# Internet Security for the Lay Geek

- A practical Guide to staying safe on the internet.



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Notes:

#### Overview

- Get an AntiVirus/AntiSpyware/Firewall
- Install updates or remove programs
- Use strong unique passwords
- Turn on Two Factor
- Watch out for scammers
- Don't use login links in emails
- Don't over share on Social Media

### Antivirus / AntiSpyware / Firewall

Antivirus: Program that scans for Virus Files

- Auto Update
- Auto Scan

Antispyware/antimaleware:

Program that scans for Virus Files

- Auto Update
- Auto Scan

Firewall: Program that blocks bad guys coming or out.



## Get an AntiVirus / AntiSpyway

Free:

MS Security Essentials

Avast: https://www.avast.com/

Malwarebytes:

https://www.malwarebytes.org/

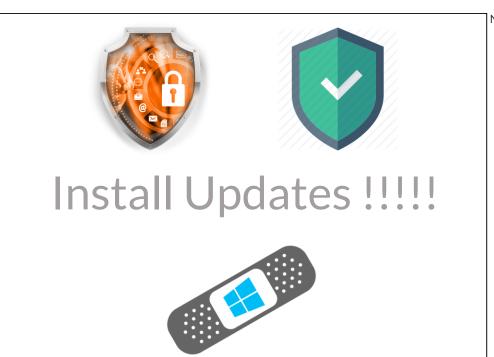
Hitman Pro:

http://www.surfright.nl/en/hitmanpro



Paid:

Norton Internet Security Kasperski Internet Security Notes:



Install Updates

Install Updates for Operating Systems: Windows, MAC, Linux, BSD, iPhone, Android

Install Program Updates: Flash, Acrobat, Java, Quicktime, and Web browsers (Chrome and Firefox)

Install Definition Updates: Antivirus, Anti-malware, and other security software. Notes:

# Remove Unnecessary programs All programs have Flaws!

If the program isn't installed then

- It can't be attacked (Hacked).
- It doesn't have to be updated.

Notes:



**Use Strong Unique Passwords** 

**HOW STRONG IS YOUR PASSWORD?** 





# Strong Password

- Long and hard to guess: 12 or more
- Pass phrase (three unrelated words)
- NO DICTIONARY WORDS

# Unique Password

- Use only in one place
- Different for every site

Test your password: Password haystacks https://www.grc.com/haystack.htm

# Password Manager

The hard part of a strong unique password

It is hard to remember.

Keypass - http://keepass.info/

Opensource and free





LastPass: https://lastpass.com/ Inexpensive, Sync, sharable Notes:

### Two Factor Authentication

Two forms of verifying you are who you say you are.

- Something you know
- Something you have
- Something you are

#### Examples:

- Password and a code
- Password and Bio (Fingerprint or Eye scan)



Notes:

#### Google Authenticator

https://www.google.com/landing/2step/



Duo Security (Ann Arbor) https://duo.com/

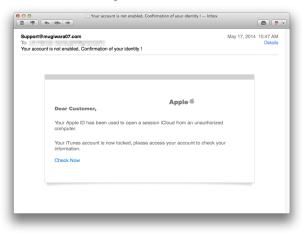


Be on the lookout for email scams



Notes:

# Do Not Click on Login Links from your email





### Don't over share on social media

- Vacation pictures = not at home
- Account verification info can be found on social media

Notes:

# Tony Bemus Penguicon 2016

These Slides can be found on penguicon.org bemushosting.com/security