

SLOW DOWN

Cybersecurity Decisions We Make Every Day



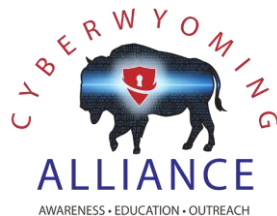
Cyberpsychology Part 2: Cyber-in-a-Box Library Program

Laura Baker

CyberWyoming Alliance Board President

Member of the Wyoming CAN Committee

Brought to you by **your local library** and the **Wyoming CAN Committee**





Scammers use psychology

Principles of Influence

The Hacker's Psychological Playbook

- Reciprocity
- Commitment & Consistency
- Social Proof
- Liking
- Authority
- Scarcity

Dr. Erik Huffman, Cyberpsychologist & Researcher

So how do we combat this psychological playbook?

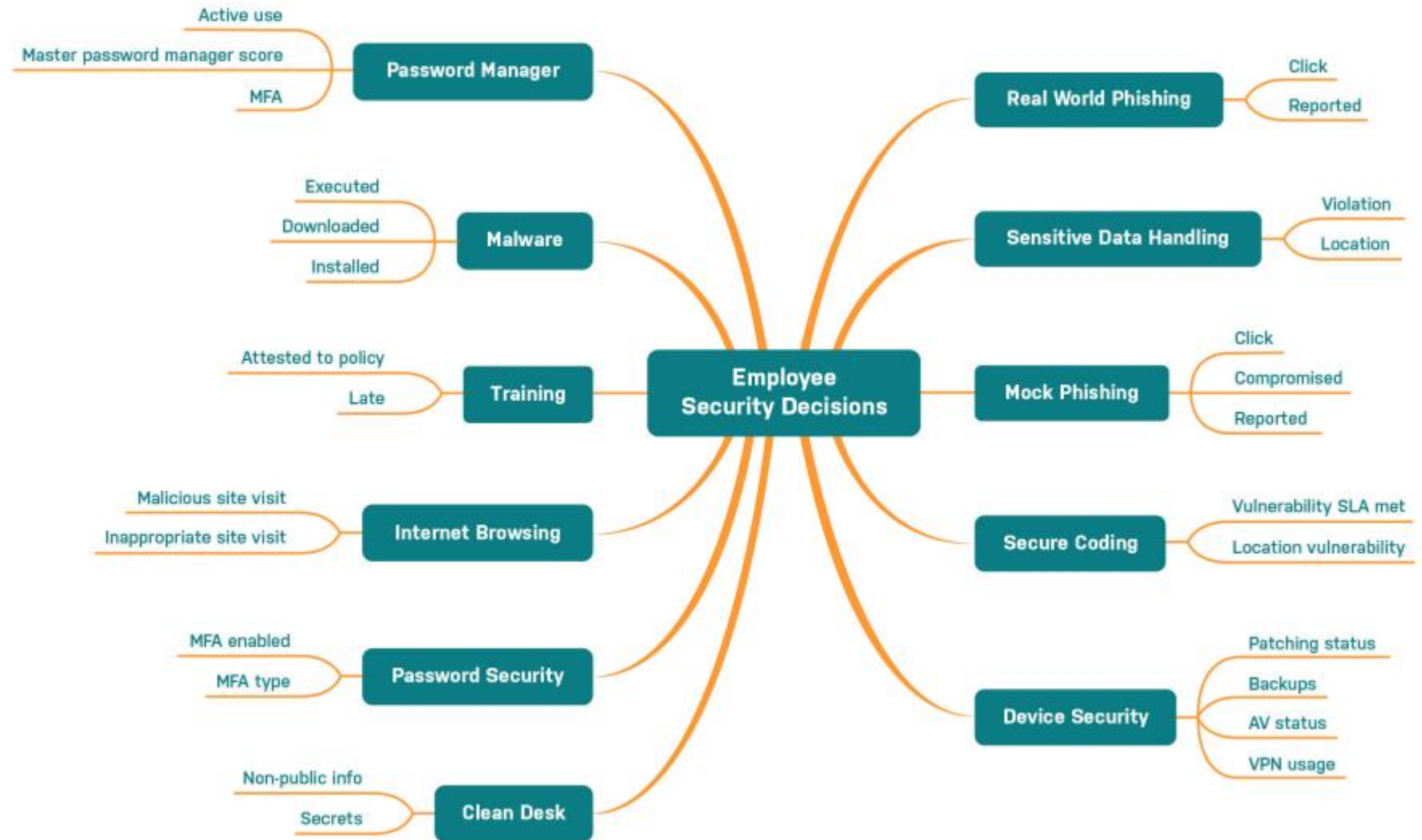
Use our day to day decisions as tools

- Be aware of our choices each day to reduce our chances of being scammed.



Global Employee Risk Insights Report

Human risk has remained the top breach source for the past 5 years and currently accounts for five of the seven breach sources including: phishing, password security, malware, data handling, and privilege abuse.



Example of some of the decisions employees make every day that put your organization at risk

Home Environment Choices

- Are you sure you changed the administrative password from the default?
- Is your Wi-Fi password protected?
- Are the devices without antivirus software (phones, Xboxes, TVs and tablets) on a guest network?

Home Wireless Router Setup

Antivirus Software & Firewall Turned On

- Do you have antivirus software on all your computers and laptops?
- PCMag.com

Computers & Devices Setup

- Are all of your devices set to auto-update?
- Do shared computers have separate user ids?
- Are they backed up?

2FA on Your Bank Account

- Did you set up two factor authentication on your online bank accounts? (This is where you get a text with a code as an extra step to log-in.)

Your Online Personal Security Decisions

Every Day Choices

Passwords

- Do you re-use the same password across websites?
- Do you lie on your password reset questions?

Discussion at the Dinner Table

- Do you discuss cyber safety topics at the dinner table? For instance, what is/is not appropriate to post on social media?

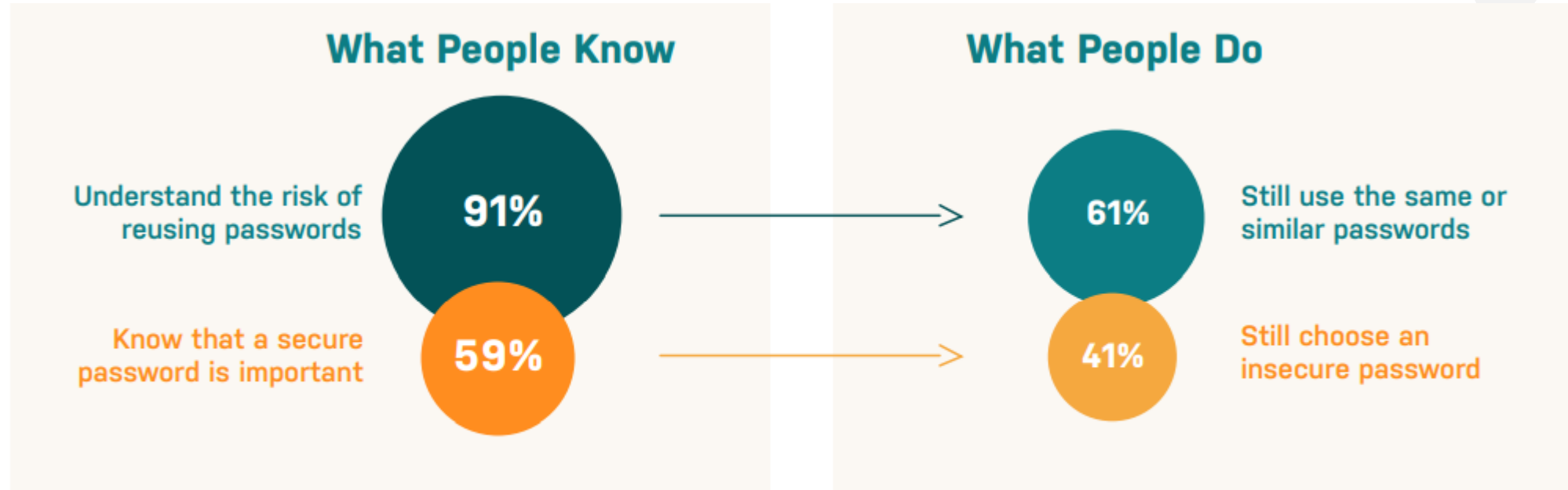
Slow Down on Email

- Have you given yourself permission to slow down on emails to reduce your risk?

Travel

- Do you use your hot spot when traveling or do you use public Wi-Fi?

Don't add to the gap



Data source: Ovum "Closing the Password Security Gap"

Choose a safer path.
Your data is valuable!

Additional Resources

- Cyber-in-a-Box Password Use Between Websites – Not A Good Idea: <https://youtu.be/zIriU1NL4v0>
- Cyber-in-a-Box Password Reset Questions: <https://youtu.be/jcLiVrderE4>
- PC Mag.com
<https://www.pcmag.com/picks/the-best-free-antivirus-protection>
<https://www.pcmag.com/picks/the-best-antivirus-protection>
- Cyber-in-a-Box Tips to Protect Your Home Computer: <https://youtu.be/DaDF5VDVDuI>
- Cyber-in-a-Box How to Protect Your Home Wireless Network: https://youtu.be/t_BWIBBH1tU
- Cyber-in-a-Box Low, Medium & High Tech Backup Options for Home Users: <https://youtu.be/c-oCa2es4UM>
- Two Factor Authentication: <https://www.pcmag.com/opinions/does-two-factor-authentication-really-make-you-safer>

SLOW DOWN

Thank You

For more great videos like this visit <https://library.wyo.gov/services/special-programs/wyocan/>

