

# Computer Security Tips and Tricks



# What are the elements of Computer Security

- Data Privacy
- Cyber Security
- Email Security
- Password Protection
- Digital Citizenship



# Where are spaces that your information is being collected?

- create a new social media account to connect with others
- shop online
- take an online personality test or I.Q. quiz
- fill out an online marketing survey that promises points for participating
- register to download programs, games or plug-ins
- visit a mall with your phone's Bluetooth or location settings turned on
- use an app on your phone



Source: [What kind of information is being collected about me online?](#)

# How is your phone, tablet, and computer collecting?

- Using Cookies - small files of text that can collect and store information
  - a. how many times you visit the site and which pages you visit
  - b. your preferences, such as preferred language, font size and accessibility services
  - c. your user name and password
  - d. items in your shopping cart
  - e. your location
- What can I do about it?
  - a. Well ... not much :(



Source: [What kind of information is being collected about me online?](#)

# What is Data Privacy?

In a practical sense, data privacy deals with aspects of the control process around sharing data with third parties, how and where that data is stored, and the specific regulations that apply to those processes.

DATA PRIVACY

# Data Privacy Framework

- Identify
- Govern
- Control
- Communicate
- Protect

DATA PRIVACY

## COMMUNICATION:

What apps you are using that could be sharing potential personal information?

## AWARENESS:

Teach yourself that anytime personal information is entered on the internet: a linked profile is being created.

BEST PRACTICES:  
DATA PRIVACY

# What is Cyber Security?

“Cybersecurity is the ongoing application of best practices intended to ensure and preserve **C**onfidentiality, **I**ntegrity, and **A**vailability of digital information as well as the safety of people and environments.”

- Chris Moschovitis

Moschovitis, Chris. Cybersecurity Program Development for Businesses: The Essential Planning Guide. , 2018. Audio.

Cyber Security



# Better Defense to Prevent Cyber Incidents



Education

Awareness

Ask  
Questions

Report  
Incidents

# Cybersecurity Incidents with Email

## What is Phishing?

Credential Harvesting - Passwords

Past Due Invoice attachment -  
Malware, Ransomware

Purchase Order - Money or Payment

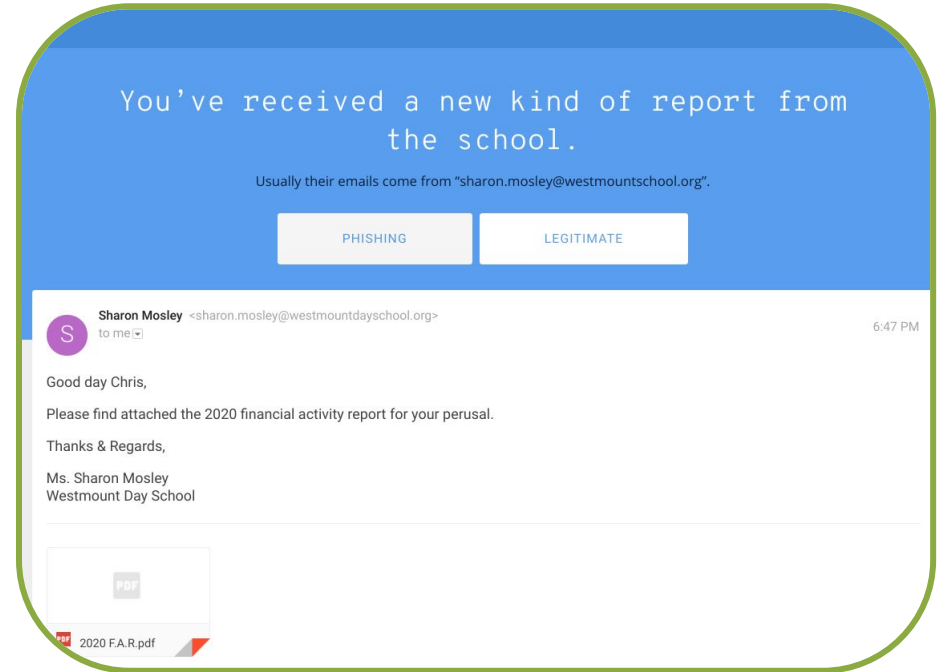
Financial Aid and Repayment of extra funds - Money  
or Payment

**Goal:** Send emails in hopes that one will “take the bite”  
with entering personal identifiable information and then  
steal info.



# Google Phishing Quiz (4 L8TR - work with students)

<https://phishingquiz.withgoogle.com/>



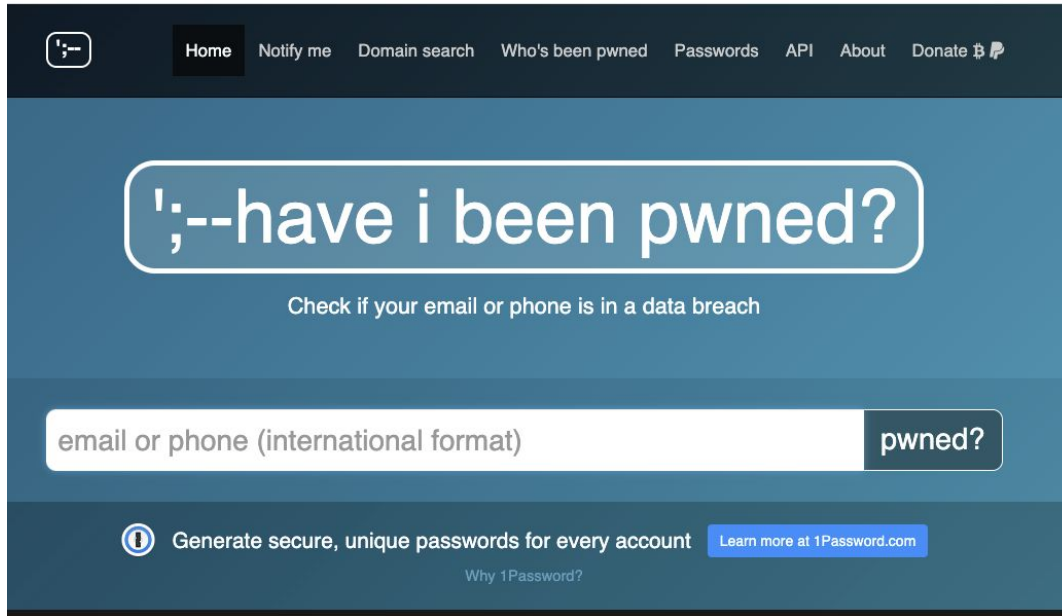
# Numbers.

## Report Insights

- **Millennials (44%)** and **Gen Z (51%)** are more likely to say they have experienced a cyber threat than **baby boomers (21%)**.
- **79% of baby boomers** said they had never been a victim of cybercrime.
- **46% of respondents** say they use a different password for important online accounts, with **20%** saying that they “never” or “rarely” do so.
  - Only **43%** said they create a long and unique password either “always” or “very often.”
- **48% of respondents** say they have “never heard of MFA.”
- **64% of respondents** have no access to cybersecurity training, while **more than a quarter** of those who do have access choose not to use it.

A child's Social Security number can be sold for \$25 to \$35 on the dark web, and the data from the students at just one school can be worth more than \$10,000.

# Have I been pwned?



# Use Different Passwords for all Sites

Password Managers

Apps, Browser Extensions

[LastPass](#)

[Dashlane](#)

[1Password](#)

Longer passwords can be better

The image shows a screenshot of a password manager's password generation interface. It features a text input field containing the password "IWrxSZxUY&GN\$09\*", a "Copy Password" button, and a "Password Length" dropdown set to "16". Below this is an "Advanced Options" section with several checkboxes: "Allow All Character Types" (unchecked), "Make Pronounceable" (unchecked), "A-z" (checked), "a-z" (checked), "0-9" (checked), "!%@#" (checked), "Minimum Numeric Characters" (set to 2), and "Avoid Ambiguous Characters" (unchecked). At the bottom, there are "Cancel" and "Use Password" buttons.

# 2-Factor Authentication/2-Step Verification



Text Message

Phone Call

Hardware Token

Software Token

Google Authenticator, LastPass Authenticator

Email	Docs	SMS	Phone Call	Email	Hardware Token	Software Token
 Gmail		✓	✓		✓	✓

[List of Applications - Twofactorauth.org](https://www.twofactorauth.org)

# Lock Your Computer

Windows+L

CTRL+ALT+DEL

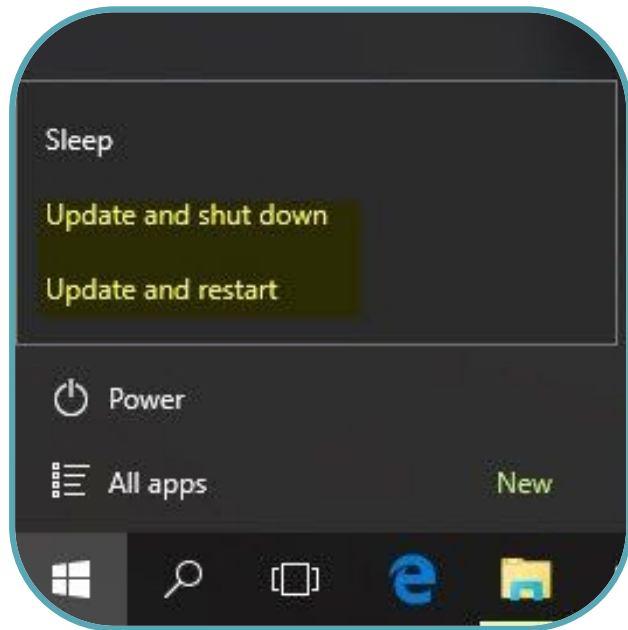
Command+CTRL+Q

Magnifying Glass key + L





# Update and Restart



# Don't Trust Wifi

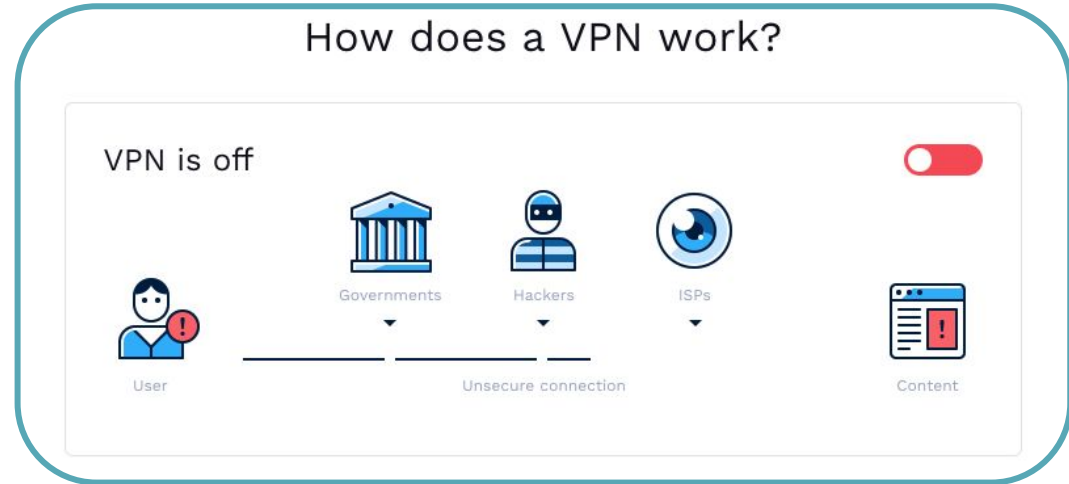
Caution when using Wifi in Public Places such as Guest Wifi, Fitness Center, Coffee Shops, Hotels, Restaurants, Stores

Use VPN - Virtual Private Network

HotSpot Shield

Windscribe

## How does a VPN work?



# Tips for your kids

What are ways you can help educate kids?

# Flexible, easy-to-implement program

## 13 grades (kids age 5–18), 73 lessons, 32 videos

Easy-to-implement  
online lesson plans  
for teachers



In-class activities  
assignable via  
Google Classroom  
or downloadable

Student materials  
in Spanish



The screenshot shows the Common Sense Education website interface. At the top, there's a search bar and a 'DONATE' button. Below the navigation bar, there's a section for 'GRADE 5' with the title 'Finding My Media Balance' and the subtitle 'What does media balance mean for me?'. There are tabs for 'OVERVIEW' and 'LESSON PLAN'. The main content area includes a paragraph about helping kids learn media choices, a list of student learning objectives, and a 'Lesson Snapshot' table. To the right, there's a video player for 'My Media Balance Student Video' and a graphic with the text 'We find balance in our digital lives.'.

Lesson Snapshot		Estimated time: 45 mins.
Warm Up:	My Perfect Day	15 mins.
Watch:	What Is Media Balance?	15 mins.



Student-facing  
videos



Family  
engagement  
activities  
& tip sheets



Customizable  
presentation slides  
for each lesson

# Engage families with Tip Sheets and Family Activities

KINDERGARTEN: DIGITAL CITIZENSHIP FAMILY ACTIVITY

## Media Balance Is Important <sup>1</sup>



### Good news:

Your kid is learning about media balance! What does that mean? They're learning to ...

- "Pause for people" and stop using devices when someone wants to talk.
- Know when it's time to move their bodies and go outside to play.
- Turn off screens before bedtime.
- Ask before they use a device, and stay on trusted sites and apps.
- Listen to their feelings and tell an adult if something makes them uncomfortable.



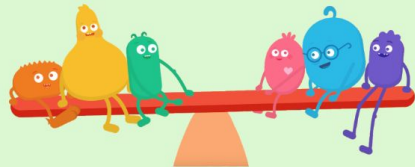
Check out the music video featuring our favorite digital citizenship friends!

Watch it together (turn on captions so you can see the lyrics), and sing along!

<https://www.common sense.org/education/videos/balance-is-important-video>

### Now talk about this together:

1. What was your favorite part of the song and why?
2. How can we work together to have media balance as a family?
3. What would that look like? You can even draw a picture that shows your whole family practicing media balance!



Text the word **kids** to the phone number 21555 to get free weekly tips on healthy media habits.

common sense education

[common sense.org/education](https://www.common sense.org/education)  
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GRADE 1: DIGITAL CITIZENSHIP FAMILY ACTIVITY

## Pause & Think Online <sup>1</sup>



There are lots of things to think about when it comes to being a responsible digital citizen. At school your kid is learning all about it, and now they can show you what they know! They're learning to ...

- Pause and think before searching, clicking, or sharing.
- Be kind online.
- Find balance using media and tech.
- Pay attention to their feelings to make sure they feel safe and know when to stop.
- Stand up to online bullies.
- Carefully choose the digital footprints — like posts, pictures, and comments — they leave behind.



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Watch it together (turn on captions so you can see the lyrics), and sing along!

<https://www.common sense.org/education/videos/pause-think-online>

### Now talk about this together:

1. What was your favorite part of the song? Why?
2. What's your favorite character? Why?
3. What are some ways you can do what your favorite character does?
4. What could be hard about it, and how would you keep going anyway?



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GRADE 2: DIGITAL CITIZENSHIP FAMILY ACTIVITY

## We the Digital Citizens <sup>1</sup>



The internet can be fun, but it also requires responsibility, so your kid is learning how to be a safe, strong digital citizen! What does that mean? They're learning to ...

- Find fun, cool stuff online.
- Set limits on how much time they spend online.
- Keep personal information — like their phone number and address — private.
- Pause and think before searching, clicking, and sharing.
- Ask before they go online.
- Pay attention to their feelings and ask for help when they feel scared or confused about something they see online.



Check out the music video featuring our favorite digital citizenship friends!

Watch it together (turn on captions so you can see the lyrics), and sing along!

<https://www.common sense.org/education/videos/we-the-digital-citizens>

### Now talk about this together:

1. What was your favorite part of the song? Why?
2. What rules do we have about using apps and going online?
3. What sites are OK to use?
4. What are the time limits? Make a list of safe sites and apps and your rules to put in a place where your whole family can see it!



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# Takeaways

1. Use a different password for different sites, accounts, and devices
2. Make sure the company you are dealing with is real before giving your information
3. Look for private browsing options
4. Use a “junk” email account to sign up for services to prevent massive amounts of spam
5. Don't click on website links unless you know they are legit
6. Use ad-blockers, anti-virus, and other security measures

Always assume everything you post online is completely public.

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Thank you!