Personal Security Online: Protecting Yourself

Ladue Chapel Presbyterian Church

R. Scott Granneman

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Admissions

About

Academics & Schools

Research

Medicine & Healthcare

Libraries

Arts & Culture

Athletics

Giving

ABOUT WUSTL

Leadership

Facts, History and Traditions

Campus Stores

About St. Louis

Logos, Symbols & Marks

Print & Digital Media

Commencement

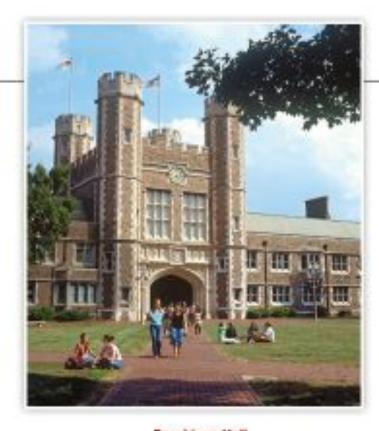
Technology

Compliance & Policies

Visitors, Tours & Maps The mission of Washington University in St. Louis is the promotion of learning learning by students and by faculty. Teaching, the transmission of knowledge, is central to our mission, as is research, the creation of new knowledge.

Faculty — composed of scholars, scientists, artists and members of the learned professions — serve society by teaching; by adding to the store of human art, creativity, understanding, and wisdom; and by providing direct services, such as health care.

The university offers more than 90 programs and almost 1,500 courses leading to bachelor's, master's and doctoral degrees in a broad spectrum of traditional and interdisciplinary fields, with additional opportunities for minor concentrations and individualized programs.



Brookings Hall Washington University's signature building



Technology in Our Changing Society

Technology for Managers

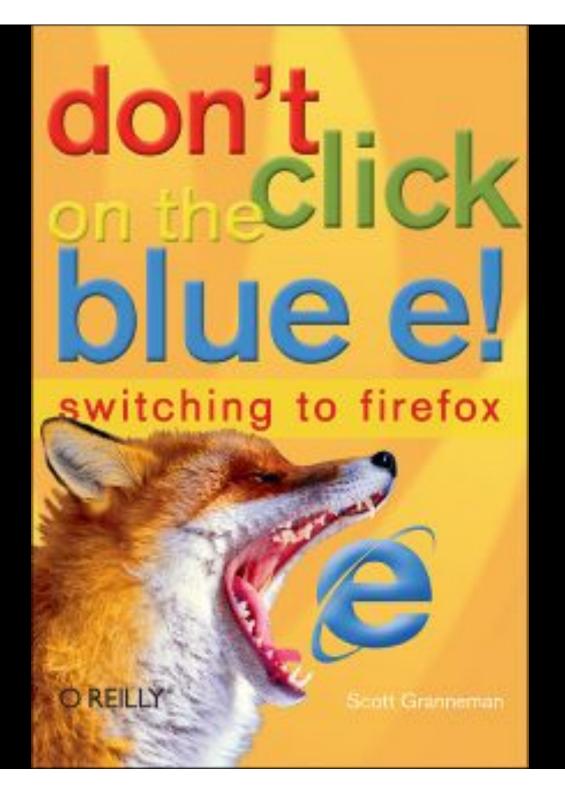
Web Site Management

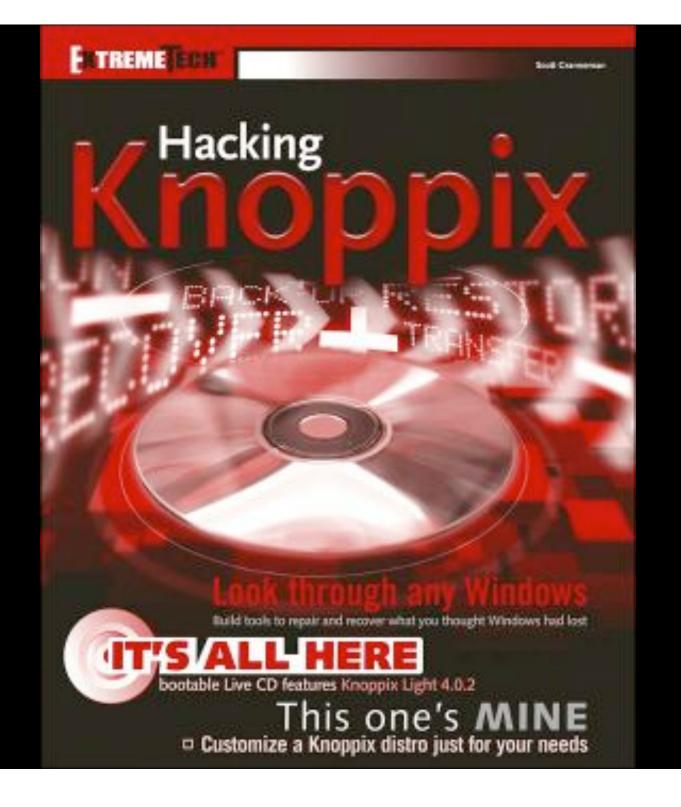
Web Design & Advanced Web Design

From Blogs to Wikis:
Building Community
in a Virtual Environment

Technology & the Law

Practical Security





ESSENTIAL CODE AND COMMANDS

Scott Granneman

Linux

PHRASEBOOK



UBUNTU HACKS

Tips & Tools for Exploring, Using, and Tuning Linux

O'REILLY"

Kyle Rankin, Jonathan Oxer & Bill Childers







MICROSOFT®

Vista for

IT Security Professionals

The Book Professional Sys Admins MUST Own to Safely Deploy Vista

- Learn the New Security Features of Visita
- Safely Integrate hista with Existing Wired and Wireless Network Infractructure
- Companion CD Contains Hundreds of Working Scripts and USHties

Anthony Piltzecker



Podcasting with Audacity

Creating a Podcast with Free Audio Software

Mac, Windows, and Linux

Dominic Mazzoni and Scott Granneman



Community Press



www.prenhaliprofessional.com





Compute in the Cloud to Streamline Your Desktop

Scott Granneman



PRACTICE SOFTWARE FREEDOM

Mac and iPhone book for users and developers

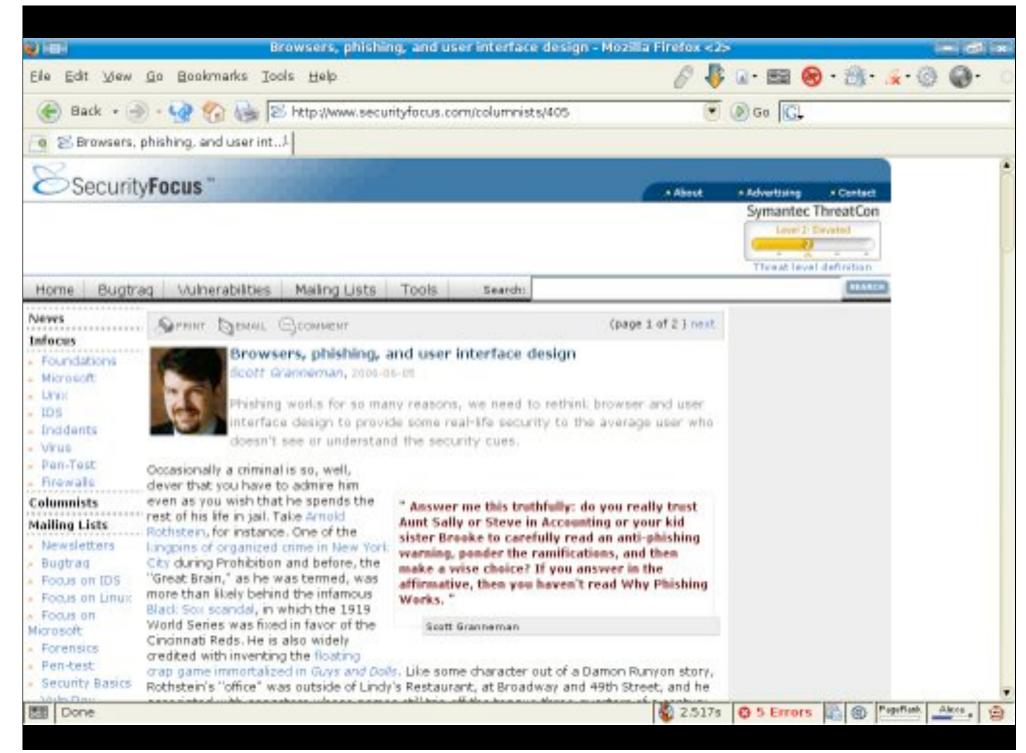


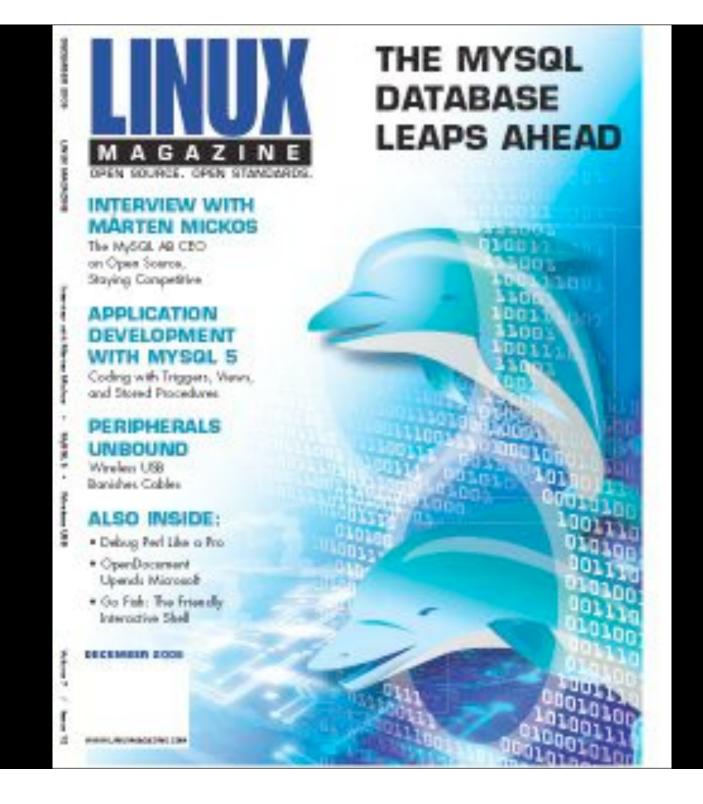
Mac OS X Snow Leopard for Power Users

Advanced Capabilities and Techniques

Scott Granneman

apress*







ID 2007 Webbenity

This site is designed as an introduction not only to what we do, but best

Web development practices in general.













Department of Neurology

























4 Talks

Personal Security on the Internet The Future of Journalism & the Media

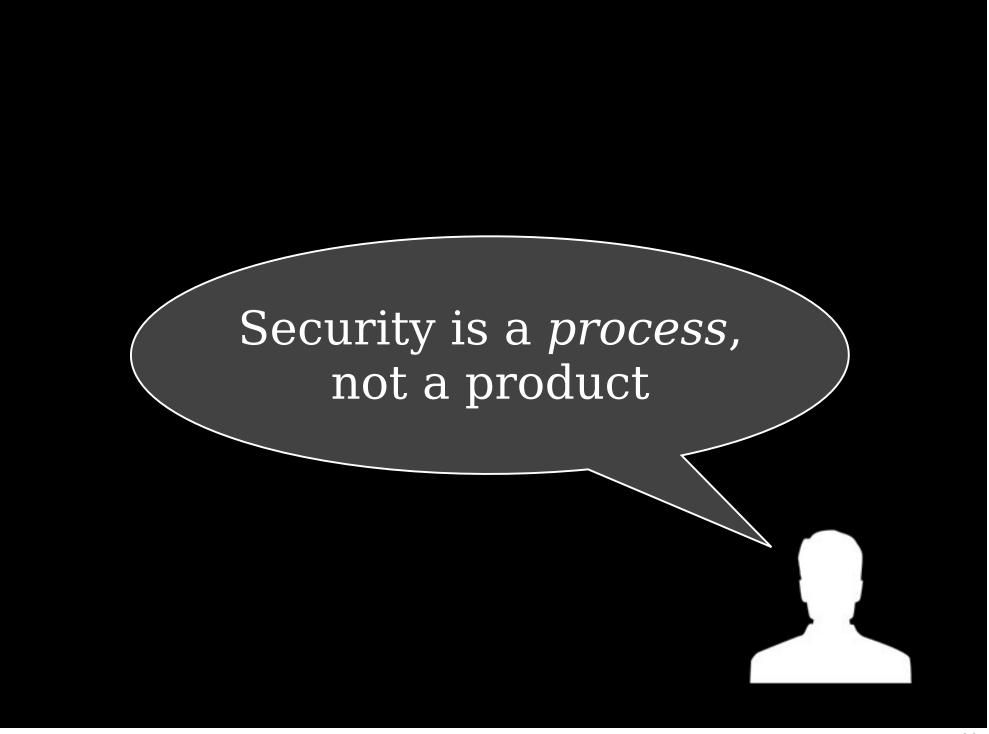
With Denise Lieberman:

Voting: Technical & Legal Issues

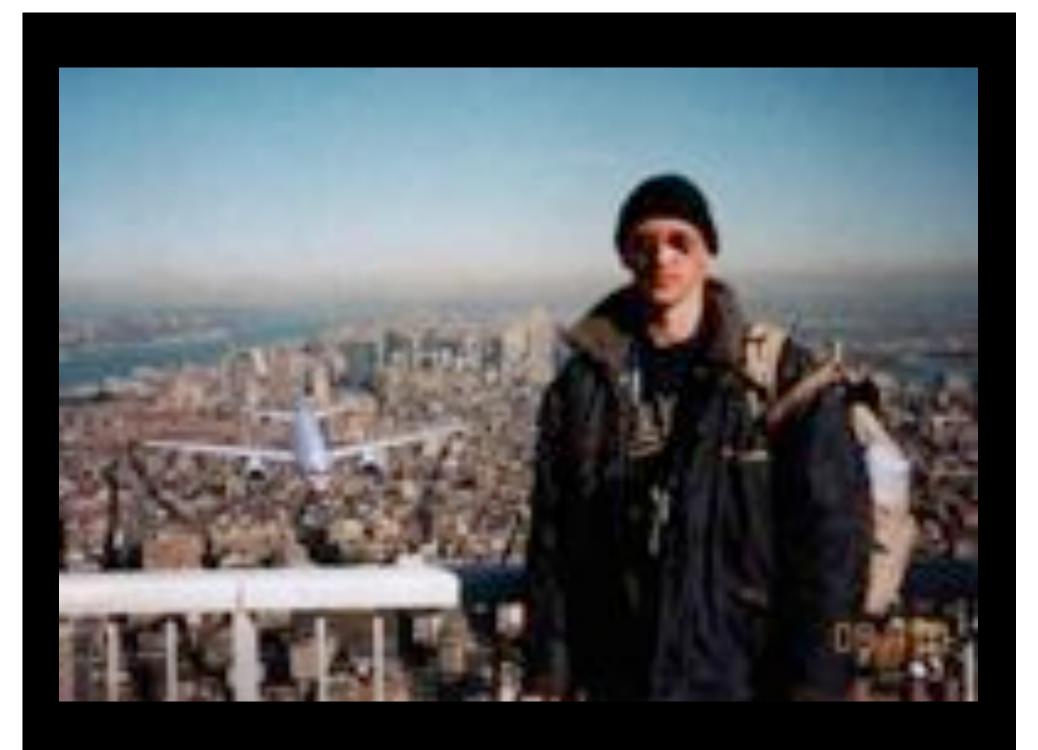
Technology & the Limits of Censorship & Free Speech

Once a technology makes something possible, it gets applied, whether for good or bad.

Donald A. Norman



What to Believe?













Yesterday a lot of you alerted me to a picture of a Taliban propaganda poster with Bert!
Reality is imitating the Web!
I am honestly freaked out!

"Bert Is Evil" Webmaster





Malware

Virus
Worm
Trojan Horse
Spyware

Virus

Self-replicating

Infects another program & uses that to spread

Alters the way a computer operates

Worm

Self-replicating

Uses a network to send copies of itself to other computers

Spreads without human intervention

Trojan Horse

Malicious program that disguises itself as legitimate software

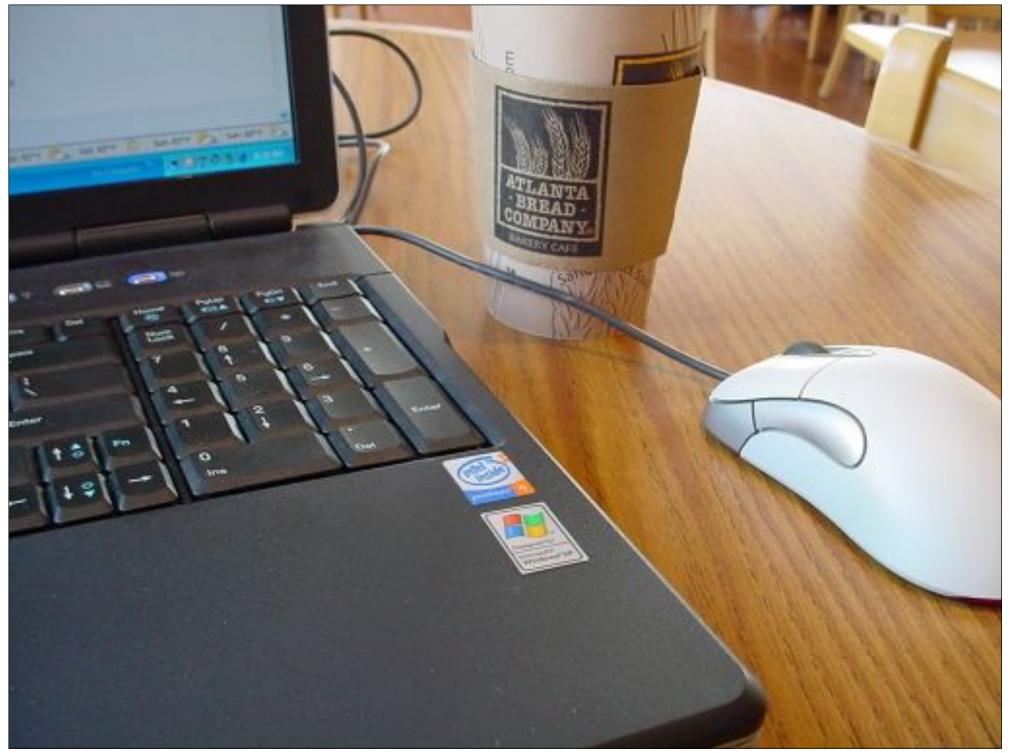
Looks harmless or useful, but hides something harmful

Spyware

Gathers information about you & your computer use

Transmits information to an external entity without your knowledge or informed consent

Wireless



What's a packet sniffer?

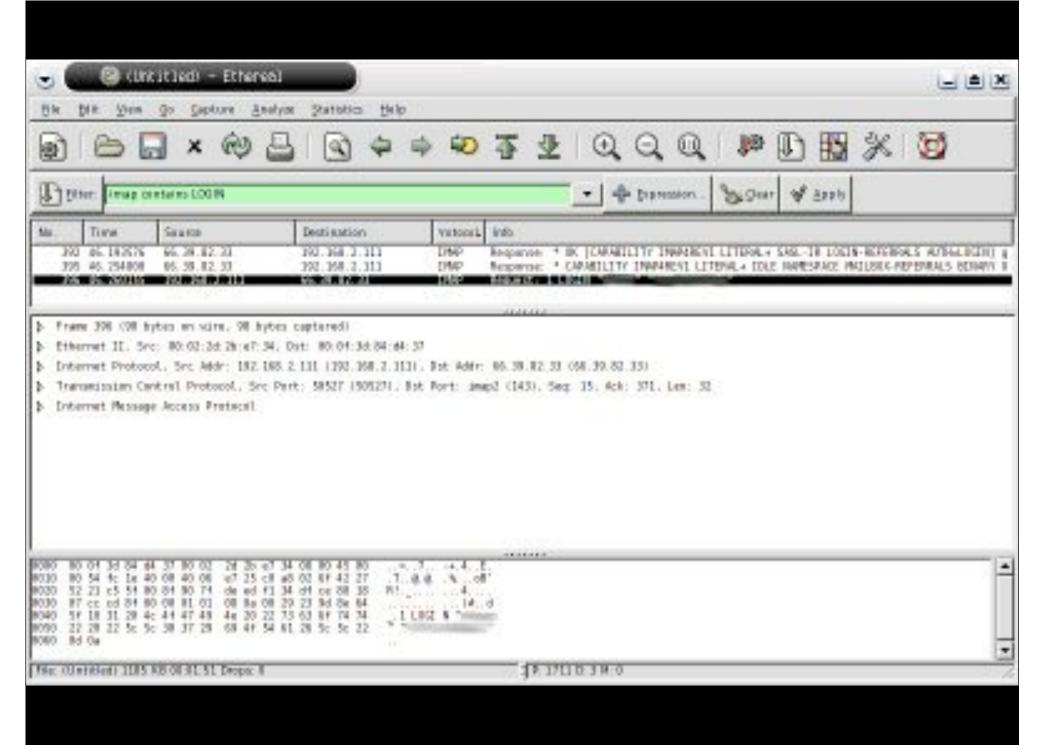
A program and/or device that monitors the data passing through a network

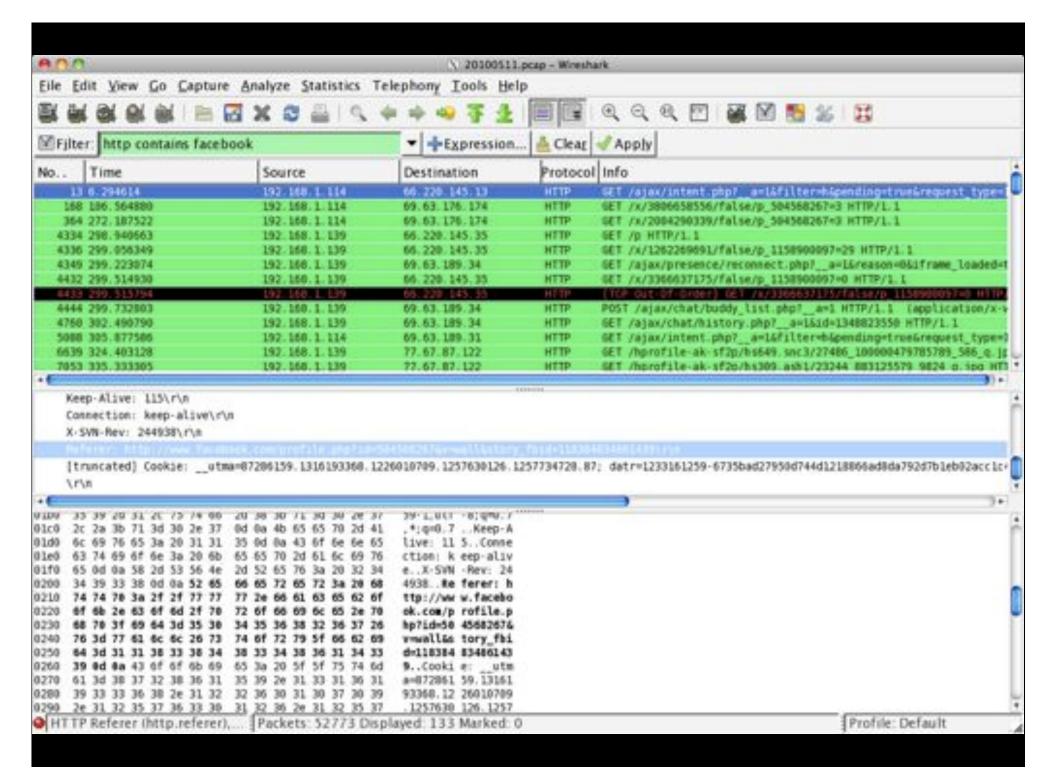
It can tell the user where data is coming from, where data is going, and what the data is

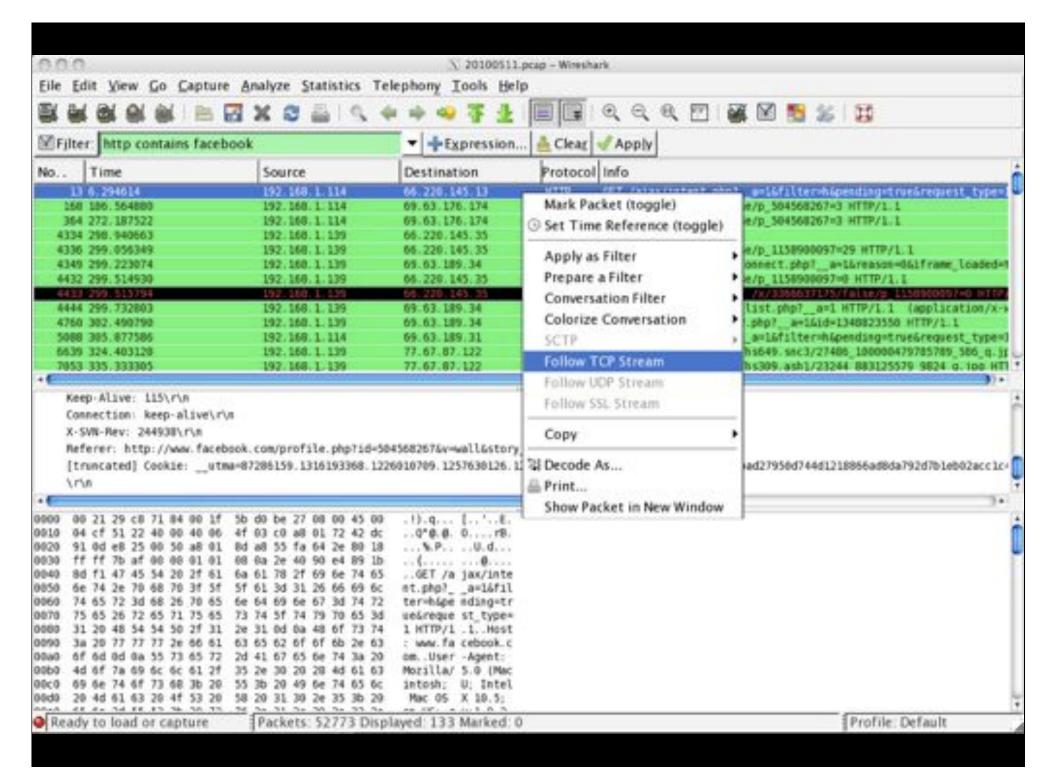


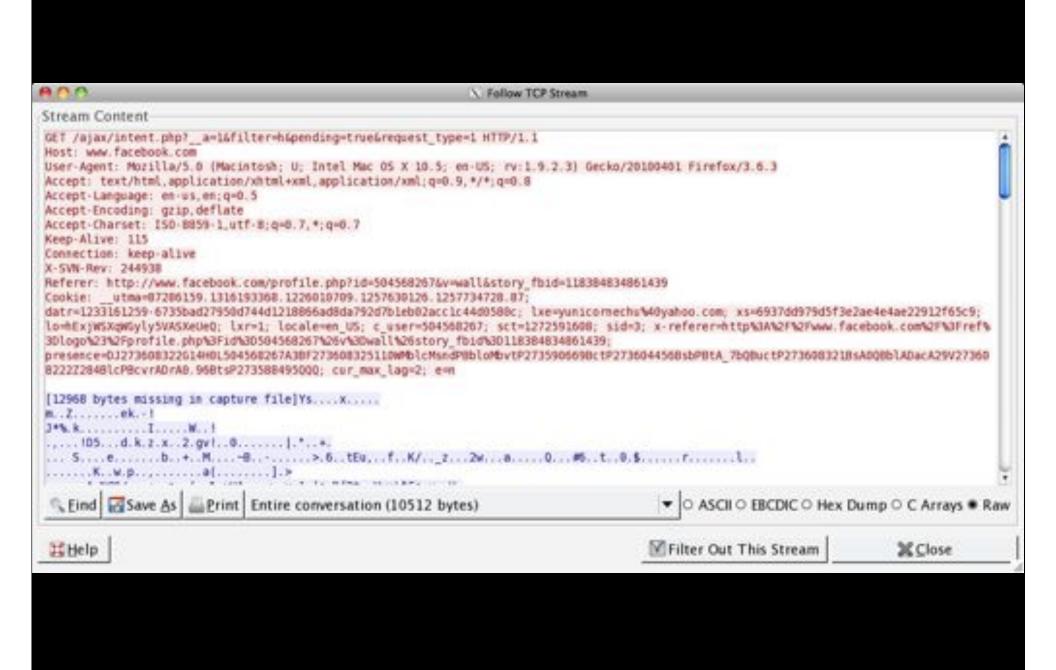
www.wireshark.org

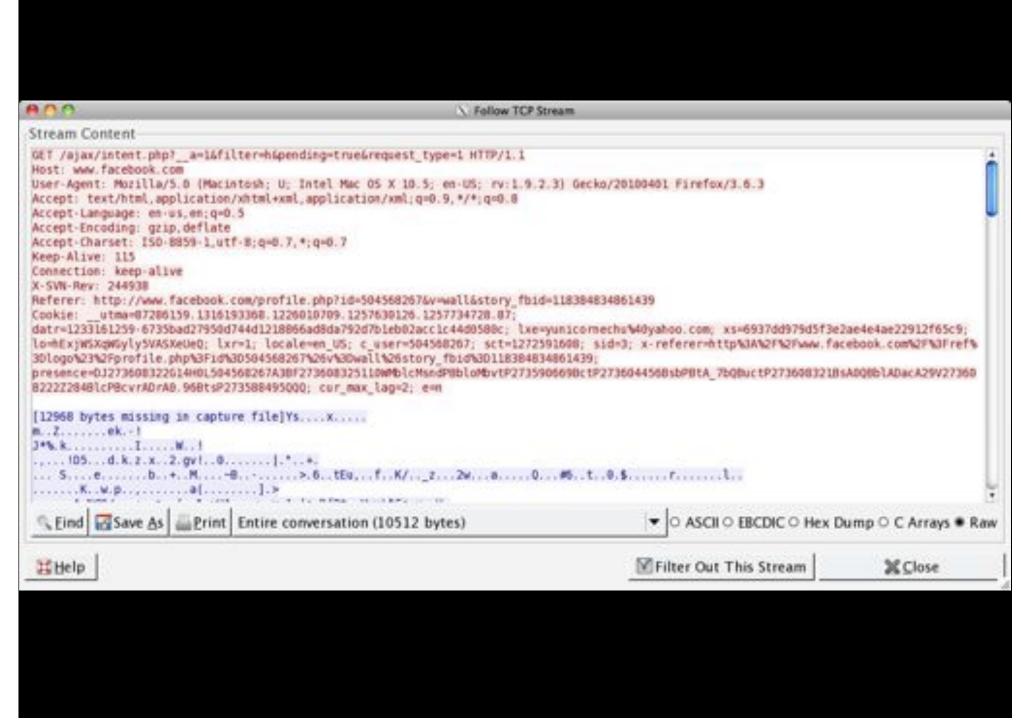


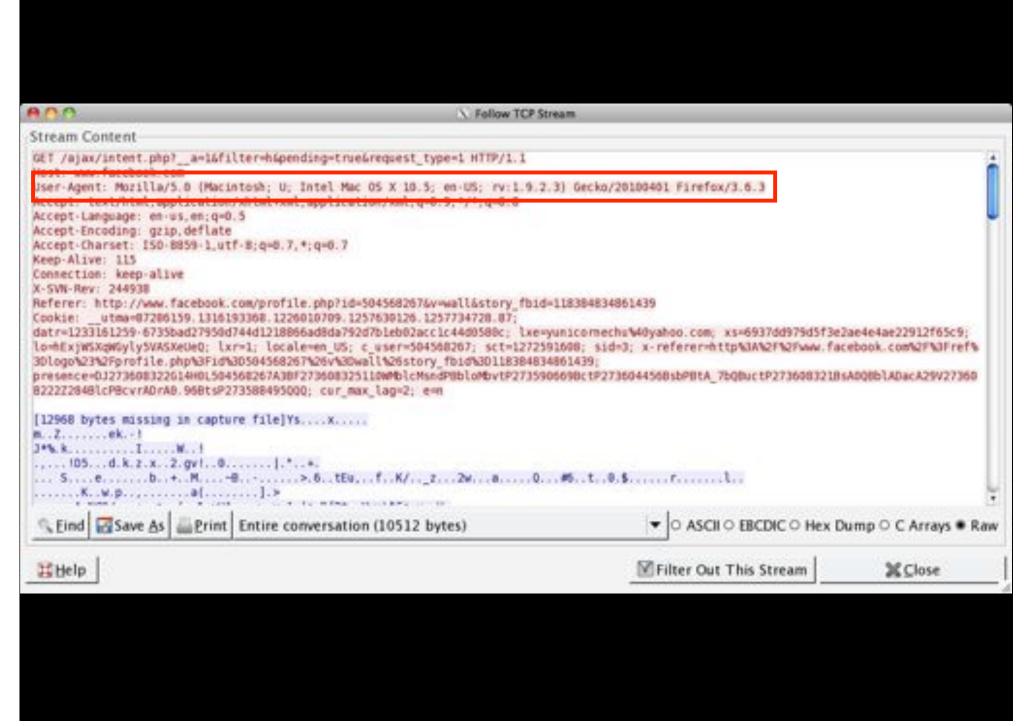


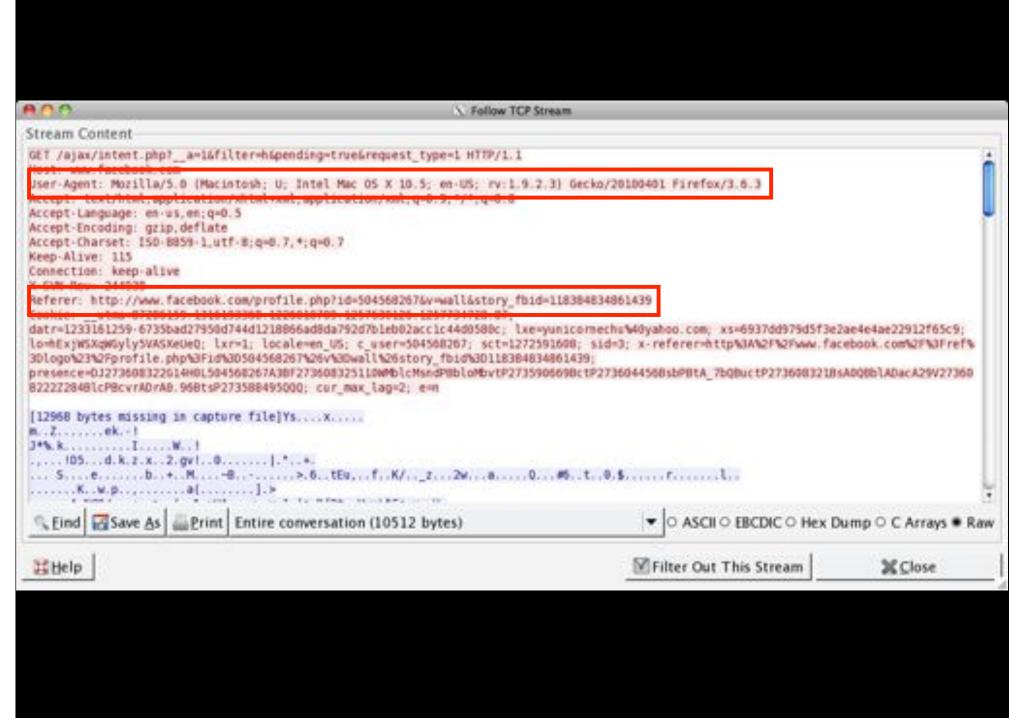


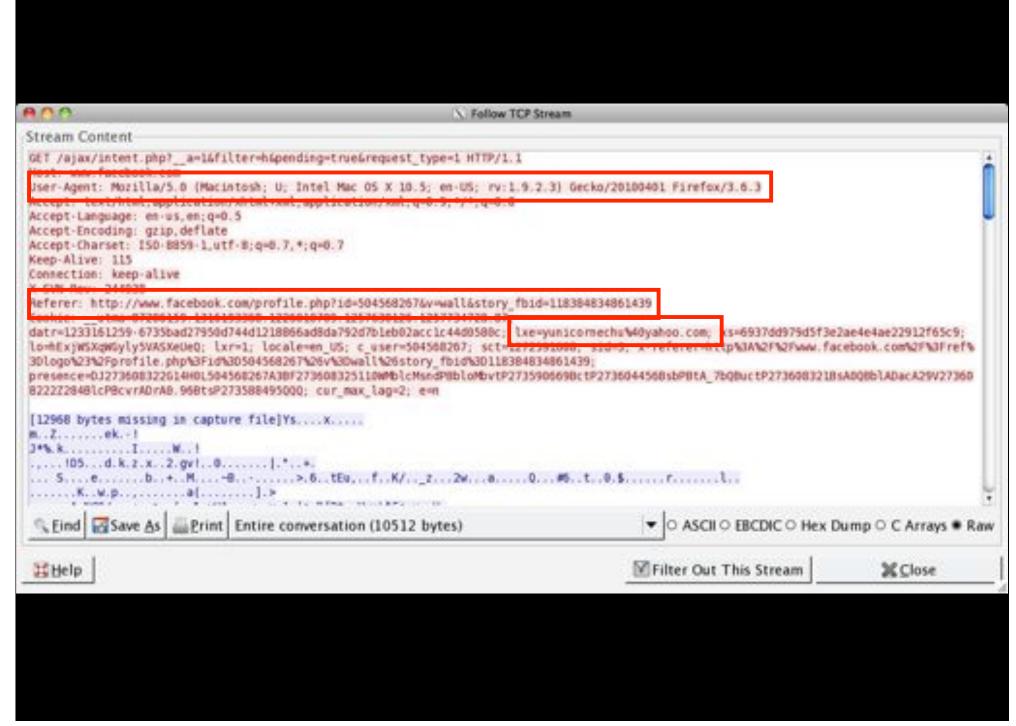












×



View Phatax of Kethryn (936)

View Videox of Kethryn (3)

Send Kathym a Message.

and when things start to happen. cion't warry, Dan't stew. Just go right along. You'll start happening. top.

Information

Networks:

Washington University in St. Louis '09. Vanderbilt Grad Student 12

Relationship Status:

Married to Refrecca Estee

Eirthdeyt

November 25, 1986

Current Otyl

Saint Louis, MO

Friends.

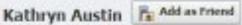
464 friends

See All



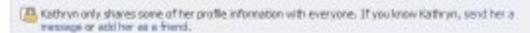






Wall

Info



About Me

Hasic Info

Sex

Female

November 25, 1986 Hirfyday:

Shings: Parents

Jary Austini Gene Austin

Balattorahip Shahari

Married to Debecca Exten-

Anniversary

August 20, 2005

Current City: Horsetown

Saint Louis, Missouri-Austry, Tenas

Religious Views

everything and nothing, including but not limited to: ODR.

Bio.

There is always a reason to celebrate.

Eavante. Quotations

for just a reprent to be, part of life's eternal rhyme, how very special are we. to have on our family tree, Mother Earth and Pather Time.

How very special are we,

-Charlotte's Web

Work and Education

Grad School

Vanderbilt University '12 H.Od.

Create an Ad-

St Louis Bucket List x

Things to do in St Louis before you sly. One huge coupon enalled daily.

m' Life.

Aspiring Photographer?

Earn your degree 300% prine. Over 40 courses to choose from Request FREE Information Today!

m' like

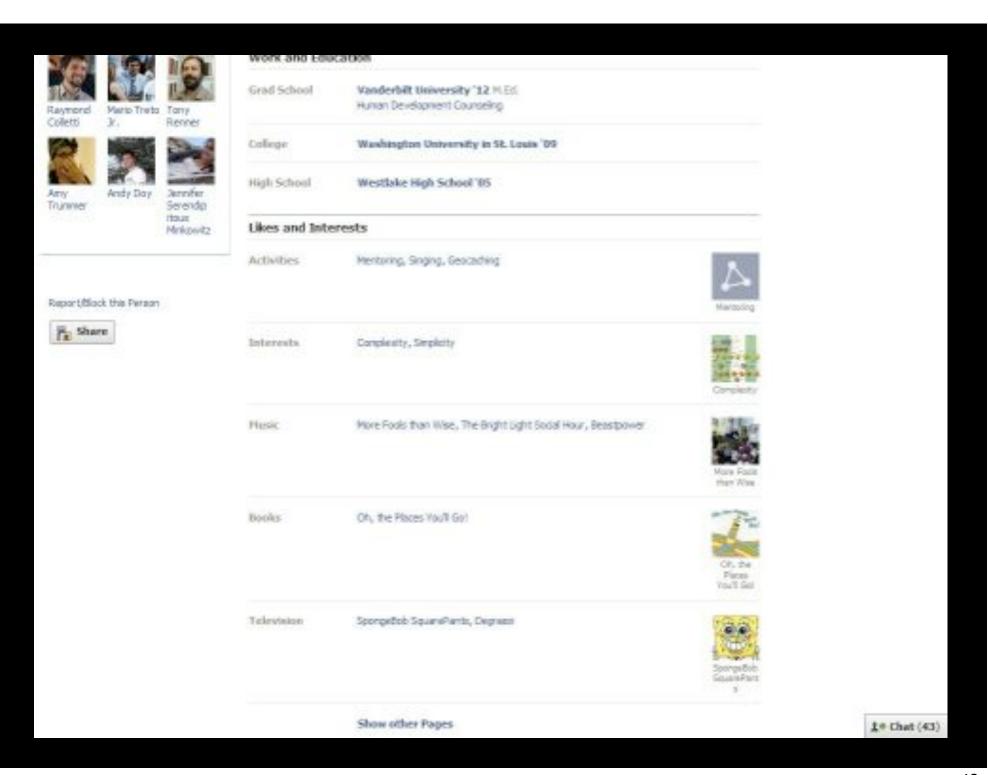
Self-Publish Your Book

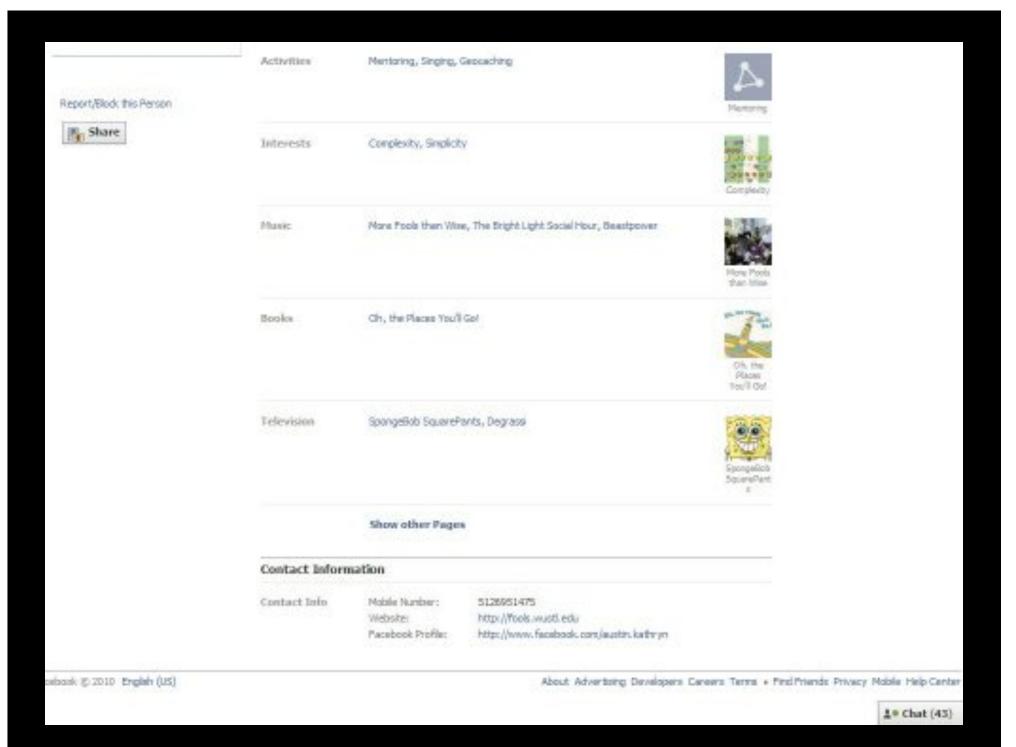
New book design, editing & marketing programs available to help you successfully selfpublish. Click for \$55 free book promotion tos.

m's tike

More Ade

10 Chat (43)



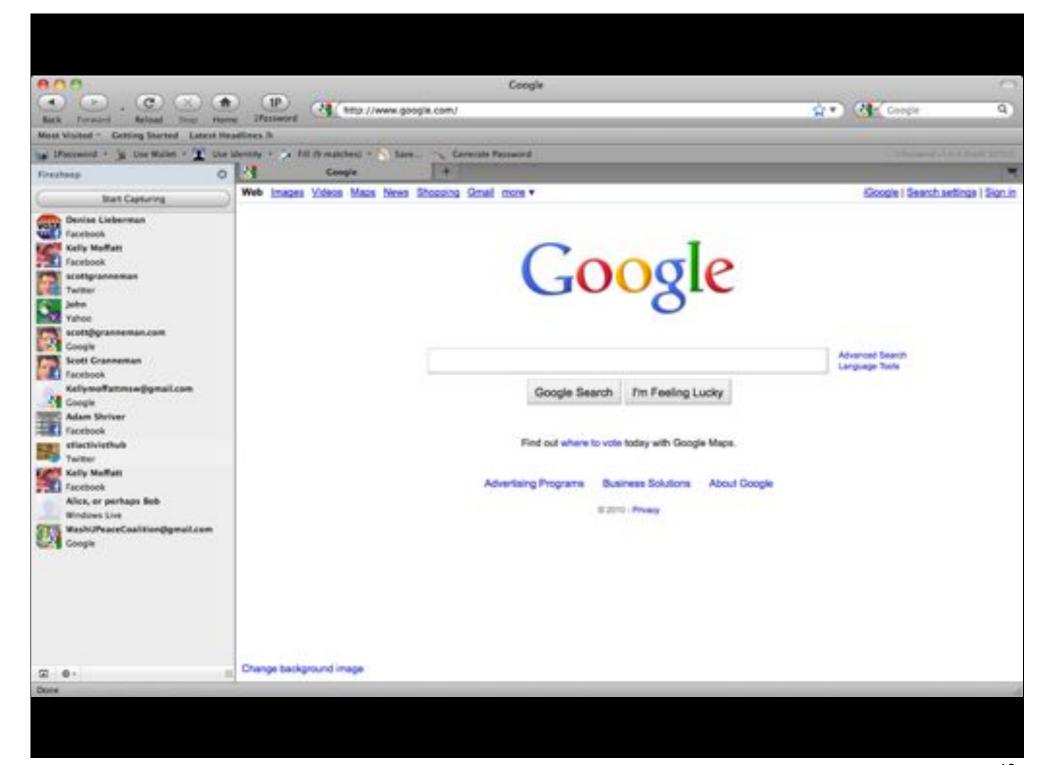


Firesheep
Appeared October 27, 2010
Firefox extension
Makes cookie sidejacking *easy*

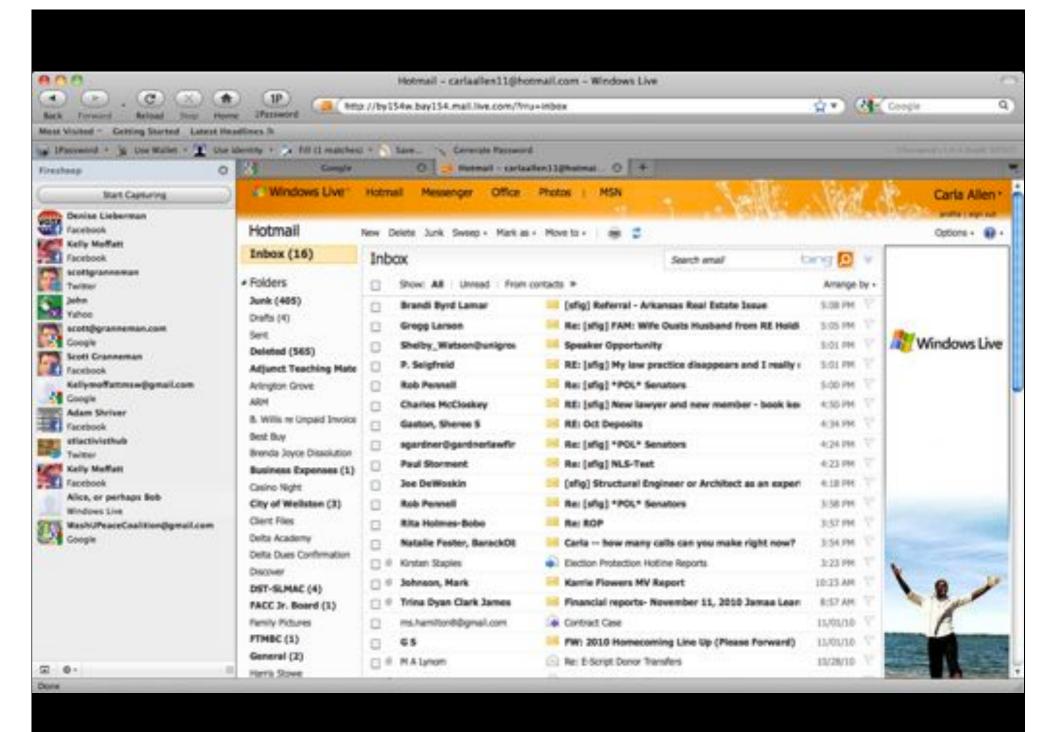




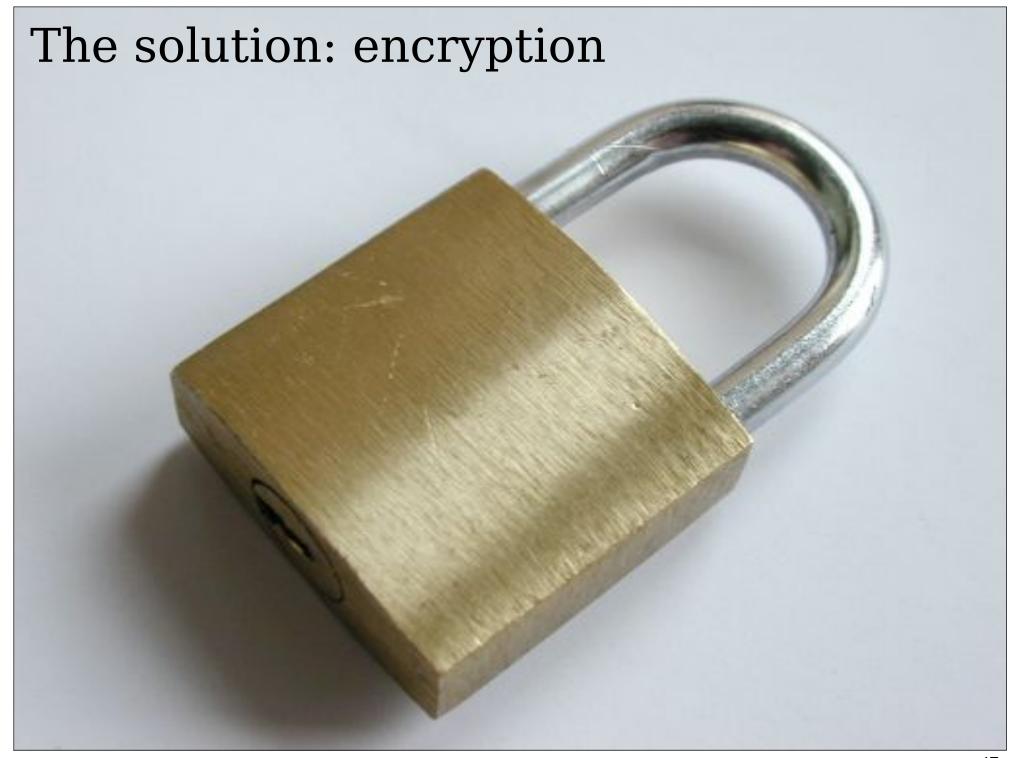












Service providers
(Facebook, Yahoo Mail, Twitter)
need to use HTTPS everywhere

Send email using encryption
Read email using encryption
IM using encryption
Conduct e-commerce
using HTTPS

VPN (Virtual Private Network) encrypts all Internet traffic

StrongVPN
www.strongvpn.com
\$7/month

Email

- ✓ Gmail
- ✓ Hotmail

IM

- ✓ Skype
- ✓ Google Chat

Firefox extensions

- ✓ HTTPS Everywhere
 - ✓ Force-TLS

Google Chrome extensions

- ✓ Secure Login Helper
 - ✓ KB SSL Enforcer

For more info, see my "Coffee shop WiFi for dummies"

www.securityfocus.com/columnists/385

Backup

Why?

How much data can you afford to lose?

1 hour?1 day?1 week?

A problem has been detected and Windows has been shut down to prevent damage to your computer.

DRIVER_IRQL_NOT_LESS_OR_EQUAL

If this is the first time you've seen this Stop error screen, restart your computer, If this screen appears again, follow these steps:

Check to make sure any new hardware or software is properly installed.

If this is a new installation, ask your hardware or software manufacturer for any windows updates you might need.

If problems continue, disable or remove any newly installed hardware or software. Disable BIOS memory options such as caching or shadowing. If you need to use Safe Mode to remove or disable components, restart your computer, press F8 to select Advanced Startup Options, and then select Safe Mode.

Technical information:

*** STOP: 0x00000001 (0x0000000C,0x00000002,0x000000000,0xF86B5A89)

*** gv3.sys - Address F86B5A89 base at F86B5000, DateStamp 3dd991eb

Beginning dump of physical memory
Physical memory dump complete.
Contact your system administrator or technical support group for further
assistance.

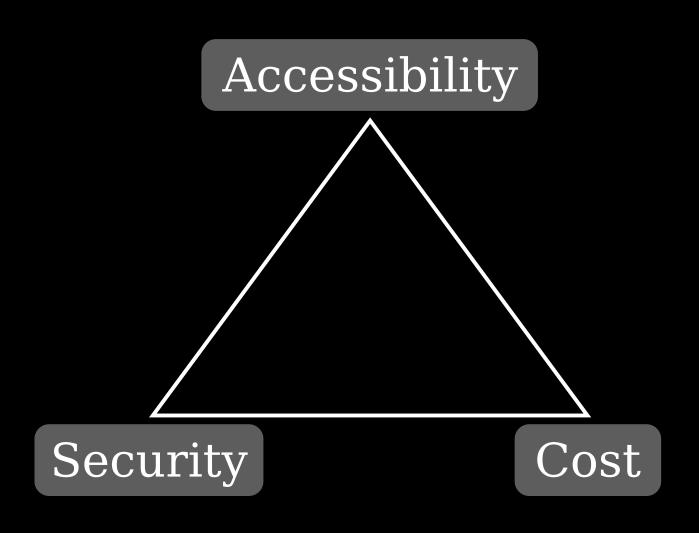












Backing Up Online

Dropbox www.dropbox.com

Mozy www.mozy.com

Backblaze www.backblaze.com



CrashPlan www.crashplan.com





CrashPlan provides secure unlimited backup to multiple destinations. Add destinations to improve your CrashPlan:



Back up to a friend's computer and pay no monthly fees. Need more room? Attach an external drive to the PC.



Back up between your computers. Laptop to desktop, home to office, Mac to PC... it all works!



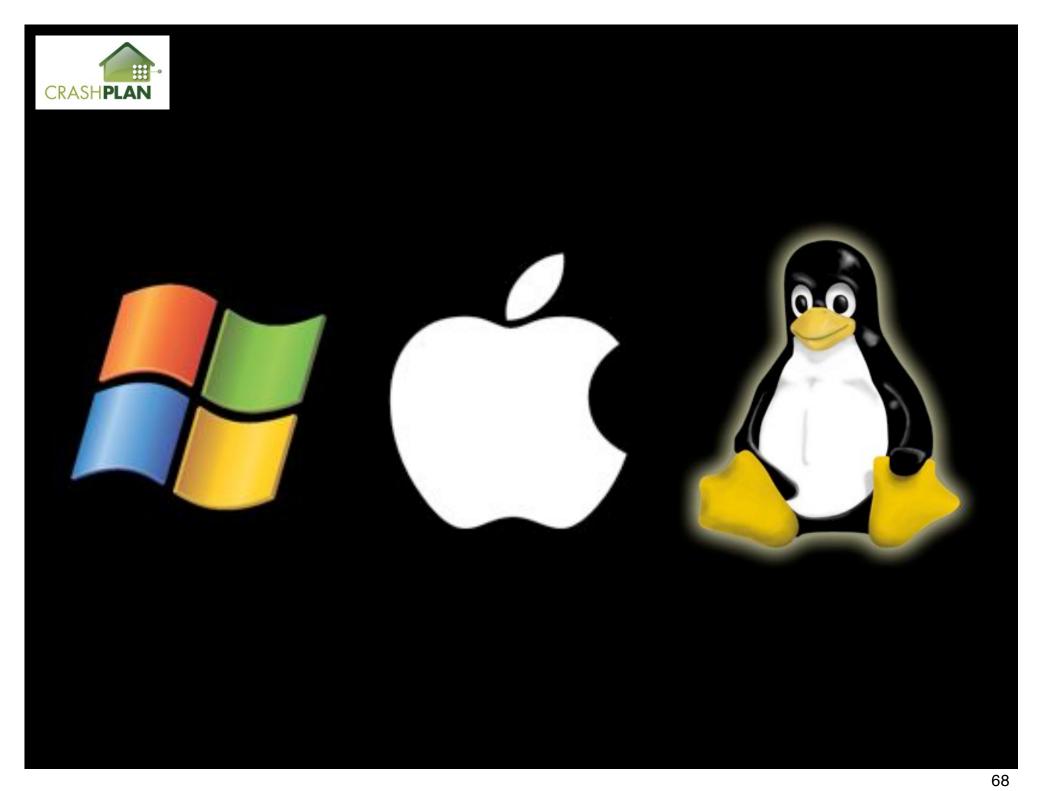
Back up directly to an attached drive. Move drive to a remote PC to continue offsite protection.



Back up to your favorite third-party provider online.



Data encrypted during transport & in storage





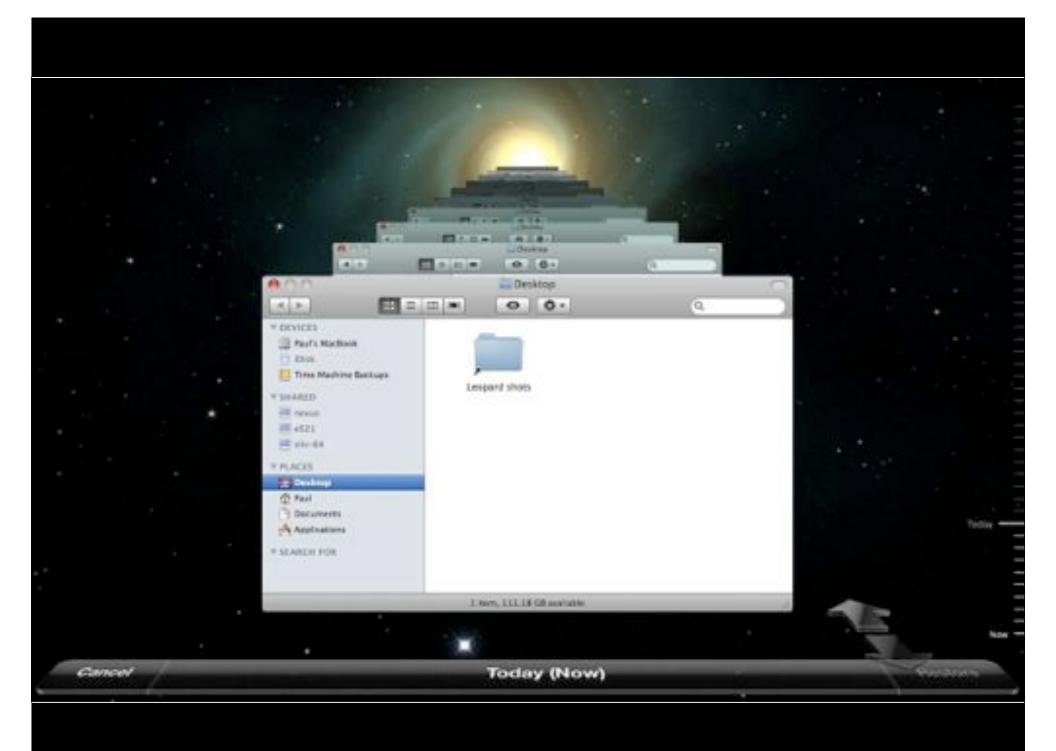
CrashPlan+
1 PC/\$50/year
2-10 PCs/\$120/year
Unlimited data
www.crashplan.com

Backing Up Locally



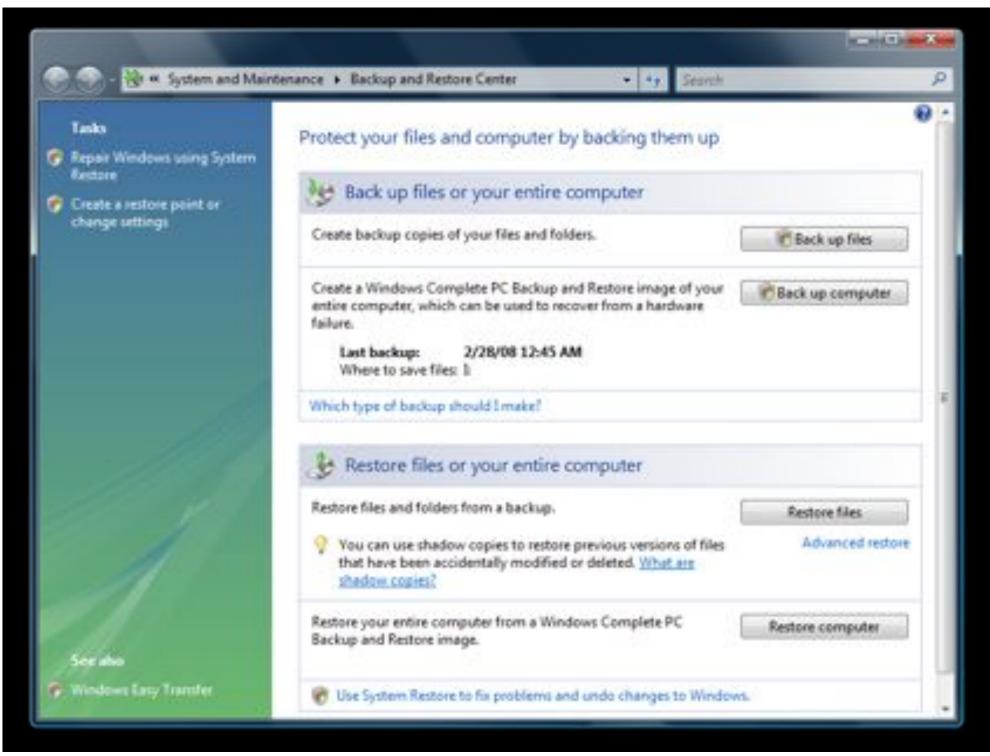
Time Machine





Backup and Restore Center





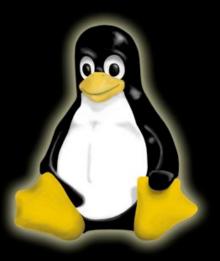
	Backup Personal Files	Backup System Files	Complete PC Backup	Automated Backup
Home Basic	√			
Home Premium	√			√
Business	√	√	✓	✓
Enterprise	√	√	√	✓
Ultimate	√	√	✓	√



CrashPlan









CrashPlan provides secure unlimited backup to multiple destinations. Add destinations to improve your CrashPlan: Back up to a friend's computer and pay no monthly fees. Need more room? Attach an external drive to the PC. Friends Back up between your computers. Laptop to desktop, home to office, Mac to PC... it all works! Computers Back up directly to an attached drive. Move drive to a remote PC to continue offsite protection. Folders Back up to your favorite third-party provider online. Online

Cloning



Carbon Copy Cloner Free www.bombich.com





Acronis True Image \$50 for Home www.acronis.com







Clonezilla Free clonezilla.org

















Passwords

Pick a good password

Password crackers

will make mincemeat

of poor passwords

Guidelines for a good password

- 1. Don't use easy passwords 2. Mix of 3 of these 4:
 - A a 1 #
 - 3. At least 8 characters
 - 4. Easy to remember & hard to guess

Here's a good method for picking a good password:

"Where it began, I can't begin to know when"

Wib, Icbtkw

W16,Ic6tkw

W16,Ic6tkw!

Here's a good method for picking a good password:

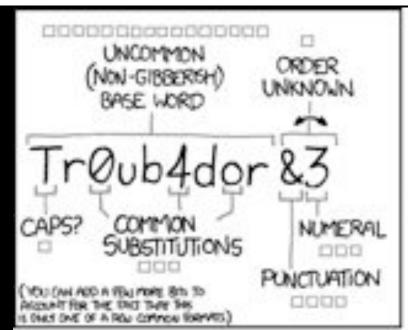
"Where it began, I can't begin to know when"

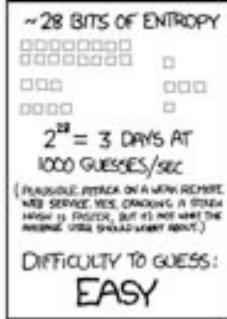
Wib, Icbtkw

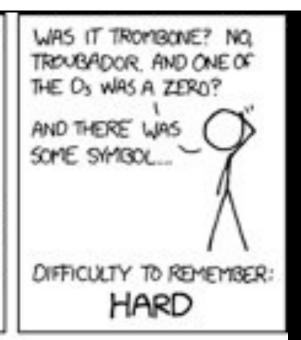
W16,Ic6tkw

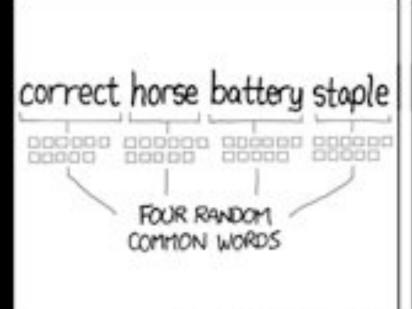
W16,Ic6tkw!

Passphrases are great!

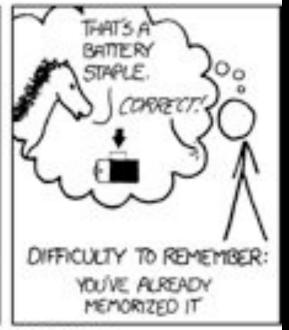












THROUGH 20 YEARS OF EFFORT, WE'VE SUCCESSFULLY TRAINED EVERYONE TO USE PASSWORDS THAT ARE HARD FOR HUMANS TO REMEMBER, BUT EASY FOR COMPUTERS TO GUESS.

robins2006porsche 17 characters

number of passwords	$\approx 2^{88} \approx 2.865 \times 10^{26}$	
time to enumerate	≈ 90.85 trillion years (at 100 000 passwords per second)	
password entropy	87.89 bits	

robins2006porsche911 20 characters

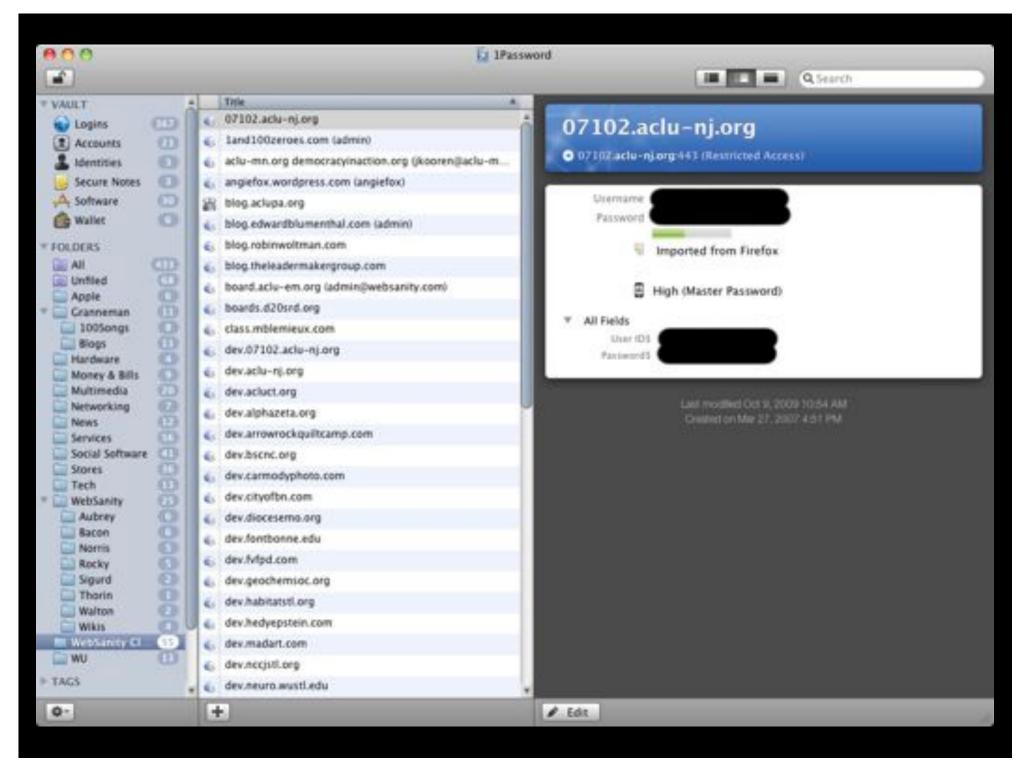
number of passwords	$\approx 2^{103} \approx 1.337 \times 10^{31}$	
time to enumerate	$pprox 4.239 imes 10^{18} \ \text{years}$ (at 100 000 passwords per second)	
password entropy	103.4 bits	

Use a *password safe*Generate lengthy, difficult passwords Securely store passwords





1Password
agilewebsolutions.com/
products/1Password
iPhone/iPad/Android apps too!
\$40





KeePassX www.keepassx.org

MyPasswordSafe www.semanticgap.com/myps/

Password Gorilla www.fpx.de/fp/Software/Gorilla/

All are free & open source

Don't forget to change the default administrator password on your firewall!

Default passwords are well known

Maker	Device	Login	Password
Apple	Airport 1.1	_	public
D-Link	DI-704	_	admin
Intel	Wireless 2011	_	Intel
Linksys	Cable/DSL router	_	admin
Netgear	RT311	admin	1234
SonicWall	Any	admin	password

www.governmentsecurity.org/articles/DefaultLoginsandPasswordsforNetworkedDevices.php

To Review...

What to Believe?

Malware

Wireless

Backup

Passwords

You *can* be secure!*

* If you use your head, act carefully, & understand that security is a continuous process that never stops



Thank you!

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Web: www.granneman.com

Publications: www.granneman.com/pubs

Blog: www.ChainsawOnATireSwing.com

Twitter: scottgranneman

Personal Security Online: Protecting Yourself

Ladue Chapel Presbyterian Church

R. Scott Granneman

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Questions? Email scott@granneman.com