

# Cybersecurity



# About Me

- ⬡ Worked 4 years in Cybersecurity
  - Cyberpsychology
  - Education
- ⬡ Background in computer science



# Disclosure

- ⬡ I have nothing to disclose



“Nobody important? Blimey, that's amazing. You know, in nine hundred years of time and space, **I've never met anyone who wasn't important before.** ” – Doctor Who

# \$14 Trillion

In loss by 2028

# 1 in 5

Small Businesses would go out of business after a successful cyber attack

# 28%

Of all breaches that occurred at healthcare organizations

<https://www.varonis.com/blog/healthcare-cybersecurity-statistics>

<https://www.vikingcloud.com/press-news/successful-cyberattacks-would-force-1-in-5-smbs-out-of-business-according-to-new-vikingcloud-research>

# Wyoming Data Breaches

- ⬡ Campbell County Health (2019)
- ⬡ Wyoming Department of Health (2021)
- ⬡ Teton Orthopedics (2024)
- ⬡ Laramie County Library (2025)





# Securing Passwords



# Strengthen Passwords

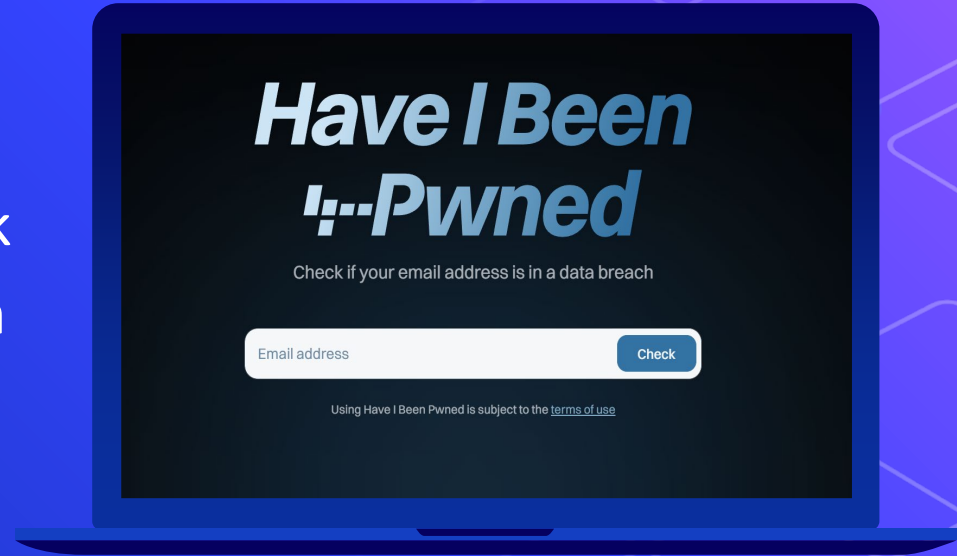
- Use different passwords
  - Password manager
- Use uppercase, lowercase, numbers, and symbols
- Never use personal information





# Check Your Email

haveibeenpwned.com to check if your email has been found in a breach.



<https://haveibeenpwned.com/>

# How Secure Is My Password?

security.org can help see how easy it is to hack passwords

Rainbow Tables



# Two - Factor Authentication

- ⬡ Texts
- ⬡ Google Authentication
- ⬡ Passkeys
- ⬡ Important accounts



# Password Manager

- Store Passwords
- Automatically Create Secure Passwords
- Examples:
  - Bitwarden
  - NordPass
  - LastPass



# Securing Zoom



# Waiting Rooms

- ⬡ Set Up In Meeting Settings
- ⬡ Only Allow People You Know
- ⬡ Public and Private Meetings
- ⬡ Meeting Passcodes





# Know Who Has Your Meeting Links

- ⬡ Calendar Invite
- ⬡ Zoom Registration
- ⬡ AI Transcripts



# Secure Your Computer



# Anti -Virus

- Microsoft
  - Microsoft Defender
- Mac
  - XProtect
- Third Parties
  - McAfee

PC MAG: <https://www.pcmag.com/picks/the-best-antivirus-protection>



# VPNs

VPNs can add another layer of security to your devices

Make sure to use a paid VPN



# Computer Updates

- ⬡ Keep your computer up-to-date
  - Most recent version
- ⬡ Turn on auto updates
- ⬡ Opt-In for all updates
- ⬡ Set active hours



# Voice Access

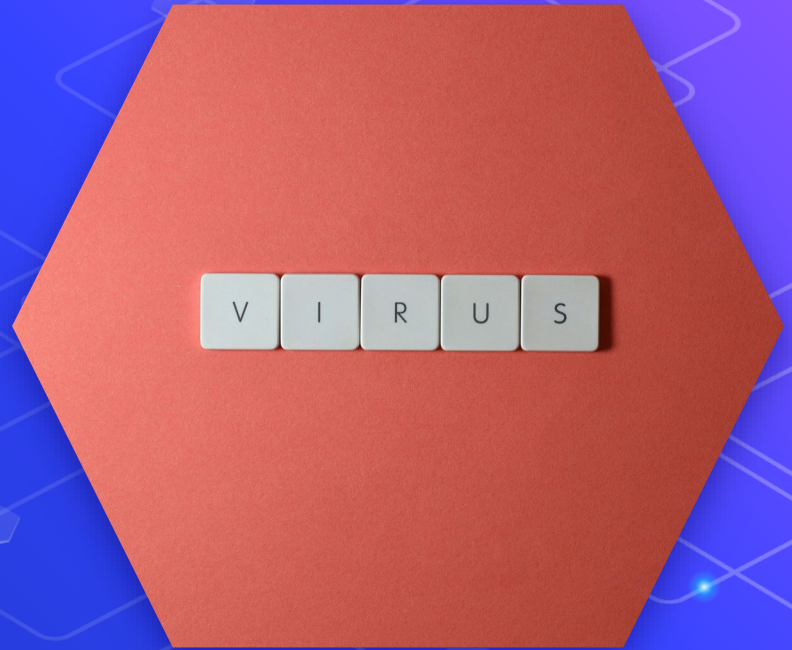
Make sure that voice access is turned off

Only Let Necessary Apps Have Access





# Cyber Attacks



# Types of Phishing

- ✧ Email (phishing)
- ✧ Text (smishing)
- ✧ Phone (vishing)



# What do they ask for?

- ⬡ Money
  - Bitcoin
  - Gift Cards
- ⬡ User Information
  - Passwords
  - SSN
- ⬡ Click on Link



# How to Protect Yourself

- ⬡ If you think it is a scam, ask
- ⬡ Always verify with the sender
- ⬡ Hover over links



# Thank You!

Any questions?



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