Cyber Security And Online Safety

Cyber Protect Officer
Daniel Sykes (CISMP)

Aims and Objectives

- Discuss **Cyber Threats** and their impact
- Learn some **Cyber Security** tips and what resources are available
- Slower paced, not technical. Q and A at the end.

What you need to know, None of the fluff.

Your feedback in a 15 Second one page Survey at the end allows us to do more events like this and help more people

Fraud and Cyber-Crime

Around half of all reported crime is fraud related, Cyber Crime costs the UK Economy around **£27 Billion** annually.

21k Social Media Accounts reported compromised last year
39% of Small Businesses suffer a Cyber Attack each year.

Social Engineering or “The Human Element” is so important to Cyber Security.

Impact to victims

Psychological impact

Financial impact

Account Takeovers

Account takeovers are one of the most common forms of Cyber Crime.

Criminals will use hacked accounts for a variety of reasons

- Blackmail victim for money
- Compromise a network in a organization
- Use the account to make purchases/promote other scams
- Message your contacts
- In some cases, even Romance Fraud.

Ransomware

Major Cyber Threat to business.

NHS Wannacry -

- Infected 200k computers within hours
- Cost the UK £92 Million
- 19,000 appointments or surgeries were cancelled

South East Cyber

Pursue

Protect

Prevent

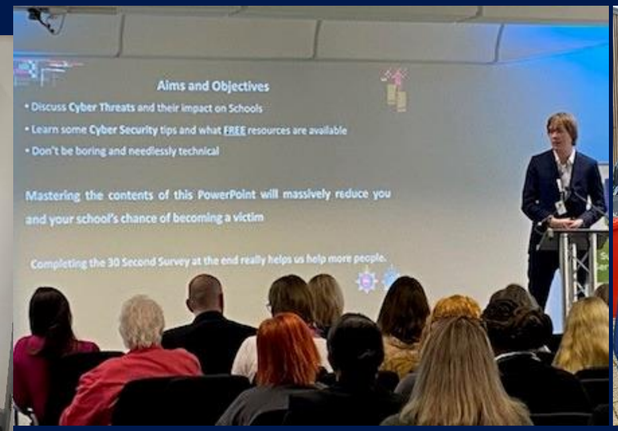
Prepare











Offenders and Victims

There are many types of Cyber Criminal.
They vary in skill level

- **OCGs – Organized Crime Gang**
- **Individual suspects**
- **State Sponsored or State Aligned Hackers**

<u>Anyone can be a victim</u>

Staying safe from Cyber Criminals does not require you to be technical, you just need to adopt some common sense strategies and know what to look out for.

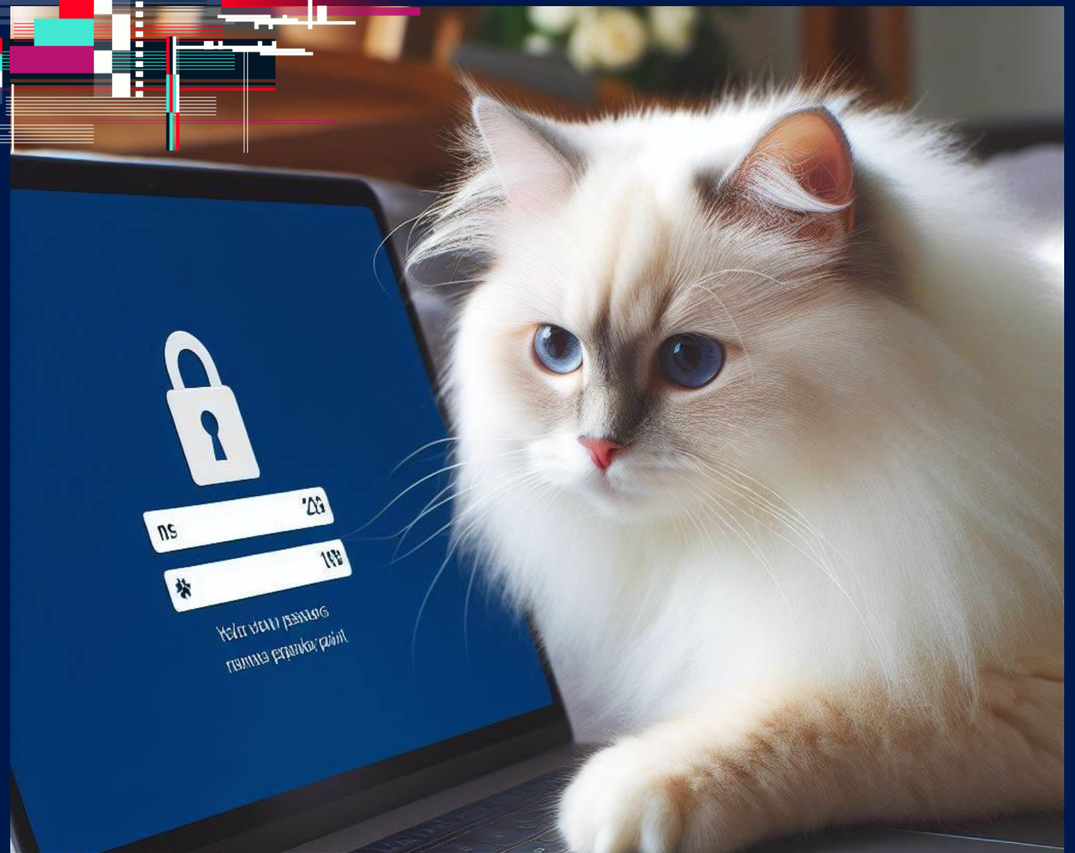
Odd and Nautical Cyber Terms

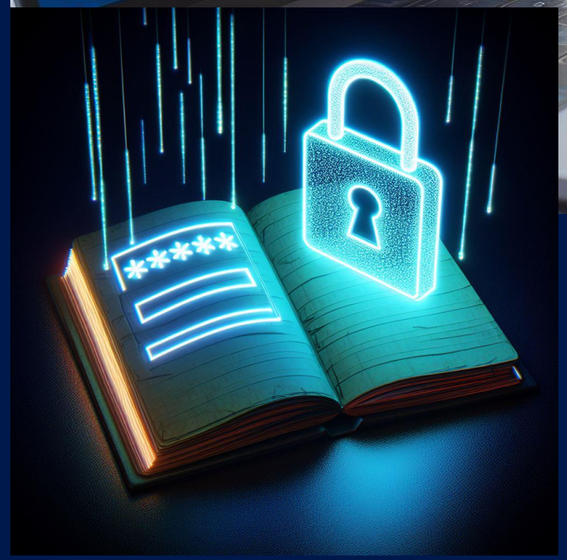
Malware – Malicious Software. Anything harmful on your device or network causing harm directly or indirectly.

Trojan – Seemingly harmless vehicle for malware.

Phishing – Baiting people.

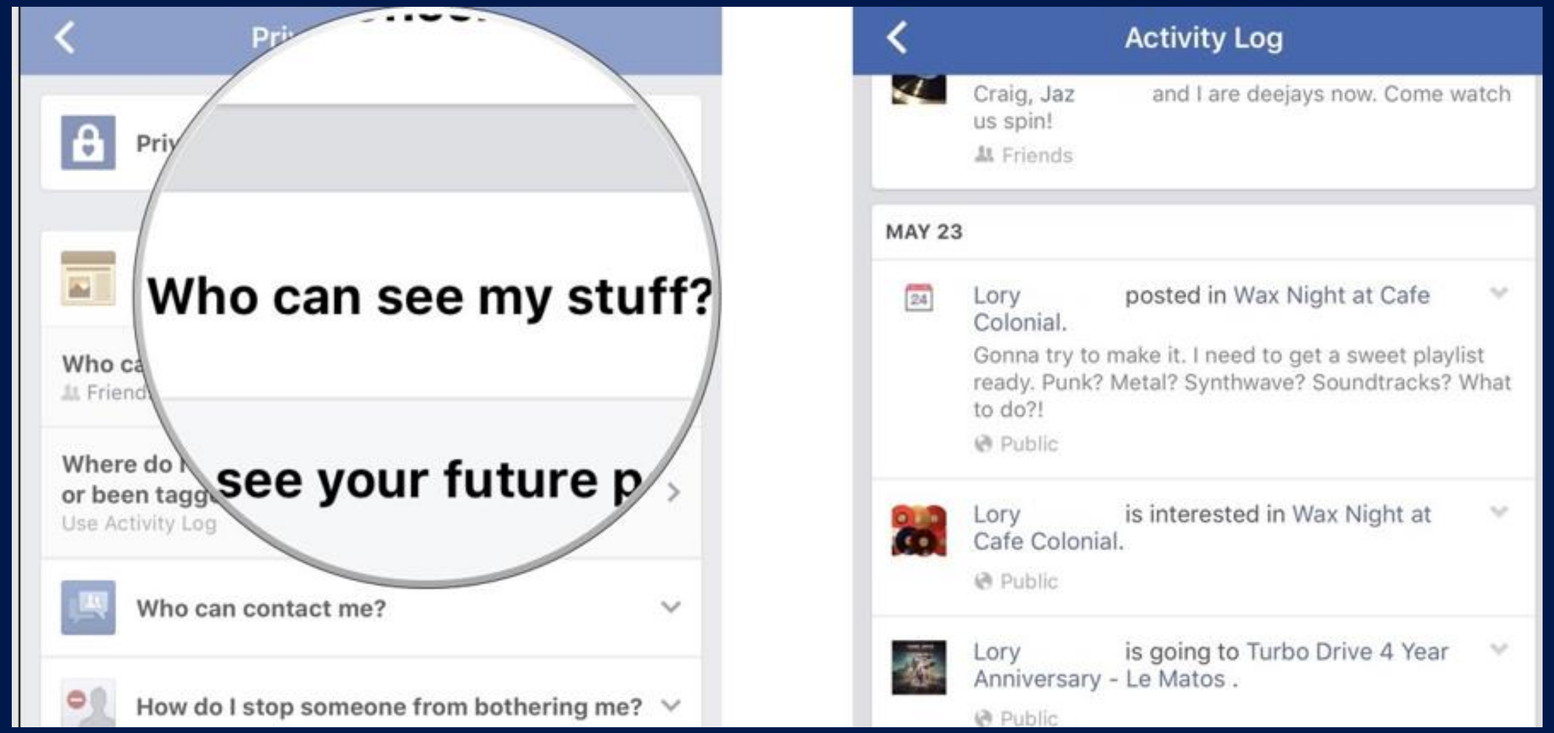
Spear Phishing is a more targeted form of this potentially using information known about you.





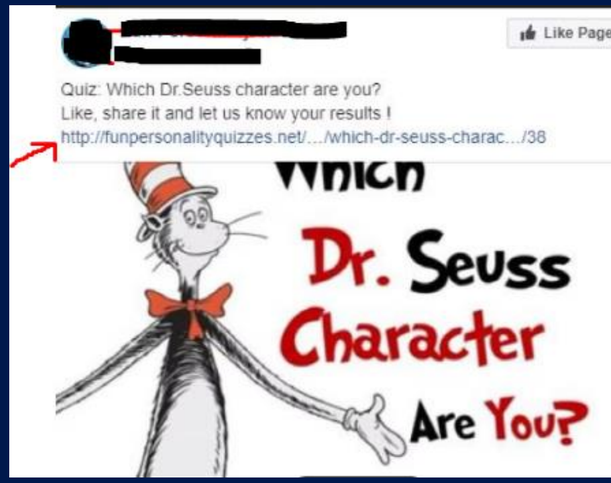
Passwords and 2FA

- Use **3 Random Words + Special Characters**
- Use separate passwords for all accounts and change annually. Your email is the most important.
- Use a Password Manager or even a notebook!
- **Enable 2FA where possible – Use Biometrics**



Digital Footprint

- Information about yourself which can be used by criminals. Maintain restrictive privacy settings and keep your footprint as small as possible.
- You can use functions like Facebook's "Activity Tracker" to delete old posts from your account. There is no such thing as anonymity on the internet. Be very careful about what information you share.



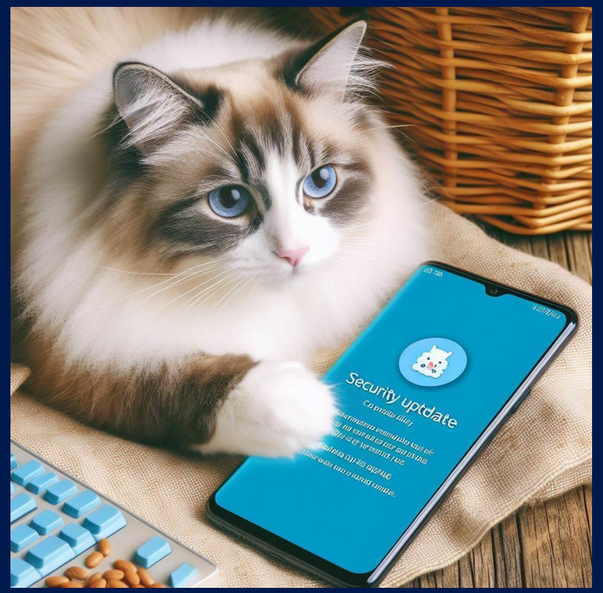
Smart Devices

- Keep them updated.
- Strong Passwords
- Change password from manufacture default
- Regularly review and manage access

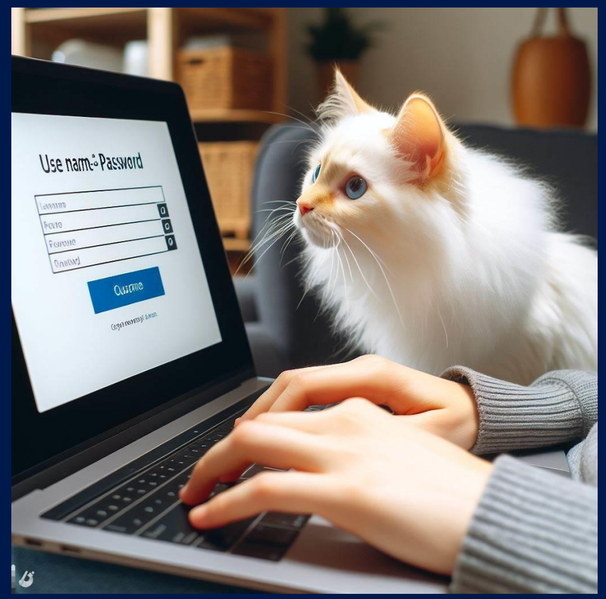
Other Things!

Evil USB

Backups



Device Updates



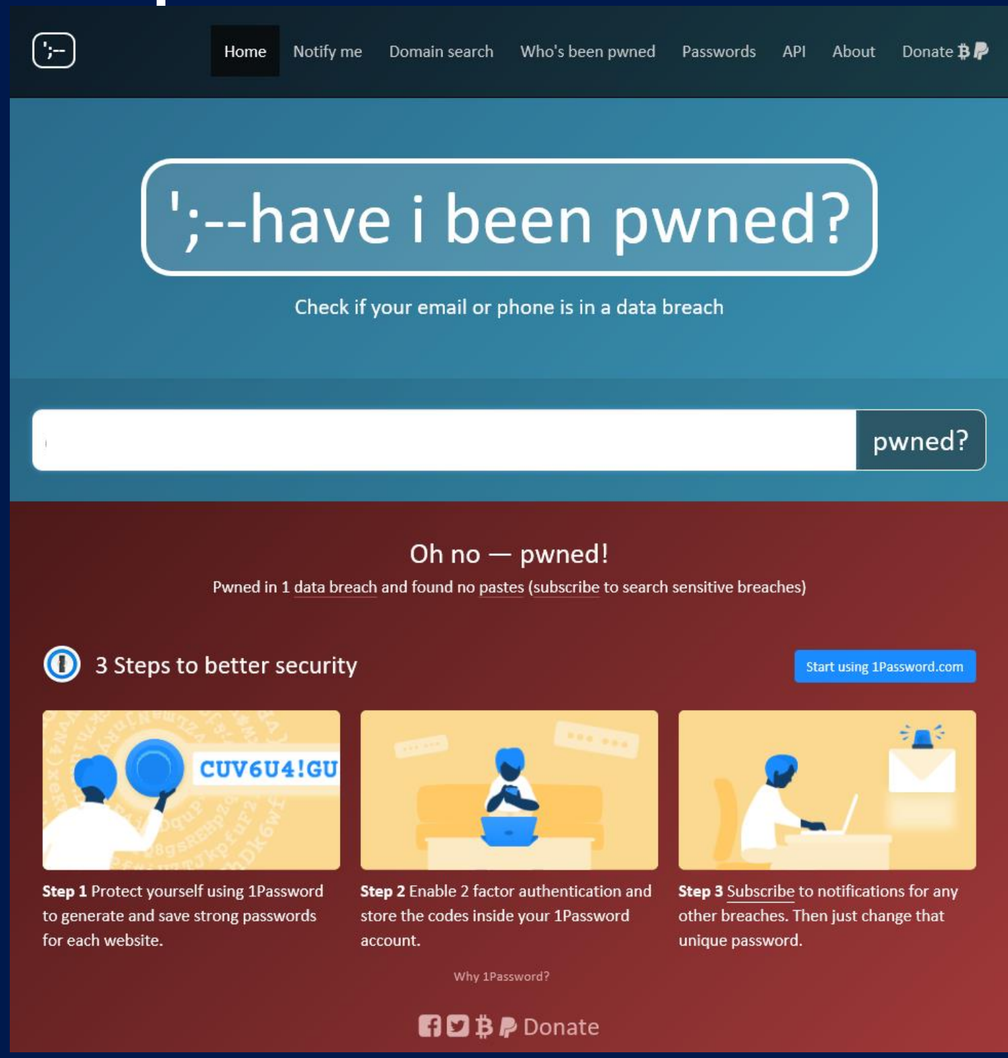
Shoulder Surfing

Data Breaches & credential compromise

When a company experiences a data breach, information such as emails, passwords and phone numbers can be included. Often sold online.

www.haveibeenpwned.com

Haveibeenpwned can show you if you or your organization has been involved in a data breach. It can even send you alerts for when credentials are compromised in the future. If you were involved in a breach, immediately change passwords.



One of the most notorious Data Breaches occurred in 2015, where a threat actor published the details of 10,000+ users of affair dating website “Ashley Madison”.

Can you spot the signs of phishing?

Accounts

RE: NHS ACCOUNT

To [redacted]

NHS

Warning

Dear Sir or Madam,

Your NHS account is needing a urgent update, please click on the below link to verify your account. Your medical record will be of at risk and you will not be able to make appointments with doctors until we can verify account

NHS.COM

UK Police

RE: ARREST WARNING

To [redacted]

HM Revenue & Customs

URGENT

Sir or Madam,

HMRC has identified you have a unsettled tax bill for 2024, please click on link below to resolve or you will be of arrested by UK Police

Verify your account

- Unexpected

- Poor quality images or logo

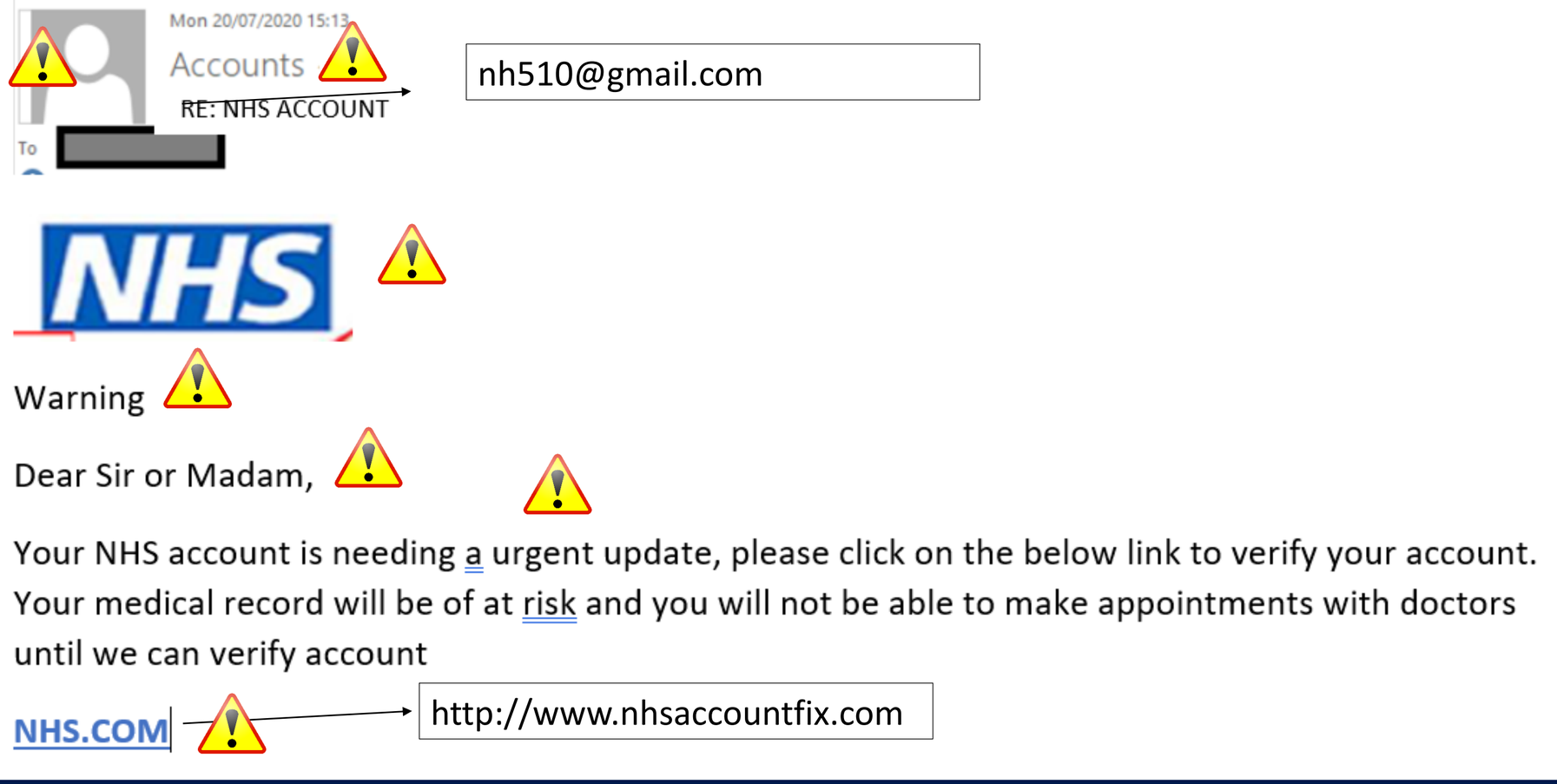
- Poor spelling or grammar

- General greeting

- Call for Urgency or Scarcity

- Request to give information, perform an action or click a link

- Suspicious email address when expanded



Please forward Phishing scams to *report@phishing.gov.uk*

Mark as SPAM to your email provider

Never Assume
Always Verify

Office 365

Your inbox capacity is currently at 99.4% - reduce your capacity now.

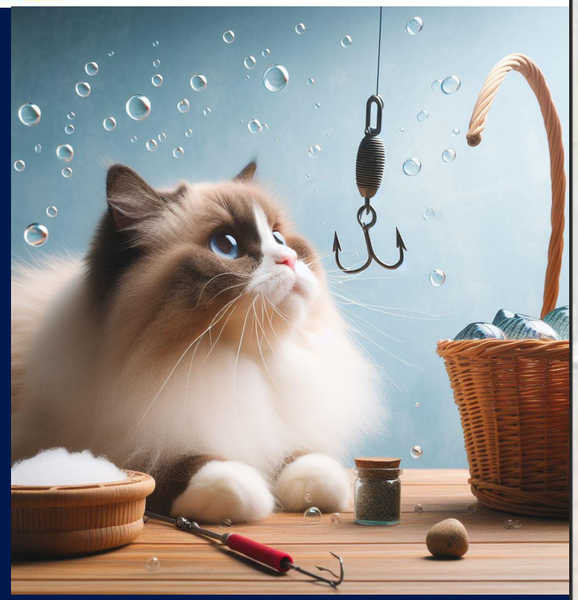
Dear User,

Your email capacity is almost full. **Once it has reached 100%, you will no longer be able to send**

Free up storage via the below link.

Increase Storage

Microsoft



Office account team <xnotifyadm1@msncenter.us>

Re: Monthly Password Renewal

To [redacted]

Microsoft account

Password Expired

Your host Administrator set your password for your email [redacted]@c3group.com.au to expire every mon

This is a function set in place to protect your profile therefore It is mandatory that you renew your password to prevent any issues with your email.

Renew

Thanks

Hey, have you heard about this? http://www.sainsburys.com-ukgiftcards.com/ Sainsburys its giving away **£100 gift cards** . They are expanding their store network and they launched this promotion. Grab a gift card while its lasts. I got mine already. ❤️❤️ 16:00

🔒 Messages you send to this chat and calls are now secured with end-to-end encryption. Tap for more info.

Never Assume. Always Verify.

From Mrs Elizabeth Borrison <[redacted]beth12@dofrez.com>

Reply | Reply All | Forward | More

Subject **REF/PAYMENTS CODE: U.N/110468 3 MILLIONS BRITISH POUNDS.**

11/18/2022, 10:33

Reply to [redacted]

To undisclosed-recipients:;

Dear Beneficiary

WISHING YOU A HAPPY XMAS IN ADVANCE.

This is to officially bring to your notice that the New government of UK London have decided to compensate all the scam victims with 3 millions british pound each (THREE MILLIONS BRITISH POUNDS ONLY) You are listed and approved for this payment as one of the scammed victims and to be paid this amount, get back to me as soon as possible for the immediate payments of your 3 MILLION BRITISH POUNDS compensations funds.

Browsing the Internet

- Avoid using public Wi-Fi where possible
- Look for a padlock or similar in the URL (bar at the top). Look for HTTPS instead of just HTTP. HTTPS sites can still be malicious but most unsafe sites are just HTTP.

- Don’t pay online with a Debit Card. Use a credit card or a virtual card.
- Use Anti-Virus

Never Trust, Always Verify

Crypto-Currency

- Highly volatile Digital Currency. Snake pit.

- Many disreputable brokers. Lots of investment fraud in the Crypto space. Snake pit.

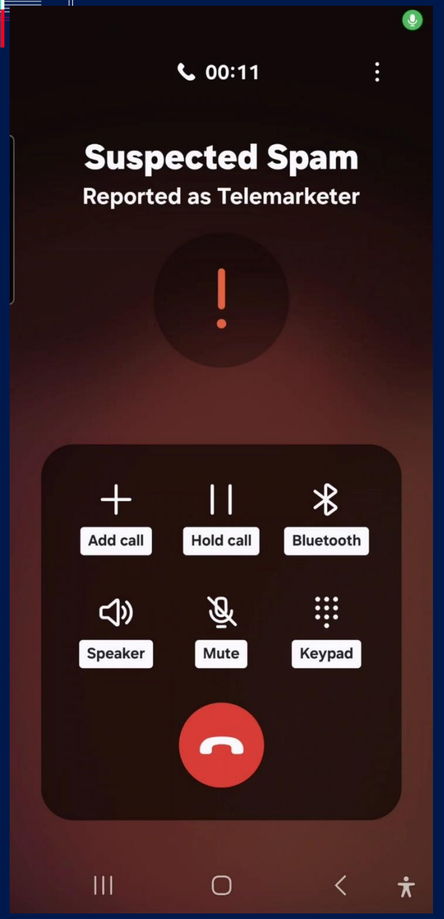
- Huge number of scams and Ponzi schemes disguised as get rich quick schemes. Snake pit.

ChatGPT

How have AI models such as ChatGPT changed the Cyber Security Landscape?

- Yes but I don’t have another hour.

Stay Safe from Phone Scams



- Enable “Caller ID” on Android devices. It warns you if the number is known to engage in scams.
- iPhones need a third party App to do this from the App store. But you can enable Silence Unknown Callers.
- TrueCall devices will filter out malicious calls. Free from Police Community Support Officers or Trading Standards.
- Never trust a phone number. Criminals will often emulate your network or phone provider.

Never give Payment Information out over the phone, read out a code or click on a link .

Other Resources

THE CYBER RESILIENCE CENTRE FOR THE SOUTH EAST

National Cyber Security Centre
a part of GCHQ

STOP! THINK FRAUD
NATIONAL CAMPAIGN AGAINST FRAUD

Cyber Aware

Action Fraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040

FCA FINANCIAL CONDUCT AUTHORITY

Know any group who would benefit from a talk? Email me!
I prefer audiences of over 20 for in person events.
Daniel.Sykes1@surrey.police.uk

Free Webinars!

Click Here

General Online Safety

Police - South East Cyber

14 upcoming events

Online Safety for Parents

Police - South East Cyber

6 upcoming events

Online Safety For Women and Girls

Police - South East Cyber

4 upcoming events

Safeguarding Humanity - Risks of AI and Deepfakes

Police - South East Cyber

8 upcoming events

Cyber Security for Business

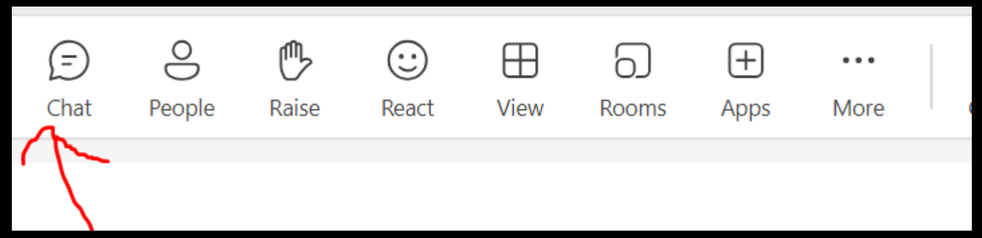
Police - South East Cyber

2 upcoming events

30 sec Survey

Any Questions?

My LinkedIn



Daniel.Sykes1@surrey.police.uk

We kindly request everyone to complete the 30 second survey I am no doubt currently spamming in the chat or scan the QR code on the left.

Having people say they learned something helps us expand the work we do in Cyber Protect.