women in CYBERSECURITY

WiCyS

CYBERSECURITY AWARENESS MONTH

– TOOLKIT –

Brought to you by WiCyS Tier 1 Strategic Partners:

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Cybersecurity Awareness Month

Since 2004, the President of the United States and Congress have declared October to be Cybersecurity Awareness Month. The goal of this month is to help individuals protect themselves online as threats to technology and confidential data become more commonplace.

Cybersecurity awareness Month is a collaborative effort between the U.S. government and its partners to raise cybersecurity awareness and cyber hygiene.

Nonprofit organizations, such as the National Cybersecurity Alliance, connect users with resources to ensure a secure cyber experience. A detailed outline of resources and educational guidelines can be found on their site at www.staysafeonline.org.

WiCyS Cybersecurity Awareness Month Toolkit

The WiCyS Cybersecurity Toolkit includes free and effective tools that individuals can use to mobilize the community to educate others to reduce cyber risk.

The tools presented were carefully selected and organized to ensure resources are easy to find and show simple implementation steps.

What is Cybersecurity?

Cisco, a WiCyS Tier One Strategic Partner and industry leader, defines cybersecurity as the practice of protecting systems, networks, and programs from digital attacks. These **cyberattacks** are usually aimed at assessing, changing or destroying sensitive information; extorting money from users via **ransomware**; or interrupting normal business processes.

Implementing cybersecurity measures sometimes feels daunting since there are more devices than people and attackers are becoming more innovative. However, utilizing the recommendations in this toolkit and in the resources provided will help you get one step closer to staying cyber-secure.

Cybersecurity 101

What is cybersecurity? Learn about cybersecurity and how to defend your data and applications against today's growing cybersecurity threats.

Microsoft Learn - Cybersecurity is for Everyone: These beginner-level modules help learners understand concepts such as cybersecurity, Zero Trust and ransomware.

Updating Software

Software updates enhance existing features, patch security flaws, add new security features, fix bug issues and improve performance for devices.

It is essential to keep your software up to date and is as easy as 1, 2, 3!

1. **Go to “Settings”**
2. **Select “General” and “Software Update”**
3. **Click “Update”**

Don’t trust that your devices (laptop, cell phone, ipad, etc.) automatically do this for you. Make it a habit to check your software weekly to never miss a security feature.

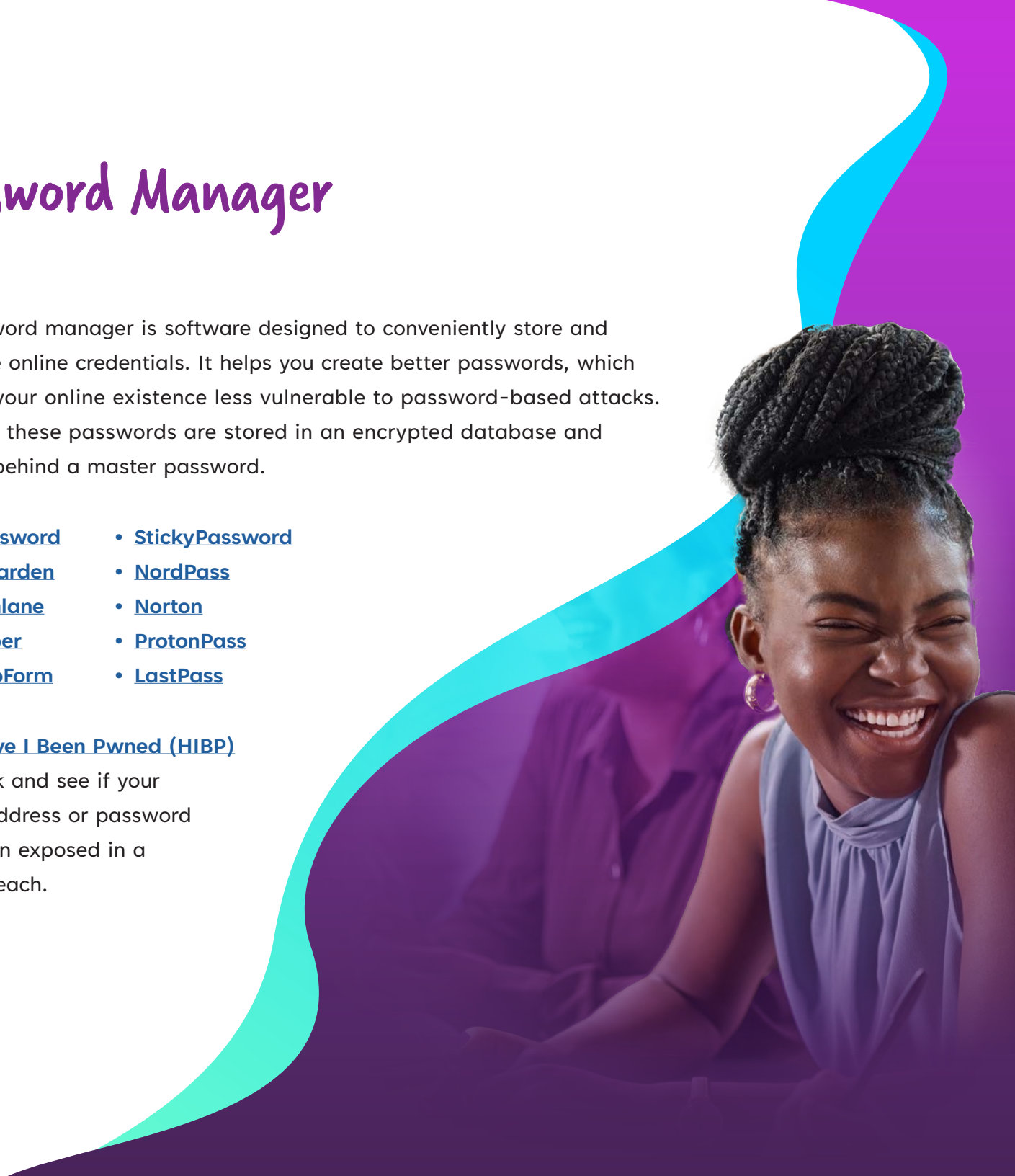
Understanding Patches and Software Updates

Password Manager

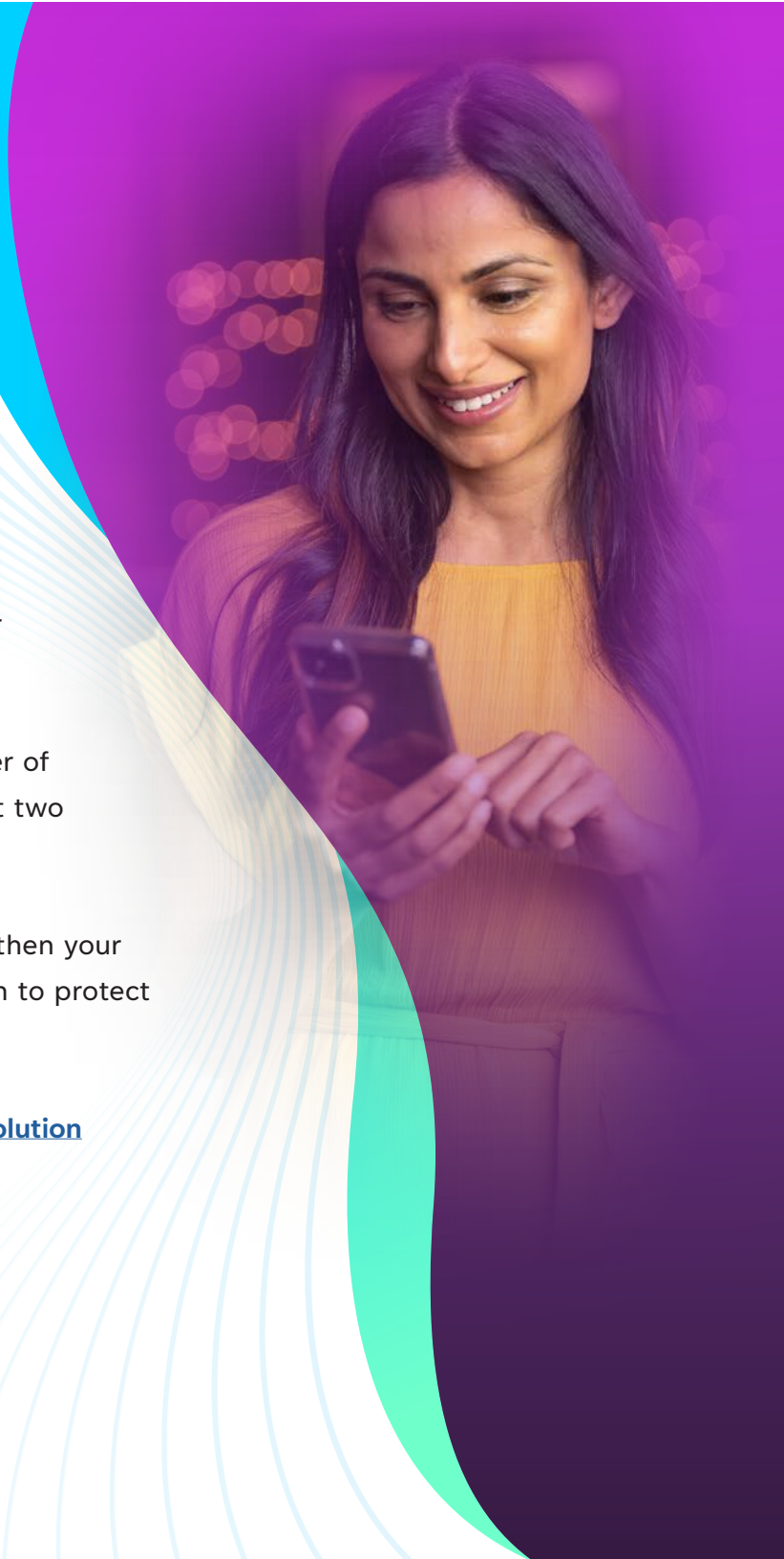
A password manager is software designed to conveniently store and manage online credentials. It helps you create better passwords, which makes your online existence less vulnerable to password-based attacks. Usually, these passwords are stored in an encrypted database and locked behind a master password.

- 1Password
- Bitwarden
- Dashlane
- Keeper
- RoboForm
- StickyPassword
- NordPass
- Norton
- ProtonPass
- LastPass

Use Have I Been Pwned (HIBP) to check and see if your email address or password has been exposed in a data breach.



Authentication



Authentication enables organizations to keep their networks secure by permitting only verified users or processes to gain access to their protected resources. This may include computer systems, networks, databases, websites and other network-based applications or services.

Multi-factor Authentication provides an extra layer of protection by requiring the user to present at least two pieces of information to verify their identity.

Use some of WiCyS Tier 1 partner tools to strengthen your passwords and set up multi-factor authentication to protect your devices and accounts.

- Akamai MFA-Multi- Factor Authentication Solution
- Amazon Multi-Factor Authentication for IAM
- Cisco Secure Access by Duo
- Google Authenticator
- Microsoft Authenticator

Additional Resources

In addition to the information provided, we've gathered some valuable resources to further enhance your knowledge and ensure your online safety:

KnowBe4 offers free cybersecurity tools to protect your network and data. Whether you're a business owner, IT professional, or just concerned about online security, these tools help identify vulnerabilities and mitigate risks. Explore KnowBe4's free IT security tools to safeguard your digital assets.

CISA (Cybersecurity and Infrastructure Security Agency) is committed to online privacy and safety, offering a wide range of digital resources to manage cybersecurity risks. Whether it's safeguarding personal data, securing devices, or improving online safety, CISA has you covered. Explore their Online Safety Resources for valuable information and tools to navigate the digital world securely.

Cybersecurity Resources for Kids

Below are some beneficial cybersecurity resources available for kids of every age to keep them entertained, educated and safe while they spend time online.

Carnegie Cyber Academy offers gamified training for kids, where they become cadets and learn safe internet practices through interactive missions.

FBI's Safe Online Surfing has entertaining games and teacher resources to keep children of all ages safe online.

Public Broadcasting Service (PBS) has interactive quizzes, games and a library of resources to educate children, parents and teachers about cybersecurity.

Visit:
https://www.pbs.org/wgbh/nova/labs/lab/cyber/
-and- https://pbskids.org/cyberchase/

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