

## Cyber Security Training Resource List

- **The 4 P's of Security:**

<b>Vulnerability</b>	<b>Summary</b>	<b>Reference</b>
<b>Person</b>	The most common vulnerability in technology is human behaviour. Understanding how scammers and hackers might trick you into clicking a link or providing personal information is a key component of any Cyber Security plan.	<b>Top Ten Scams of 2017 BBB.org</b> - <a href="https://www.bbb.org/vancouver-island/news-centre/news-releases/2017/02/top-10-scams-2017/">https://www.bbb.org/vancouver-island/news-centre/news-releases/2017/02/top-10-scams-2017/</a> <b>Report Spam (Legitimate businesses who are cold contacting you)</b> - <a href="http://fightspam.gc.ca">http://fightspam.gc.ca</a>
<b>Passwords</b>	One of the most common ways hackers break into computers and accounts is through easy passwords. Simple and commonly used passwords enable intruders to easily gain access and control of a device. The more difficult the password, the lower the likelihood that one's computer or account will fall victim to an unwanted intrusion.	<b>Who has Multifactor Authentication and how to set it up?</b> - <a href="https://www.pcmag.com/article2/0,2817,2456400,00.asp">https://www.pcmag.com/article2/0,2817,2456400,00.asp</a> <b>Best Password Managers (Updated as of April 5 2019)</b> <a href="https://www.tomsguide.com/us/best-password-managers_review-3785.html">https://www.tomsguide.com/us/best-password-managers_review-3785.html</a> <b>Random Word Generators</b> - <a href="https://randomwordgenerator.com/">https://randomwordgenerator.com/</a> <a href="https://www.fourmilab.ch/javascript/pass_phrase.html">https://www.fourmilab.ch/javascript/pass_phrase.html</a>
<b>Patches</b> (System Updates)	Software updates perform a myriad of tasks. They are available for both our operating system and individual software programs. Performing these updates will deliver a multitude of revisions to your computer, such as adding new features, removing outdated features, updating drivers, delivering bug fixes, and most importantly, fixing security holes that have been discovered.	<b>Car Hack</b> – <a href="https://www.wired.com/story/car-hack-shut-down-safety-features/">https://www.wired.com/story/car-hack-shut-down-safety-features/</a> <b>Baby Monitor Hack</b> - <a href="https://www.forbes.com/sites/thomasbrewster/2015/09/02/baby-surveillance-with-a-browser/#5f61748e1aa0">https://www.forbes.com/sites/thomasbrewster/2015/09/02/baby-surveillance-with-a-browser/#5f61748e1aa0</a> <b>Manage non-OS software updates on home computer</b> - <a href="http://kcsoftwares.com/index.php?sumo">http://kcsoftwares.com/index.php?sumo</a> <a href="https://patchmypc.com/home-updater-overview">https://patchmypc.com/home-updater-overview</a>

<p><b>Preserve (Backup)</b></p>	<p>Data backup and data recovery are important parts of running a business. Business owners realize three things quickly: all computer systems crash; all humans error; and disasters happen when least expected or are least prepared for them. A business can be more prepared with having data backup systems in place. Backups allow data to be restored from an earlier point in time to help the business recover from an unplanned event.</p>	<p><b>Beginner’s Guide to PC Backup</b> - <a href="https://www.pcmag.com/article2/0,2817,2363057,00.asp">https://www.pcmag.com/article2/0,2817,2363057,00.asp</a></p> <p><b>Backup Software</b> - <a href="https://www.pcmag.com/article2/0,2817,2278661,00.asp">https://www.pcmag.com/article2/0,2817,2278661,00.asp</a></p> <p><b>Free Backup Software</b> - <a href="http://www.techradar.com/news/the-best-free-pc-backup-software">http://www.techradar.com/news/the-best-free-pc-backup-software</a> Remember, if it’s free, <b>you</b> are the commodity being sold.</p> <p><b>External Hard Drives</b> - <a href="https://www.pcmag.com/article2/0,2817,2400958,00.asp">https://www.pcmag.com/article2/0,2817,2400958,00.asp</a></p> <p><b>USB Flash Drives</b> - <a href="http://usb.userbenchmark.com/">http://usb.userbenchmark.com/</a></p> <p><b>Cloud Storage</b> - <a href="https://www.pcmag.com/roundup/306323/the-best-cloud-storage-providers-and-file-syncing-services">https://www.pcmag.com/roundup/306323/the-best-cloud-storage-providers-and-file-syncing-services</a></p> <p><b>Cloud Backup Services</b> - <a href="https://www.pcmag.com/article2/0,2817,2288745,00.asp">https://www.pcmag.com/article2/0,2817,2288745,00.asp</a></p>
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## ● Incident Response Plan:

How to recover from a Cyber Incident <https://www.getcybersafe.gc.ca/cnt/rsrsc/rcvr-scm-en.aspx>

If you believe you have been the victim of a cyber security incident, please contact the following organizations as appropriate.

- **Call your bank.** If your bank account or credit cards are involved, you'll want to report it, and cancel cards, right away to avoid being liable for the losses.
- **Call the police** and keep note of the report number for reference.
- **Call Canada's main credit reporting agencies** and put a fraud alert on your credit report:
  - [Trans Union Canada](https://www.transunion.ca) (1-866-525-0262, Québec 1-877-713-3393)

- [Equifax Canada](#) (1-866-779-6440)
- **Call Service Canada at 1-800-O-Canada** if any of your federally-issued ID was compromised (for example social insurance number or passport). If you believe your driver's licence or health card was compromised, contact your [provincial or territorial ministry responsible for transportation](#) or the [provincial or territorial government department responsible for health](#).
- **Call the companies where your identity was used.** They will tell you what information they need, whether an investigation has been started and how you can recover the money that was stolen.
- **Contact the Privacy Commissioner of Canada** for identity theft issues (PIPEDA) 1-800-282-1376 or <https://www.priv.gc.ca/en/> for advice and assistance.  
Note: Quebec, British Columbia, and Alberta have separate privacy laws that are similar to PIPEDA, so please contact your Provincial Commissioner.
- **Call the Canadian Anti-Fraud Centre** (CAFC) at 1-888-495-8501 or visit [www.antifraudcentre.ca](http://www.antifraudcentre.ca) to report any incidents of Cyber Incidents or fraud.

*Always take time to record the things you've done to report the fraud. A few extra minutes could save you a lot of frustration down the road.*

## ● Phish or No Phish – Identifying Phishing (Suspicious) Emails

<http://hptechbc.ca/resource-link/identifying-suspicious-phishing-emails/>

## ● Reference Articles:

Passwords for Chocolate - [https://www.theregister.co.uk/2007/04/17/chocolate\\_password\\_survey/](https://www.theregister.co.uk/2007/04/17/chocolate_password_survey/)

Smart Coffee Machine - <https://www.tripwire.com/state-of-security/ics-security/how-a-smart-coffee-machine-infected-a-plc-monitoring-system-with-ransomware/>

## ● Reference Videos:

Ocean's 11: The Art of Conversation - <https://www.youtube.com/watch?v=VTKgyZZP5KQ>

Access to a phone account via Social Engineering - <https://www.youtube.com/watch?v=lc7scxvKQOo>

Penetration Test against a Tech Company - <https://www.youtube.com/watch?v=PWVN3Rq4gzw> (not shown, but verbally referenced)

CEO Fraud Funny video - [https://www.youtube.com/watch?v=\\_oqXcx3bRD8](https://www.youtube.com/watch?v=_oqXcx3bRD8)

Candid Camera Elevator - <https://www.youtube.com/watch?v=BgRoiTWkBHU>

DeBeers Truth of Diamonds - <https://www.youtube.com/watch?v=5X0w9SpUxWo> (not shown, but verbally referenced)

Sneakers Movie Scene "Getting in the front door & Defeating a security keypad" <https://www.youtube.com/watch?v=oG5vsPJ5Tos>

## ● Other Related Media:

Matchstick Men (Movie)

Catch Me If You Can (Movie)

Leverage (TV Show)

Mr. Robot (TV Show)

Ferris Buller's Day Off (Movie)

Thomas Crown Affair (Movie)

Six Degrees of Separation (Movie)