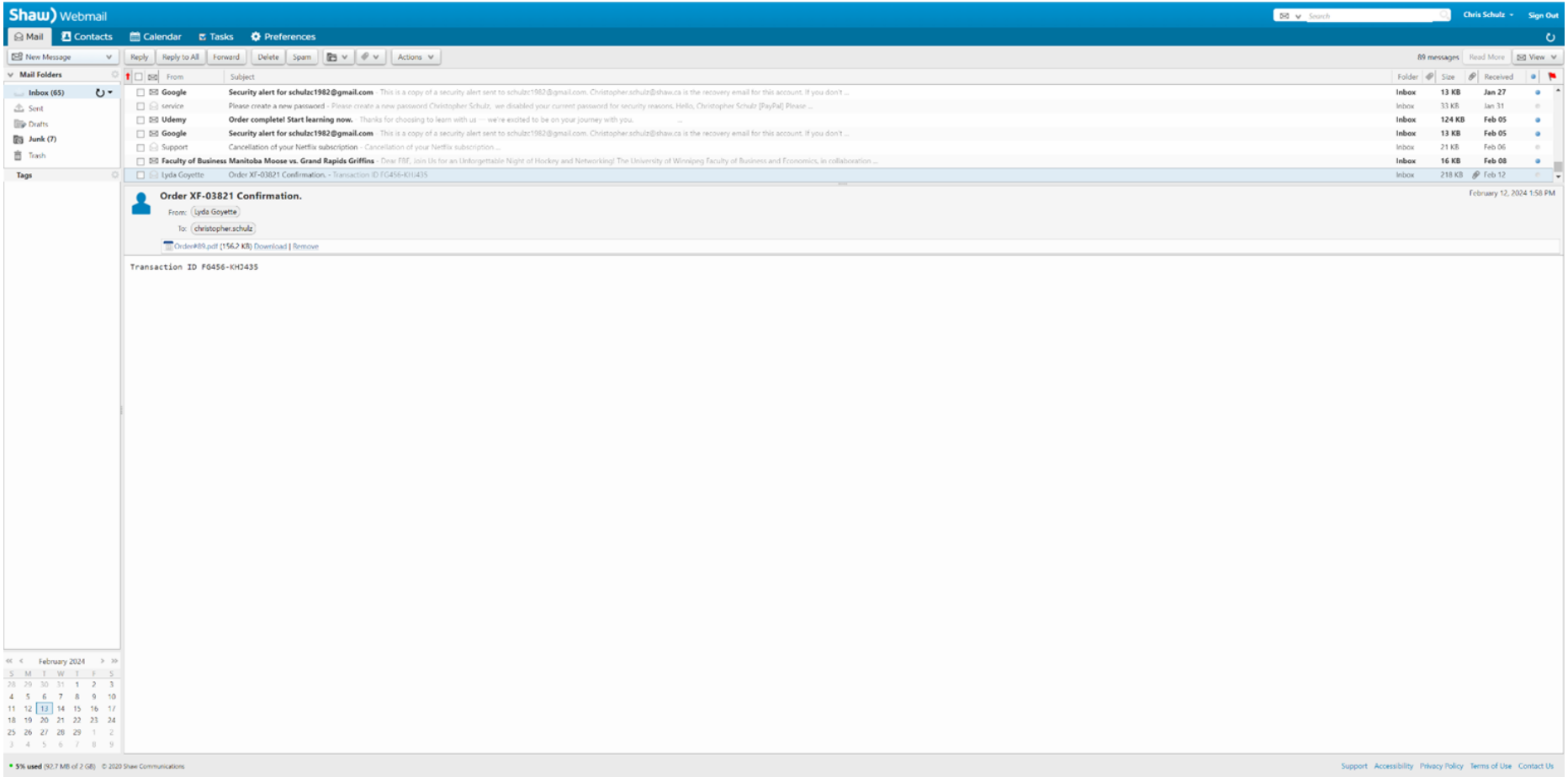
Phishing Foundations Video

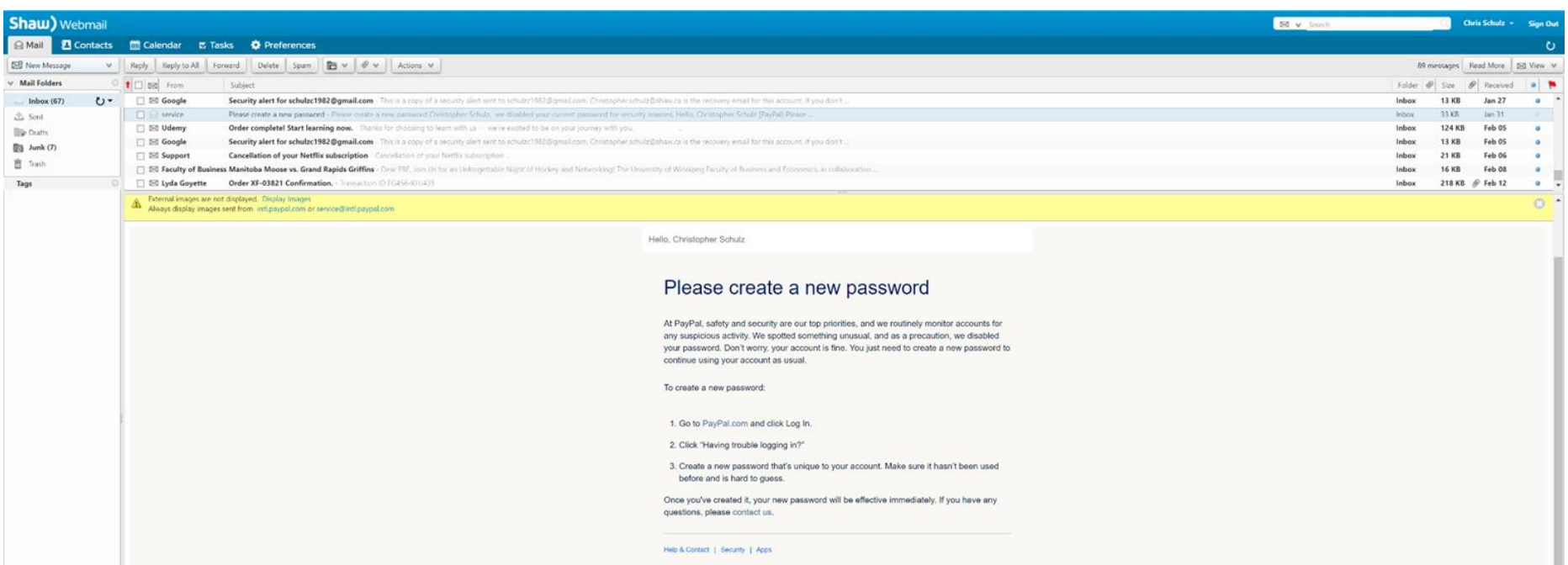
Phish Finder

- Are you familiar with the sender?
- Does the message contain spelling or grammatical errors?
- Are there any suspicious links or unexpected attachments?
- Does the email promise some kind of financial reward?
- Does the email threaten you, saying your account has been hacked, or that you face legal action, etc.?
- Is the message urgent / time sensitive? You must take action now!

Stop, Look, Think


Shaw Webmail
Chris Schulz
Sign Out
Mail
Contacts
Calendar
Tasks
Preferences
New Message
Reply
Reply to All
Forward
Delete
Spam
Actions
89 messages
Read More
View
Mail Folders
Inbox (66)
Sent
Drafts
Junk (7)
Trash
Tags
From
Subject
Folder
Size
Received
Google
Security alert for schulzc1982@gmail.com - This is a copy of a security alert sent to schulzc1982@gmail.com. Christopher.schulz@shaw.ca is the recovery email for this account. If you don't ...
Inbox
13 KB
Jan 27
service
Please create a new password - Please create a new password Christopher Schulz, we disabled your current password for security reasons. Hello, Christopher Schulz [PayPal] Please ...
Inbox
33 KB
Jan 31
Udemy
Order complete! Start learning now. - Thanks for choosing to learn with us — we're excited to be on your journey with you. ...
Inbox
124 KB
Feb 05
Google
Security alert for schulzc1982@gmail.com - This is a copy of a security alert sent to schulzc1982@gmail.com. Christopher.schulz@shaw.ca is the recovery email for this account. If you don't ...
Inbox
13 KB
Feb 05
Support
Cancellation of your Netflix subscription - Cancellation of your Netflix subscription ...
Inbox
21 KB
Feb 06
Faculty of Business
Manitoba Moose vs. Grand Rapids Griffins - Dear FBE, Join Us for an Unforgettable Night of Hockey and Networking! The University of Winnipeg Faculty of Business and Economics, in collaboration ...
Inbox
16 KB
Feb 08
Lyda Goyette
Order XF-03821 Confirmation. - Transaction ID FG456-KH435
Inbox
218 KB
Feb 12
Cancellation of your Netflix subscription
February 6, 2024 7:45 PM
From: Support
To: christopher schulz
Reply To: ghoridly@gmail.com
External images are not displayed. Display Images
Always display images sent from emt-cyv5stjdm.sendserver.email or support4567982@emt-cyv5stjdm.sendserver.email
Online Version
Cancellation of your Netflix subscription.
Dear Customer,
We were not able to complete your last payment for your Netflix membership.
We will try charging you again over the next couple of days, but if we are not able to complete a payment soon, you will lose access to Netflix.
My Account
If you do not update your information within 72 hours we will limit what you can do with your account.
Need help Contact support or visit our Help Center. Please do not reply to this email. You have received this mandatory email service announcement to update you about important changes to your Netflix product or account. View your email options in your Netflix account.
email
Unsubscribe from newsletter
February 2024
5% used (92.7 MB of 2 GB)
© 2020 Shaw Communications
Support
Accessibility
Privacy Policy
Terms of Use
Contact Us

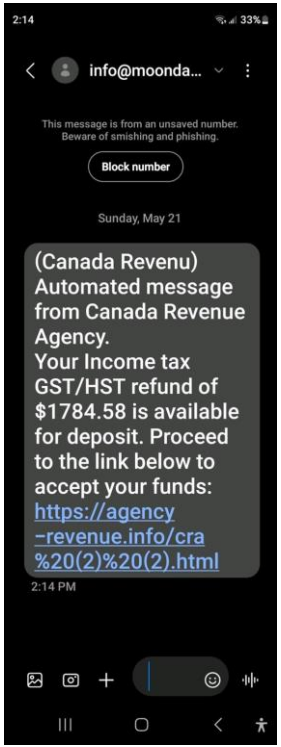

Shaw Webmail
Search
Chris Schulz
Sign Out
Mail
Contacts
Calendar
Tasks
Preferences
New Message
Reply
Reply to All
Forward
Delete
Spam
Actions
89 messages
Read More
View
Mail Folders
Inbox (65)
Sent
Drafts
Junk (7)
Trash
Tags
From
Subject
Folder
Size
Received
Google
Security alert for schulzc1982@gmail.com - This is a copy of a security alert sent to schulzc1982@gmail.com. Christopher.schulz@shaw.ca is the recovery email for this account. If you don't ...
Inbox
13 KB
Jan 27
service
Please create a new password - Please create a new password Christopher Schulz, we disabled your current password for security reasons. Hello, Christopher Schulz [PayPal] Please ...
Inbox
33 KB
Jan 31
Udemy
Order complete! Start learning now. - Thanks for choosing to learn with us — we're excited to be on your journey with you. ...
Inbox
124 KB
Feb 05
Google
Security alert for schulzc1982@gmail.com - This is a copy of a security alert sent to schulzc1982@gmail.com. Christopher.schulz@shaw.ca is the recovery email for this account. If you don't ...
Inbox
13 KB
Feb 05
Support
Cancellation of your Netflix subscription - Cancellation of your Netflix subscription ...
Inbox
21 KB
Feb 06
Faculty of Business
Manitoba Moose vs. Grand Rapids Griffins - Dear FBF, Join Us for an Unforgettable Night of Hockey and Networking! The University of Winnipeg Faculty of Business and Economics, in collaboration ...
Inbox
16 KB
Feb 08
Lyda Goyette
Order XF-03821 Confirmation. - Transaction ID FG456-KHJ435
Inbox
218 KB
Feb 12
Order XF-03821 Confirmation.
February 12, 2024 1:58 PM
From: Lyda Goyette
To: christopher.schulz
Order#89.pdf (156.2 KB) Download | Remove
Transaction ID FG456-KHJ435
February 2024
S M T W T F S
28 29 30 31 1 2 3
4 5 6 7 8 9 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 1 2
3 4 5 6 7 8 9
5% used (92.7 MB of 2 GB)
© 2020 Shaw Communications
Support
Accessibility
Privacy Policy
Terms of Use
Contact Us


Shaw Webmail
Chris Schulz
Sign Out
Mail
Contacts
Calendar
Tasks
Preferences
New Message
Reply
Reply to All
Forward
Delete
Spam
Actions
89 messages
Read More
View
Mail Folders
Inbox (67)
Sent
Drafts
Junk (7)
Trash
Tags
From
Subject
Folder
Size
Received
Google
Security alert for schulzc1982@gmail.com
Inbox
13 KB
Jan 27
service
Please create a new password
Inbox
33 KB
Jan 31
Udemy
Order complete! Start learning now.
Inbox
124 KB
Feb 05
Google
Security alert for schulzc1982@gmail.com
Inbox
13 KB
Feb 05
Support
Cancellation of your Netflix subscription
Inbox
21 KB
Feb 06
Faculty of Business Manitoba Moose vs. Grand Rapids Griffins
Inbox
16 KB
Feb 08
Lyda Goyette
Order XF-03821 Confirmation.
Inbox
218 KB
Feb 12
External images are not displayed. Display Images
Always display images sent from intl.paypal.com or service@intl.paypal.com
Hello, Christopher Schulz
Please create a new password
At PayPal, safety and security are our top priorities, and we routinely monitor accounts for any suspicious activity. We spotted something unusual, and as a precaution, we disabled your password. Don't worry, your account is fine. You just need to create a new password to continue using your account as usual.
To create a new password:
1. Go to PayPal.com and click Log In.
2. Click "Having trouble logging in?"
3. Create a new password that's unique to your account. Make sure it hasn't been used before and is hard to guess.
Once you've created it, your new password will be effective immediately. If you have any questions, please contact us.
Help & Contact | Security | Apps
PayPal is committed to preventing fraudulent emails. Emails from PayPal will always contain your full name. Learn to identify phishing
This email was sent to you for the ongoing support and maintenance of your account. To manage your communication preferences, please visit our preference centre.
Please do not reply to this email. We are unable to respond to inquiries sent to this address. For immediate answers to your questions, visit our Help Centre by clicking Help & Contact located on any PayPal page or email. PayPal is committed to your privacy. learn more about our privacy statement.
Not sure why you received this email? Learn more
Copyright © 2024 PayPal Canada Co., 661 University Ave., Toronto, ON M5G 1M1. All rights reserved.
PayPal RT000714 en_US(en CA) 1.0.0 0c2b89b96a056
February 2024
5% used (92.7 MB of 2 GB)
© 2020 Shaw Communications
Support
Accessibility
Privacy Policy
Terms of Use
Contact Us

Smishing

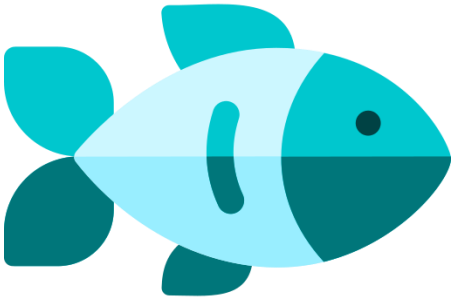

Text Message
Mon, Jan 1 at 1:27 AM
Rogers Alert: We regret to inform you that your payment to Rogers has failed.
Please make a payment to avoid any interruption in the next 24 hours at myrogers-payment.com


Text Message
Fri, Jan 5 at 10:56 PM
Canada Post Msg: It seems like you missed your package. To reschedule a new date of delivery, please refer to canpostdeliverysupport.-com


2:14
33%
info@moonda...
This message is from an unsaved number. Beware of smishing and phishing.
Block number
Sunday, May 21
(Canada Revenu) Automated message from Canada Revenue Agency.
Your Income tax GST/HST refund of $1784.58 is available for deposit. Proceed to the link below to accept your funds: https://agency-revenue.info/cra%20(2)%20(2).html
2:14 PM

Vishing

Spot The Fish



Safe Email Communication Practices

1. Have a Strong Password
2. Use Two-Step Authentication
3. Avoid Logging into public computers, don’t save your password
4. Avoid checking Email over Public Networks
5. Be careful with downloading attachments from unknown senders

Spam Filters and Email Settings


Take a little
COFFEE BREAK

Malware: who’s who at the Zoo?

11:15 - Noon

Keylogging

Keystroke logging, often referred to as keylogging or keyboard capturing, is the action of recording the keys struck on a keyboard, typically covertly, so that a person using the keyboard is unaware that their actions are being monitored.

Password Attacks

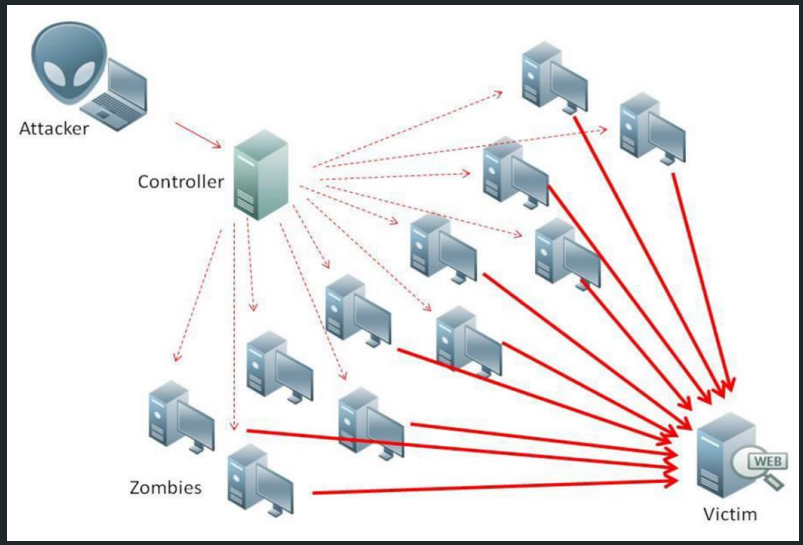
Password attacks involve attempts to gain unauthorized access to systems by exploiting weak or stolen passwords through techniques such as brute-force attacks or password guessing.

Ransomware

Ransomware encrypts files on a victim's computer, rendering them inaccessible until a ransom is paid to the attacker, who then provides a decryption key.

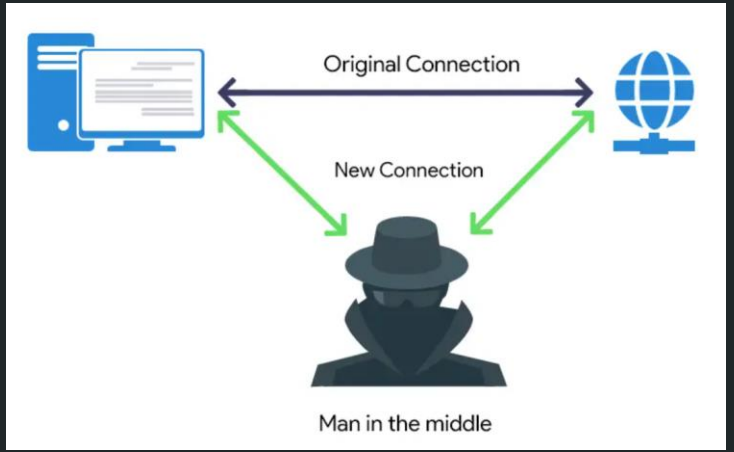
Distributed Denial of Service Attacks

Flood a system, service, or network with excessive traffic, rendering it unavailable to users.



Man-in-the-Middle Attacks

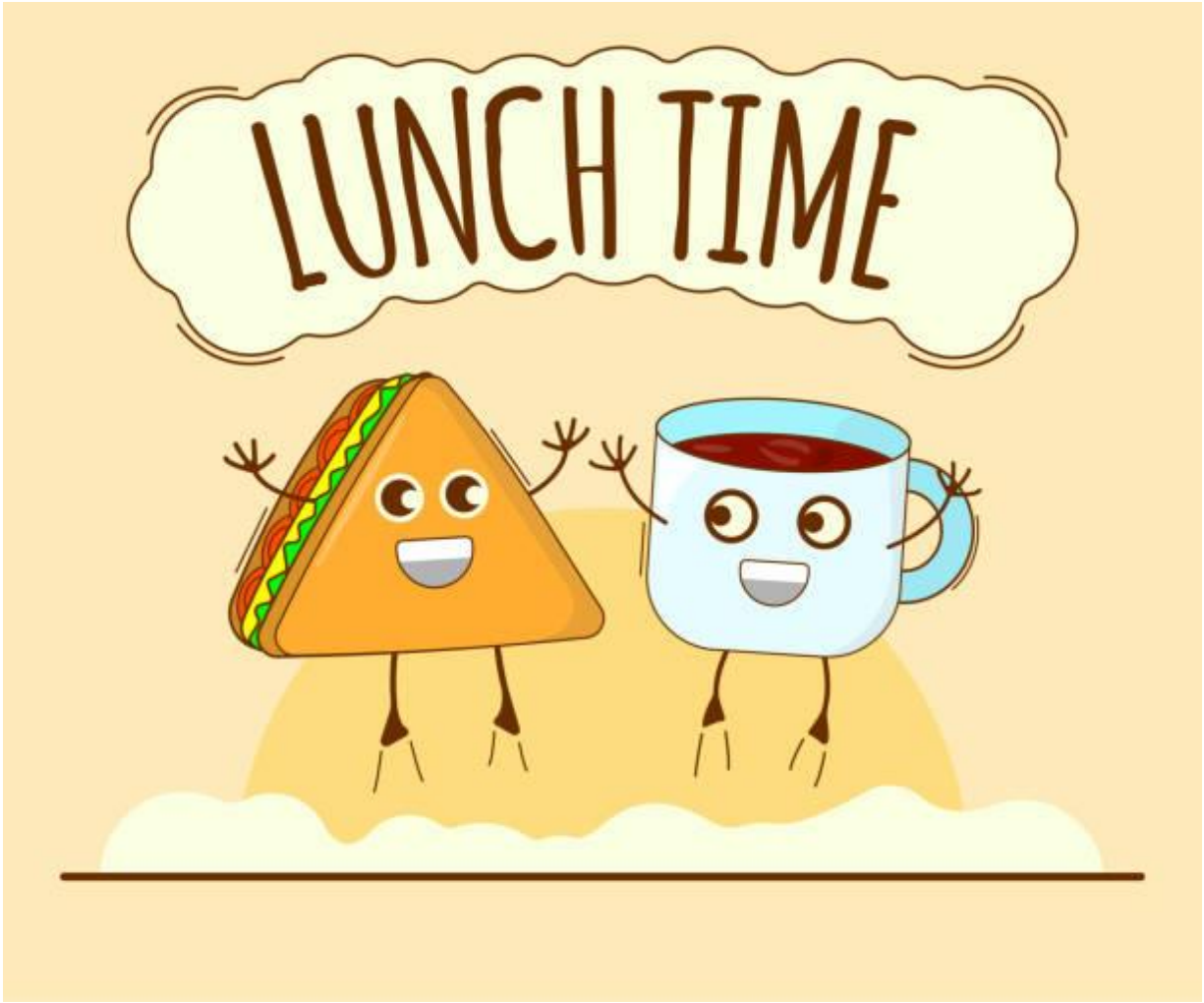
Involve intercepting communication between two parties to eavesdrop, modify, or inject malicious content into the communication.



Wi-fi Eavesdropping

Unpatched Software

Failure to update or patch software regularly can leave systems vulnerable to known exploits that have been addressed by security updates.


LUNCH TIME

Password Management

1:00 - 2:00 PM

Importance of Unique Passwords for Different Accounts

https://codepen.io/CoryMaklin/pen/OZqRoq

Creating Strong Passwords

- At least 12 characters long but 14 or more is better.
- A combination of uppercase letters, lowercase letters, numbers, and symbols.
- Not a word that can be found in a dictionary or the name of a person, character, product, or organization.
- Significantly different from your previous passwords.
- Easy for you to remember but difficult for others to guess.

Consider using a memorable phrase like "6MonkeysRLooking^".

P@$$Wo_rD

Password Strength Chart

SANDSTORM IT
power on

This is based on the average brute forcing (botnet) power in 2019.

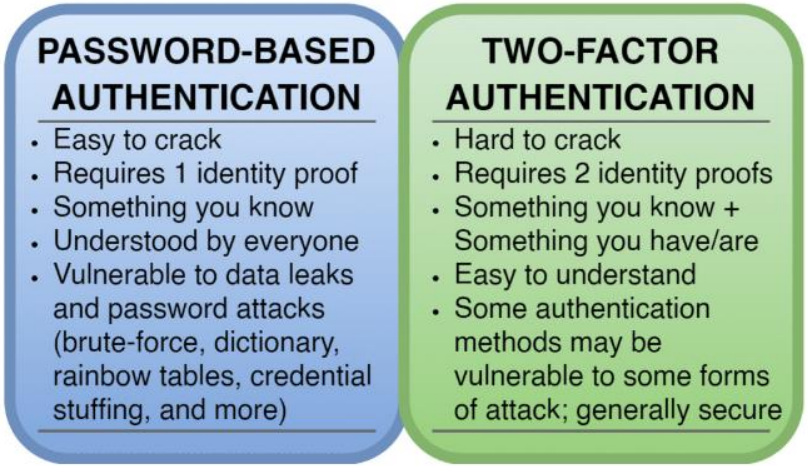
123456 Top 10,000 password	0.20 milliseconds	Unsafe
qwerty123456 Longer "common" password	13 hours	Unsafe
ITFunSom3times Longer password with numbers	48 thousand years	Risky
ITifun0m3times! Longer password with numbers and special characters	13 trillion years	Good
imusingalongpasswordtoday Even Longer password	913 trillion years	Better
imu$inga1ongpa$$word+oday! Even Longer password with numbers and special characters	2 octillion years	Best

Please Note: These passwords are for demonstration purposes ONLY and are not to be used.

Password Management Tools

- LastPass
- 1Password
- Nord Password

Multi-Factor Authentication



Multi-factor authentication is an electronic authentication method in which a user is granted access to a website or application only after successfully presenting two or more pieces of evidence to an authentication mechanism.


Take a little
COFFEE BREAK

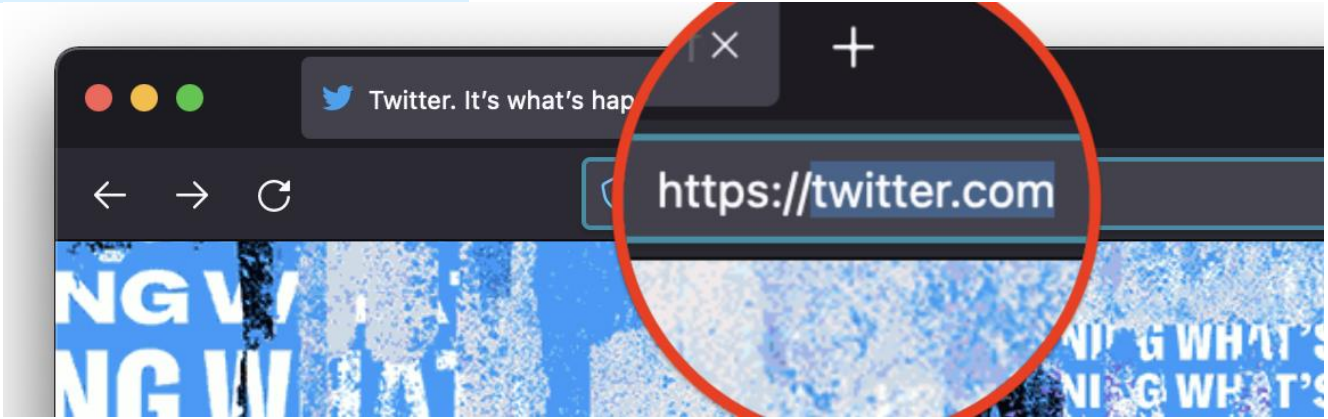
Safe Browsing Habits

2:15 - 3:00 PM

Safe Browsing Habits

- **Keep software, and devices updated:** Regularly update your operating system, web browsers, and other software to patch security vulnerabilities. Enable automatic updates whenever possible.
- **Use HTTPS:** Look for HTTPS in the URL of websites you visit, especially when entering sensitive information like passwords or credit card details. HTTPS encrypts data transmitted between your browser and the website, making it more secure.
- **Be cautious on public Wi-Fi:** Avoid accessing sensitive information, such as online banking or shopping, on public Wi-Fi networks. If you must use public Wi-Fi, consider using a virtual private network (VPN) to encrypt your internet connection.


https://


Twitter. It's what's hap
https://twitter.com

How a VPN Works ?