

# STAYING SAFE IN A CONNECTED WORLD





# WELCOME

- Detective Inspector Gav Callow
  - Isle of Man Constabulary Cyber
- 





# THIS SESSION AIMS TO COVER:

Introduction – IOMC Cyber Strategy

Basics of online safety

How to keep your family safe online

How to have helpful conversations about online safety within the family

Online cyber safety resources





## INTRODUCTION: SINCERE PROJECT, GETSAFEONLINE.ORG, IOMC CYBER STRATEGY

- **SENER - Strengthening European Network Centres of Excellence in Cybercrime.**
  - **SINCERE – Small Islands Virtual Centre of Excellence. Isle of Man, Jersey, Guernsey and Gibraltar.**
  - **IOM Constabulary Cyber Strategy -**  
<https://www.iompolice.im/media/1316/cyber-crime-strategy-2019-2023-final.pdf>
- 
- 

# 3. Cyber Strategy Aims

## GOVERNANCE AND POLICY

Build an Infrastructure that is fit for purpose across the spectrum of investigating and tackling cyber crime

### DEMAND

Understand the threat and risks we face from cyber crime, creating an environment to better inform the demand on IOMC

Invest in our people to grow and expand our capability to deal with increasingly complex crimes

### PEOPLE

### CAPABILITY

Enhance the force capability to react to digital and cyber crime threats, creating resilience to the risks posed by cyber criminals

Seek innovative ways to create new public and private collaborative opportunities

### PARTNERSHIPS

### PREVENT

Make prevention the heart of the strategy; by understanding the threats, increasing our capability, working with partners and developing our people.

# GET SAFE ONLINE PARTNERSHIP



- HSBC have sponsored the GSOL for the SINCERE group – IoMC, SoJP, GP, RGP
- Access via the main website [www.getsafeonline.org](http://www.getsafeonline.org) or via the IoMC website <https://www.iompolice.im/>
- Contains information about keeping safe online for individuals, families and businesses.

# Get Safe Online

Get Safe Online is the UK's leading source of information and advice on online safety and security, for the public and small businesses. It is a not-for-profit, public/private sector partnership backed by a number of government departments, law enforcement agencies and leading organisations in internet security, banking and retail.



For more information and expert, easy-to-follow, impartial advice on safeguarding yourself, your family, finances, devices and workplace, visit [www.getsafeonline.org](http://www.getsafeonline.org)



[www.getsafeonline.org](http://www.getsafeonline.org)

# CYBERCRIME?

The internet is a fantastic resource and is part of our everyday life but...

- Organised Crime Groups
- Nation States – China, Russia, North Korea, Iran
- Terrorist Groups - ISIS
- Hacktivists – Anonymous, LulzSec
- Hackers – White, Grey and Black Hat. Script Kiddies
- Insider – Disgruntled Employee, partner, friend
- CSE/Bullying/Abuse/Drugs/Crime/Gangs-





# THE MAIN CYBERCRIME TYPES

NCA - <https://nationalcrimeagency.gov.uk/what-we-do/crime-threats/cyber-crime>

“Cyber criminals seek to exploit human or security vulnerabilities in order to steal passwords, data or money directly. The most common cyber threats include:

- Hacking - including of social media and email passwords
- Phishing - bogus emails asking for security information and personal details
- Malicious software – including ransomware through which criminals hijack files and hold them to ransom
- Distributed denial of service (DDOS) attacks against websites – often accompanied by extortion”
- CSE/Bullying/Abuse/Drugs/Crime/Gangs-

# BASICS OF ONLINE SAFETY

## Pa55\$w0rds

Complexity- alpha numeric, special characters, length

Passphrases – monkey kitchen apple, 18 characters

Email account password separate to other accounts, avoid repetition

Multi factor authentication – Google authenticator

Always change the default password!

Can't remember all your passwords – use a password manager

Never disclose your passwords!

Change key passwords periodically

<https://youtu.be/opRMrEfAlil>



JIMMY  
*Kimmel*  
LIVE!

# NATIONAL CYBER SECURITY CENTER (NCSC) TOP 10 HACKED PASSWORDS WORLDWIDE 2019

1. 123456 (23.2m)
2. 123456789 (7.7m)
3. qwerty (3.8m)
4. password (3.6m)
5. 1111111 (3.1m)
6. 12345678 (2.9m)
7. abc123 (2.8m)
8. 1234567 (2.5m)
9. password1 (2.4m)
10. 12345 (2.3m)



National Cyber  
Security Centre  
a part of GCHQ

# NATIONAL CYBER SECURITY CENTER (NCSC)

## • Top 5 names

- ashley (432,276)
- michael (425,291)
- daniel (368,227)
- jessica (324,125)
- charlie (308,939)

## • Top 5 football teams

- liverpool (280,723)
- chelsea (216,677)
- arsenal (179,095)
- manutd (59,440)
- everton (46,619)

## • Top five fictional characters

- superman (333,139)
- naruto (242,749)
- tigger (237,290)
- pokemon (226,947)
- batman (203,116)

# EMAIL ACCOUNTS



- Keep them safe
- Other accounts (social media, gaming, banking, etc.) rely on your email should you forget your password and allow you to reset them
- Don't use your email password for any other service/application
- <https://haveibeenpwned.com/>

# UPDATE

- Keep your devices up to date
- Auto update
- Antivirus
- Operating systems – Windows 7 out of support Jan 2020
- Broadband router - VPNfilter



# BE CAUTIOUS

- Phishing – Vishing – Smishing
- If it sounds too good to be true it is
- Email is responsible for 92.4% of malware. It is followed by the Web for a measly 6.3%, and others 1.3%. ([Verizon 2018 Data Breach Investigations Report](#))
- Bank account details
- Malware, Ransomware





From: Mrs.Juan <test@test.com>

Sent: Tuesday, October 15, 2019 11:26:00 AM

Subject: Attention: Beneficiary2

Attention: **Beneficiary**

We are not sure you received our previous message but we wish to use this medium to officially inform you that following the ongoing review of all unclaimed and delayed funds by the United Nations and the World Bank, your payment file was forwarded to our office for immediate payment of your long delayed funds starting with a first transfer of **US\$10,000,000.00** with reference No. NG/FM14FGN, to your bank account.

However, we are surprised to receive another application this morning from your representative, MR.KRAUS MULLER, stating that you authorized him to transfer the funds to another bank account in Germany and that you were recently involved in an auto accident and cannot walk right now.

Could you please confirm immediately, your relationship with MR.KRAUS MULLER and also, confirm if the bank account in Germany as shown below is now your new bank account information to receive your funds this week from our paying bank

CREDIT SUISSE, D-80321 BREMEN, GERMANY

ACCOUNT NO: 098-11180933-109

IBAN: CH55 0910 3045 6011 91110 0|

SWIFT CODE: AREZCHZZ8OU

Kindly get in touch with us today by email with your telephone number to confirm this information to avoid wrong transfer of your funds, so that we can proceed with the transfer of the US\$10,000,000.00 to your correct bank account as scheduled.

Yours sincerely,

**MRS.JUAN HENRY**

Director, Anti-Fraud Unit.

Financial Services Regulation Committee

Plot 33, ATB Way Cadastral Zone, Abuja, NG

# KEEPING YOUR FAMILY SAFE ONLINE

## BE A SWITCHED ON PARENT

[WWW.GETSAFEONLINE.ORG/SAFEKIDSONLINE](http://WWW.GETSAFEONLINE.ORG/SAFEKIDSONLINE)  
#SAFEKIDSONLINE

- Have regular conversations with your child about the good and not-so good things about the internet
- Set boundaries and rules – only play with people you know, duration online, time of day
- Swap experiences with family and friends – share knowledge, apps, technology
- Parental control software, apps, mobile devices, consoles, family filters (ISP), OpenDNS Family Shield, PiHole
- Tell your children not everyone online is who they appear to be – gaming, social media, video streaming (YouTube, Twitch)
- Oversharing - Live streaming, pictures, videos, personal information. Once it's on the internet, it's out of your control.

## BE A SWITCHED ON PARENT CONTINUED

- Messaging apps – Whatsapp, Snapchat, Discord, Viber, Wechat, Messenger, Kik. Messages are recorded, images can be saved. App
- Cyberbullying – Keep a record, ‘print screen’, mobile phone camera, seek advice
- Protect accounts with good passwords and don’t share them.
- [www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying](http://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying)
- [www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/](http://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/)
- There is also an excellent article on preventing different kinds of bullying (not just online) at [momlovesbest.com/bullying-prevention](http://momlovesbest.com/bullying-prevention)
- Report inappropriate content or behaviour to the website or social media site where it occurs, and child sexual abuse or grooming to [www.ceop.police.uk](http://www.ceop.police.uk) & Isle of Man Constabulary

# HOW MANY DO YOU KNOW?

## 15 Apps Parents Should Know About

Courtesy of the  
Madill Police Department



### MEETME



**MEETME** is a dating social media app that allows users to connect with people based on geographic proximity. As the app's users are encouraged to meet each other in person.

### GRINDR



**GRINDR** is a dating app geared towards gay, bi and transgender people. The app gives users options to chat, share photos and meet up based on a smart phones GPS.

### SKOUT



**SKOUT** is a location-based dating app and website. While users under 17 years old are unable to share private photos, kids can easily create an account with an older age.

### WHATSAPP



**WHATSAPP** is a popular messaging app that allows users to send texts, photos, voicemails, and make calls and video chats

### TIKTOK



**TIKTOK** is a new mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to cyber bullying and explicit content.

### BADBOO



**BADBOO** is a dating and social networking app where users can chat, share photos and videos and connect based on location. While the app is intended for adults only, teens are known to create profiles.

### BUMBLE



**BUMBLE** is similar to the popular dating app "Tinder" however, it requires women to make the first contact. Kids have been known to use BUMBLE to create fake accounts and falsify their age.

### SNAPCHAT



**SNAPCHAT** is one of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear, new features including "stories" allows users to view content for up to 24 hours. Snapchat also allows users to see your location.

### KIK



**KIK** allows anyone to contact and direct message to your child. Kids can bypass traditional text messaging features. KIK gives users unlimited access to anyone, anywhere, anytime.

### LIVEME



**LIVE.ME** is a live-streaming video app that uses geolocation to share videos so users can find out a broadcaster's exact location. Users can earn "coins" as a way to "pay" minors for photos.

### HOLLA



**HOLLA** is a self-proclaimed "addicting" video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content, and more.

### WHISPER



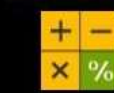
**WHISPER** is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.

### ASK.FM



**ASK.FM** is known for cyber bullying. The app encourages users to allow anonymous people to ask them questions.

### CALCULATOR%



**CALCULATOR%** is only one of SEVERAL secret apps used to hide photos, videos, files, and browser history.

### HOT OR NOT




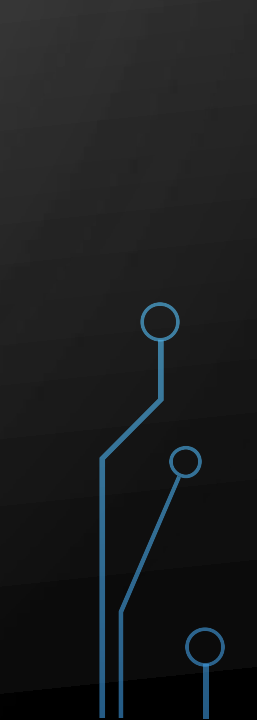
**HOT OR NOT** encourages users to rate your profile, check out people in their area, and chat with strangers. The goal of this app is to hook up.

# HOW TO HAVE HELPFUL CONVERSATIONS ABOUT ONLINE SAFETY WITHIN THE FAMILY

- Balanced Approach
- Set boundaries but don't be heavy handed
- See what they are using – are they appropriate for their age?
- Try to understand what they are doing online, try for yourself or research online
- What are your friends and family doing online – compare experience
- Parental controls - computers, mobiles and games consoles, privacy features on social networking sites, and the safety options on Google and other search engines



# DISCUSSION QUESTIONS TO HAVE WITH YOUR KIDS

- - What are your friends doing online?
  - - What are the newest and best websites and apps?
  - - Can you show me your favourites?
  - - Do you know what cyberbullying is, and have you ever experienced it in any way? Or have any of your friends?
  - - Has anything you've seen online ever made you feel weird, sad or uncomfortable?
- 
- 

# SOCIAL MEDIA

- Phishing – links to take you outside of the service to a fake site
- Download malware
- Ask you to call premium rate numbers
- Extortion
- Stealing login details to bank website through fake web link
- Similar techniques to email phishing
- If it looks too good to be true ..... It is

# SOCIAL MEDIA CONTINUED

- Check your security settings, is full public access necessary?
- Facebook is the most popular social media app with over 2 billion accounts
- Makes its revenue through advertising
- Social engineering – Cambridge Analytica - misinformation
- Careful what you click on – information from your profile can be collected when engaging with some of the posts.
- Who are your real friends? Who can access your profile?



# USEFUL ONLINE RESOURCES

- [www.getsafeonline.org](http://www.getsafeonline.org)
- [www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying](http://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying)
- [www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/](http://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/)
- [momlovesbest.com/bullying-prevention](http://momlovesbest.com/bullying-prevention)
- [www.ceop.co.uk](http://www.ceop.co.uk)
- <https://www.actionfraud.police.uk>

# USEFUL ONLINE RESOURCES CONTINUED

- <https://haveibeenpwned.com/>
- <https://www.ncsc.gov.uk/blog-post/passwords-passwords-everywhere>
- <https://www.iompolice.im/>
- <https://oursaferschools.co.uk/>

The image features a dark gray background with a subtle gradient. In the four corners, there are decorative elements consisting of light blue lines that resemble circuit traces or a network diagram. These lines connect to small, hollow light blue circles. The text "ANY QUESTIONS?" is centered in the upper half of the image in a white, bold, sans-serif font.

ANY QUESTIONS?