

Staying safe on the Internet

(Mostly common sense)

Staying Safe on the Internet

- Protecting your environment
 - Malware and how to avoid it
 - Passwords
 - Backup
- How safe is the Cloud?
- How safe are on-line transactions: banking & buying
- How to avoid the digital con-men: spam, scams and phishing
- How to protect your privacy

Protect your environment

- What is Malware and what might it do?
 - Prevent your computer from operating normally
 - Show you ads you don't want (Adware)
 - Pretend that it is a virus removal, computer speed-up, disk clean-up etc – con you into paying money and possibly install further malware
 - Corrupt your data
 - Secretly use your computer and internet connection
 - Steal your identity
 - The latest malware: Ransomware
- More information
 - <https://askleo.com/whats-difference-trojan-horse-worm-virus/>

Protect your environment – how to do it

- Keep your software up-to-date

[https://askleo.com/how do i make sure that windows is uptodate/](https://askleo.com/how-do-i-make-sure-that-windows-is-up-to-date/)

<https://support.apple.com/en-au/HT204204>

- Virus protection

[https://askleo.com/what security software do you recommend/](https://askleo.com/what-security-software-do-you-recommend/)

- Virus removal

- Scanning programs – Hitman Pro in Windows

<http://www.macworld.co.uk/how-to/iphone/how-remove-virus-from-iphone-or-ipad-3658975/>

- Avoiding infection

- Don't open suspicious emails – if you do by mistake, don't click on links
- Don't go to dodgy websites – if you do by mistake, shut down your browser
- Install new software with care

Installing software safely

- Avoiding PUPs (Potentially Unwanted Programs)

<https://askleo.com/how-do-i-remove-pups-foistware-drive-bys-toolbars-and-other-annoying-things-i-never-wanted/>

- How to avoid getting them
 - Install from the manufacturer's site
 - Make sure you click on the right INSTALL button
 - Read the instructions!
 - Uncheck everything except the program you actually want
- How to get rid of them after you've got them
 - Use Malwarebytes Adware cleanup
 - Google the problem and follow the instructions you find

Passwords

- How important is it to have a strong password?
- How can you remember all your passwords?
 - How to choose passwords that are strong AND memorable
 - Is it sensible to write your passwords down?
 - Should you let your browser “remember” your passwords
 - LastPass and Keychain
 - Two-factor authentication



Backup – it's like insurance

- Where to back up – pros and cons
 - on disk – a removable hard drive
 - on another computer – if there is more than one in your home
 - on removable media – DVDs, thumb drives
 - in the Cloud – iCloud, OneDrive, Google Drive, Dropbox
- Complete backup of your entire environment
- Copies of stuff you care about
- Back up your phone! Regularly!
- Are backups safe from Ransomware encryption?

<https://askleo.com/will-ransomware-encrypt-my-backups/>

How safe is the Cloud?

- What is the Cloud?
- Whose cloud is whose?
 - Dropbox – private company
 - iCloud - Apple
 - Google Drive (Google Docs, Google Photos)
 - OneDrive – Microsoft
- How safe is it?
 - An attractive target for hackers
 - Big investment by big players in not being hacked

How safe are on-line transactions?

- Banking

- Too convenient not to use
- This is one password to memorise, and to change occasionally
- Look at your account regularly and watch for any transactions that aren't you
- Tell your bank when you go overseas
- Keep your transfer/withdrawal limits low, or keep your balance low
- Use two-factor authentication

- Payments

- Have a debit card and a credit card
- If you use a card a lot, don't have a large balance in the account it is linked to
- PayPal is safe, convenient, and you limit the number of people you give your credit card details to

The digital con-men - scams

- Telephone scams - examples, and what to do
 - Hang up the phone
 - Turn off your computer
 - Google a description of what happened
- Emails and “Phishing” – examples and what to do
 - Look for spelling or grammar mistakes
 - Check the real sender
 - Look to see where the link will take you before you click
 - When in doubt, Google a description of the email

Sales Representative ▾

54551938 File Notification

SPAM: 54551938 File Notification

To: undisclosed-recipients;;

Reply-To: Sales Representative



Hello ,

I have shared receipt and payment info from Alibaba.

[Open Confidential.pdf](#)

Login securely with Office 365 to view shared files

This is a mandatory service communication.

[Privacy](#) | [Legal](#)

Microsoft Office



Sales Representative ▾

54551938 File Notification

SPAM: 54551938 File Notification

To: undisclosed-recipients;;

Reply-To: Sales Representative

- ✓ h1248114@trbvm.com
- Copy Address
- Add to VIPs
- New Email
- Add to Contacts
- Search for "Sales Representative"



Hello ,

I have shared receipt and payment info from Alibaba.

[Open Confidential.pdf](#)

Login securely with Office 365 to view shared files

This is a mandatory service communication.

[Privacy](#) | [Legal](#)

Microsoft Office



Fwd: TR: \$75 AUD bonus to your NAB account - Message (HTML)

File Message Help Tell me what you want to do

Delete Archive Reply Reply Forward All


Quick Steps: e-receipts, Team Email, Create New

To Manager, Reply & Delete

Move, Mark Unread, Categorize, Follow Up

Translate, Editing, Zoom

Thu 15/06/2017 00:11


 Peter <pgt@livenet.com.au>

Fwd: TR: \$75 AUD bonus to your NAB account

Helen

Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

From: Internet banking Nab <Nab.Survey@email.everydayrewards.com.au>
Date: 14 June 2017 at 6:33:54 pm AEST
To: pgt@livenet.com.au
Subject: TR: \$75 AUD bonus to your NAB account



You Have been chosen by NAB online departement to take part in our quick and easy 5 question surveys. In return we will send \$75 AUD bonus to your NAB account and will be processing it within 5 working days - Just for your time , Helping us better to understand how our customers feel , benefits everyone , With the information collected wecan decideto direct a number of changes to improve and expand our online services.As part of NAB commitment to execellence , we want to make sure we met your needs during our conversation.

Would you please take a minute to answer a few questions to let us know how we did ?

> [Claim Your Rewards Here](#)

You will be provided with steps to claim your rewards , The system will validate the information that you enteredwith our records , If we are unable to validate the information electronically , you may no longer be able to receive this rewards NAB as the party who controls the data collected in this survey , may use your responses together with existing data it has aboutyou to ensure its products and services meet your needs , NAB will treat datacollected from you in accordance with NAB privacy policy

© National Australia Bank Limited. Use of the information contained on this page is governed by Australian law and is subject to the disclaimers which can be read on the disclaimer page. View the NAB privacy policy.

Fwd: The very first Christian-friendly weight loss product available for purchase - I

File Message Help Tell me what you want to do

Delete Archive Reply Reply Forward All


Quick Steps: e-receipts, Team Email, Create New

To Manager, Reply & Delete

Move, Mark Unread, Categorize, Follow Up

Translate, Editing, Zoom

Tue 13/06/2017 09:58

 Peter Thorne <pgt@livenet.com.au>

Fwd: The very first Christian-friendly weight loss product available for purchase

To Helen

Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

Sent from my iPad

Begin forwarded message:

From: rocio.olivas@elmanana.com.mx
Date: 10 June 2017 at 12:29:59 pm AEST
To: pgt@livenet.com.au
Subject: The very first Christian-friendly weight loss product available for purchase
Subject: *SPAM*: The very first Christian-friendly weight loss product available for purchase

Our prayers have been finally answered: http://www.xn--c1ajbtv.xn--80adxhks/assets/plugins/filesource/functions_products.inc.php?cgd0qgxpdmvuzxquy29tlmf1

Click or tap to follow link.

[Stop being a sinner and start getting fit, forget about gluttony.](#)

able for purchase
plement.

Spam, spam, spam, spam

- How to find mail your computer thinks is spam, but it isn't – Junk/Spam folders
- How to minimise spam – blocking senders
- How to stop mail that is OK going into your spam/junk folder – safe senders

Privacy

- The old days – the village knew everything about everyone
- Now – we have “big data”
- And big brother IS watching you, and his name is probably Google, or Facebook
- Is Facebook a dangerous place?

<https://www.indy100.com/article/11-things-you-might-want-to-delete-from-your-facebook-page--Wkl8xasNXZ>

DOs and DON'Ts – DO...

- Keep your software up-to-date
- Back up precious stuff to removeable media
- Run an automated backup regularly
- Make sure your virus checker is up-to-date and working
- Run malware scans regularly
- Take care when installing any software
- Check your privacy settings in any social media site, or in Google
- Use two-factor authentication for banking if available

DON'T...

- Open any email that looks dubious
- Click on links in emails unless you trust the email
- Go to dodgy websites
- Use the same password for everything
- Write down your banking details near your computer
- Give anyone else remote access to your computer
- Put your date of birth or address on Facebook
- Tell everyone on Facebook that you're on holiday
- Answer all those fun questionnaires on social media