Bruce Wynn OBE FBCS CITP (and his evil twin!) "Cyber Security Awareness (with a difference)!)

At The Elman Wall Travel Directors' Summit on 7 October 2015, Bruce Wynn gave a stage performance executing live Cyber attacks, showing real Cyber dangers and providing practical advice on how you can better defend yourself and your business from 'the bad guys'.

As a reminder, Bruce is a cyber-security professional with a wide portfolio of clients, including government organizations and industries (including Fortune 50 companies) on both sides of the Atlantic. He speaks, demonstrates, and runs workshops and masterclasses on 'Cyber' around the world, as well as providing 'real' cyber defence and incident response support! As he promised, his session was unusual and entertaining, with a considerable amount of audience involvement - we believe he met his avowed intent to:

- Open Your Eyes
- Focus Your Mind
- Stimulate Your Imagination
- Scare you Half to Death
- Resuscitate You!

You'll understand that he doesn't have copies of the presentation - he suggests that the message is in his delivery and audience involvement, and that there is no 'story' in a sequence of screenshots. However, to answer 'what can I do to help protect myself and my business?', Bruce has given us the list below 'to help defeat Boris' which you may wish to think about! (He's also happy to be contacted at b@j22.us for any follow-up questions you may have)

Bruce's Top Tips to Help Thwart Boris
(personal view, and not a 'recommendation!)

- Don't use same password on different sites. Best bet is words not in a dictionary. Eg.1 letter from each word in a memorable sentence.
  Thus, the previous sentence would generate "**bbiwniade1lfrewiams**".
- At the very least, use a favourite password (perhaps <**BoS10ReDs0X!**> (Boston Red Sox!) with a website's first 3 letters in front - google would be 'goo<favouritepassword>', facebook would be 'fac<favoritepassword>'.
- Don't let the browser remember your passwords
- Register with www.lastpass.com and use it!!!

If you must use windows (linux is better).....

- Install Scotty Winpatrol (www.winpatrol.com) - FREE
- Install ANY Antivirus eg:
  1. Comodo AV and Firewall and System Cleaner (www.comodo.com) - FREE!
  2. AVAST - www.avast.com (follow FREE Download link) - FREE!
  3. AVG - http://www.avg.com/us-en/free-antvirus-download

- Keep Windows and AV up to date - http://www.update.microsoft.com

- Use any browser EXCEPT Internet Explorer (Chrome is really good, Comodo Dragon is also good, as is Opera!) - for Chrome, check out "chrome user agent switcher" for things to help foil the bad guys

- Use any email client EXCEPT Outlook (eg BAT, Thunderbird), or webmail

- BEFORE clicking ANY link check the actual address by hovering over (bottom left in Chrome) – make sure it looks legit!

- In any financial/secure transactions, make sure you have http**s:** in the address bar, and a padlock (in front of "https" in chrome, bottom right in Internet Explorer (but don't use Internet Explorer!) – click on padlock to check it looks legit!

- If you get a pop-up to do with anything like '***you are infected, click here to clean, click here to ignore'***

  1. **DON'T CLICK ON ANYTHING**
  2. **use ALT-F4 to kill the browser window (if you click on 'ignore' it goes ahead and screws up your machine anyway!!)**

- Set your DNS of your network card(s) (and your home router) to one of the following pairs (avoids DNS attacks, and gives some help on 'poisoned'/spoof sites)

8.8.8.8 and 8.8.4.4 (google DNS)
208.67.220.220 and 208.67.222.222 (OpenDNS)
156.154.70.22 and 156.154.71.22 (Comodo DNS)

- DON'T use Open Wifi except with great care: DON'T use them to update your machine over (including security updates) - Man in the Middle Attacks are very easy
- Use a VPN

- Get a personal VPN AND USE IT! (eg http://vpnuk.net)

- Disable Adobe Flash on your machines

- Remove Adobe reader, and install one of the many alternative pdf readers

- Checkout http://www.cyberstreetwise.com and http://www.getsafeonline.org (both UK Govt-supported) for lots of tips **Remember - if it looks too good to be true - it is!!!!**