# *Your Networks, Your Security*

# Staying Safe Online

## CTU Girls in ICT

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The opinions expressed in this presentation do not necessarily reflect the views of the General Secretariat of the Organization of American States or the governments of its member states..

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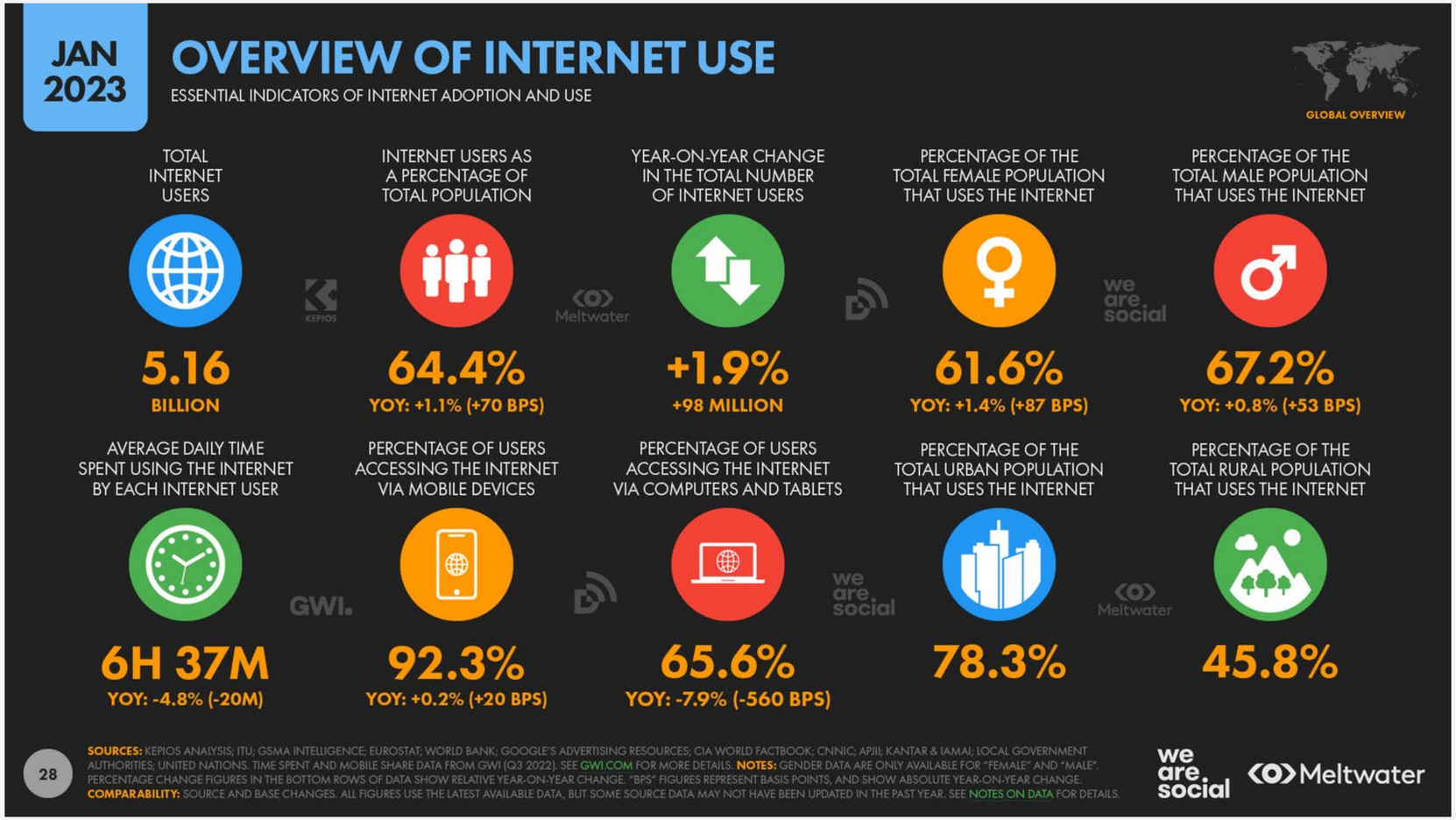
# Global Situation in Internet Use

# How many of us are online



# In just …

THE INTERNET IN 2023 EVERY MINUTE
22,831
visits to ChatGPT
241.2M
emails sent
18.8M
text messages sent
2.4M
Google searches
694,000
video hours viewed
347,222
tweets
3.47M
snaps created
10.4M
viewing minutes
11,035
fake accounts removed
6.3M
total Zoom meeting minutes
34,247
Slack messages
11,834
chats on Microsoft Teams
6.94M
emoji sent
3.02M
photos created with smartphones
271,309
IOS & Android app downloads
60
SECONDS
Created by: eDiscovery Today & LTMG

# How are you affected?

# Cybersecurity is for girls too

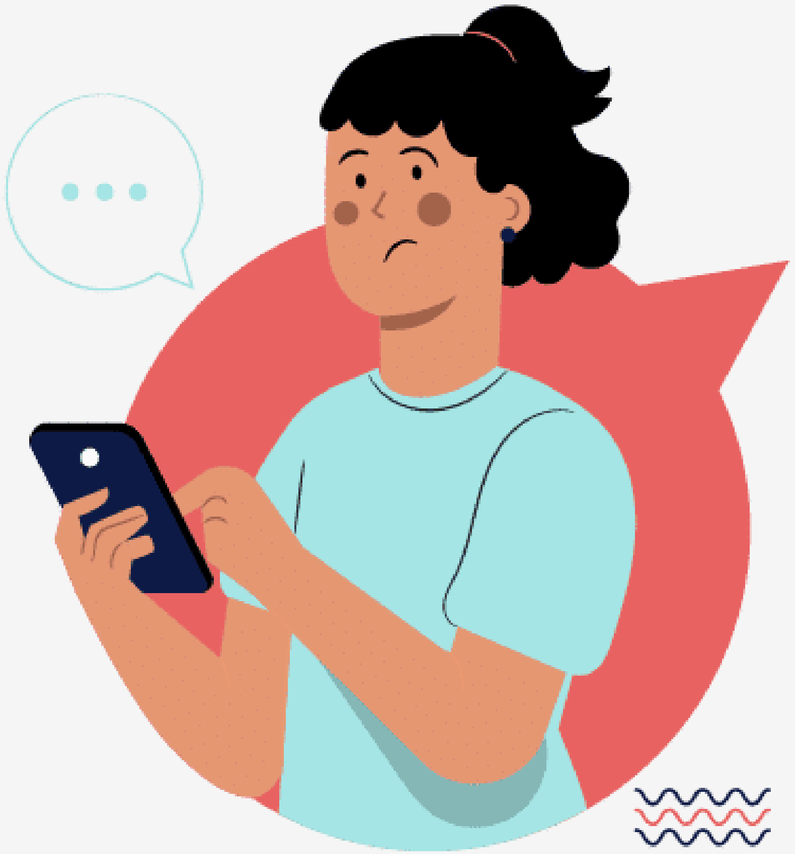
A holistic and human-centered approach to cybersecurity

- Gender stereotypes affect girls' access to the internet
- Myths: "Digital security is difficult!" "Cyber risks are not *real* risks"

# Cybersecurity is for girls too

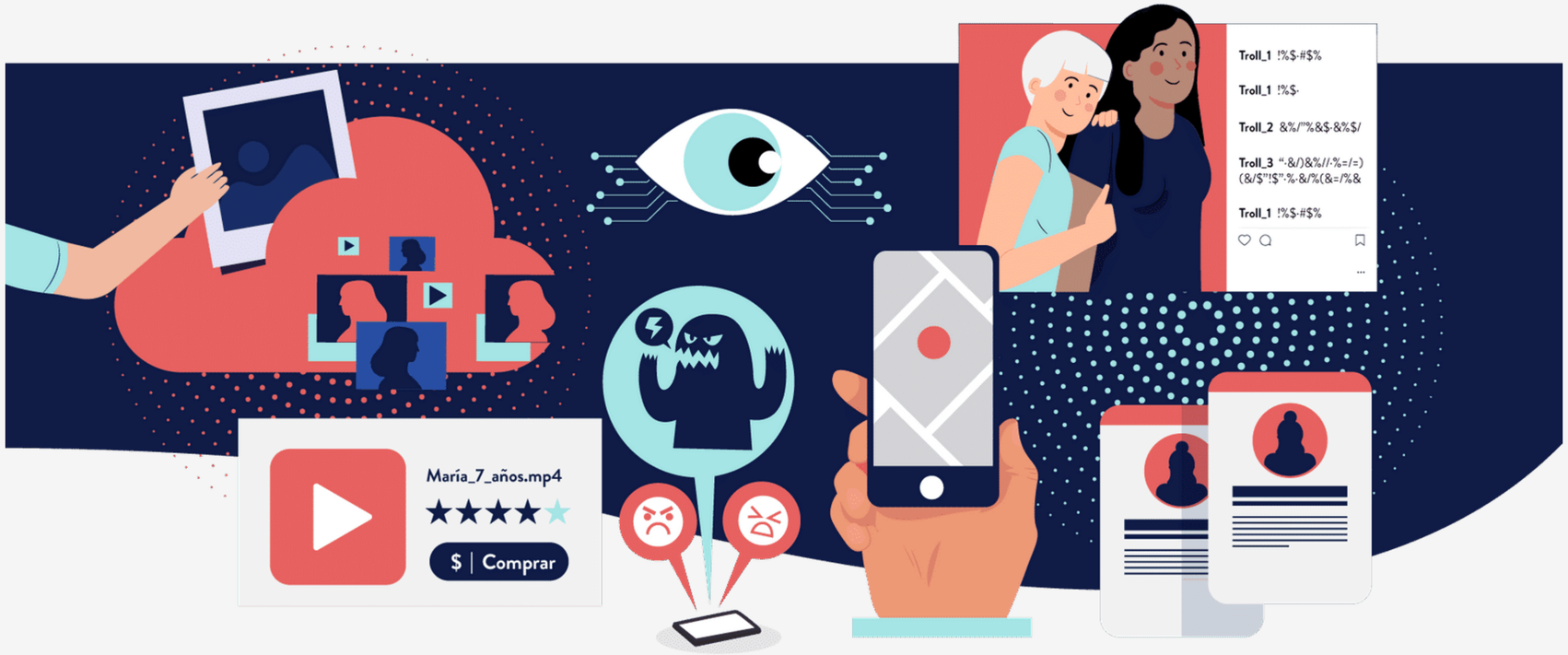
Cybersecurity also is...Precautions, tools and strategies **we** can adopt to protect our digital integrity from cyber threats such as:

- Phishing and smishing
- Downloading malware
- Scams (i.e. free access to online games)
- Credit card theft
- Oversharing information online
- Smart toys and connected devices
- Swatting
- Webcam spying

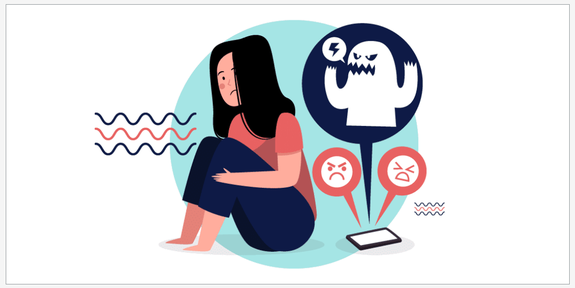


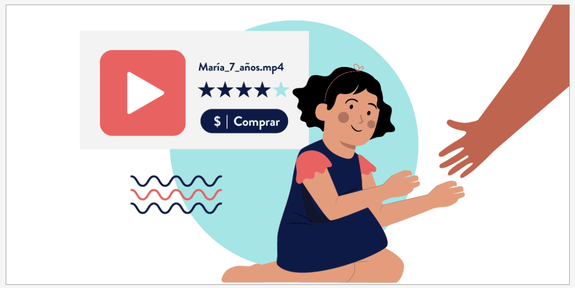
# Applying gender lens to cybersecurity

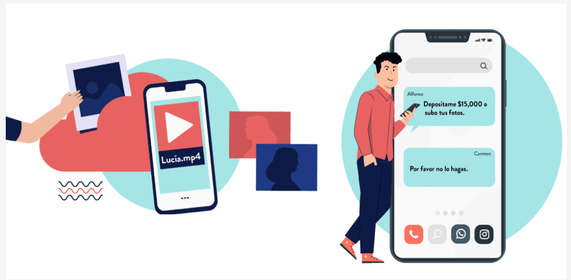
While all people are exposed to cyberattacks, the risks and aggression that girls and women face online **are different** from those faced by boys and men



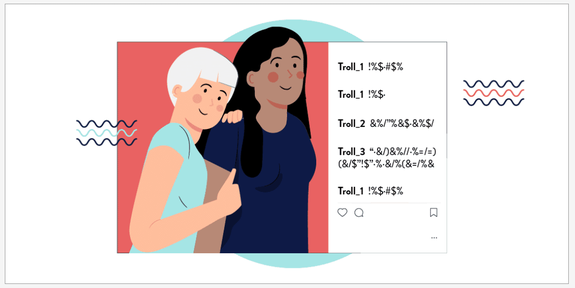
# What are the most common cyber attacks faced by girls?

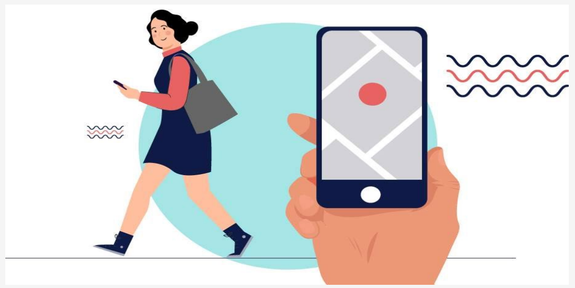





- Cyberbullying
- Online grooming and trafficking through social media and gaming platforms
- Non-consensual distribution of intimate content
- Sextortion



- Cyberharassment
- Online stalking, surveillance and child abduction
- Unauthorized access and use of personal data, identity theft
- Doxxing

# First step:
# Digital risks self-analysis

- How much time do you spend online?
- What devices do you use throughout the day?
- How do you keep in touch with your friends and family?
- When was the last time you changed your passwords?
- Have you had a look at the privacy and security settings on your social media?
- Are you posting private information?

# Know who you are, what you do and how you do it

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In your school/job

In your personal life

In your environment

# Cyber basic: protect your data and digital identity

- The internet does not have a "Delete" key.
- The most important cybersecurity practice you can adopt is to avoid sharing personal information online to prevent or limit potential attacks.
- Where are you sharing the information?  How is asking for it? How is your information going to be used? Is it necessary to share it?

# Social Engineering

# Social Engineering

Obtaining desired confidential information through manipulation of a person

Success factor of an attack

**Make a person trust you**

# Information available in internet

# Info available in

- Devices in use
- Close friends
- Topics of interest
- Geographical location
- And much more...

## Example

Tool tinfoleak (tool)

# Let's improve our security on Twitter

## Verify Authentication and additional protection

More options> Settings> Security and account access

## Check the location option for your tweets

More options> Settings> Privacy and Security> Location

## How do they find you

More options> Settings> Privacy and Security> Visibility and contacts

## Photo Tagging

More options> Settings> Privacy and Security> Photo Tagging

## Report

Report the tweet  if abusive

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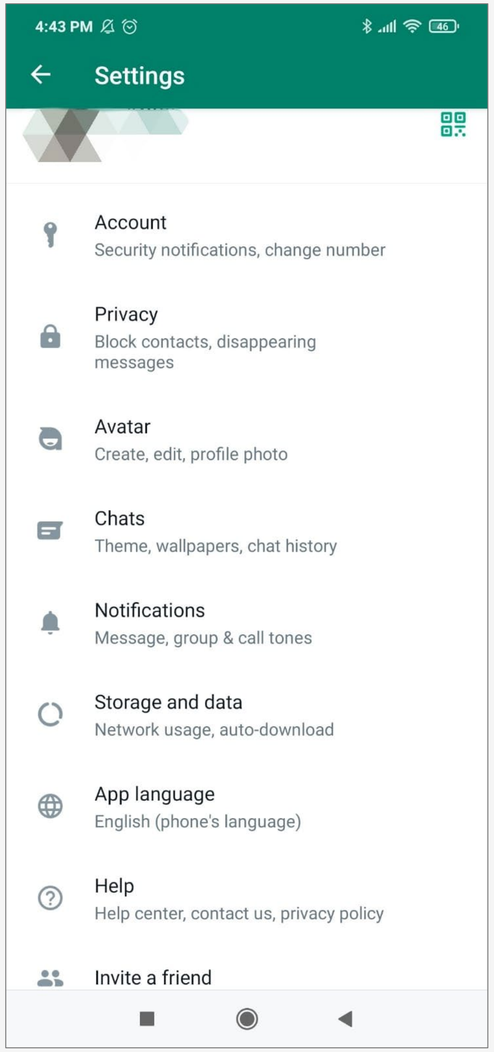
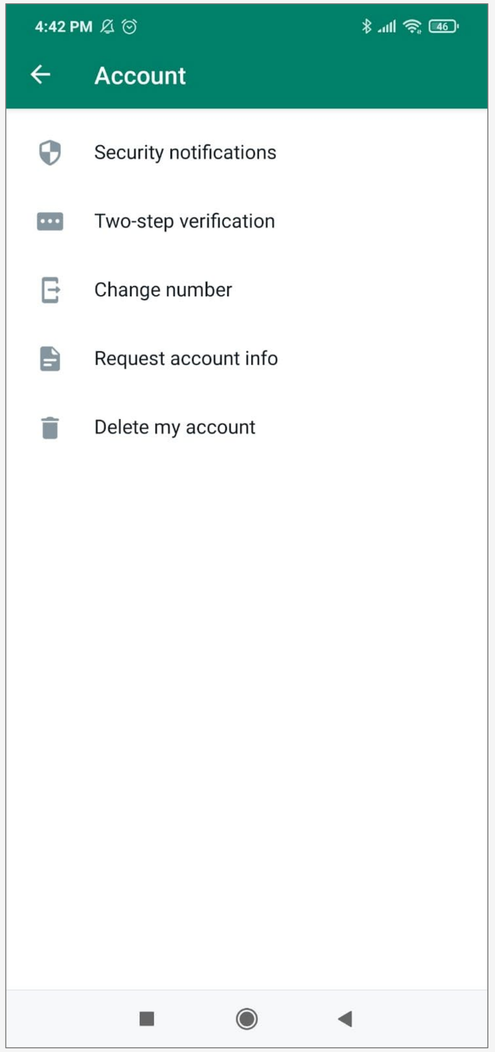
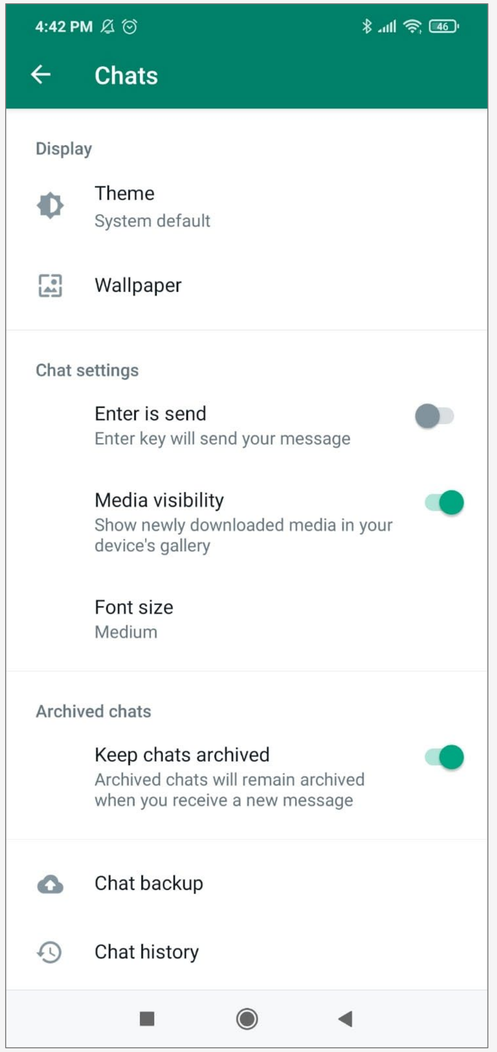
# Aspects to consider

- Think before sharing something
- Greater security controls who can see you and disables backups in WhatsApp
- Activate 2FA

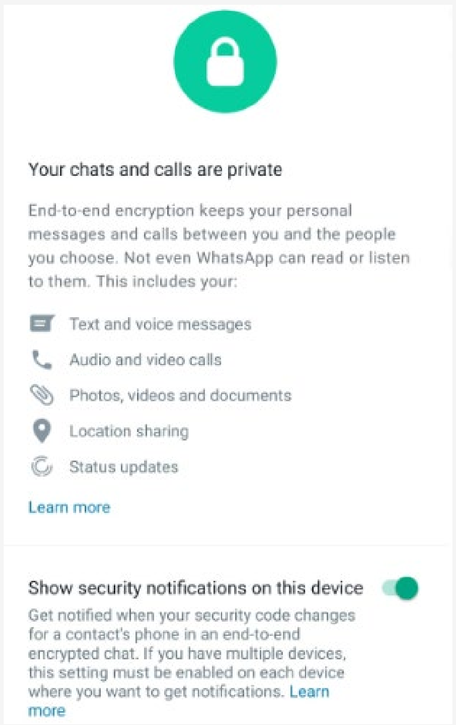
# WhatsApp Privacy

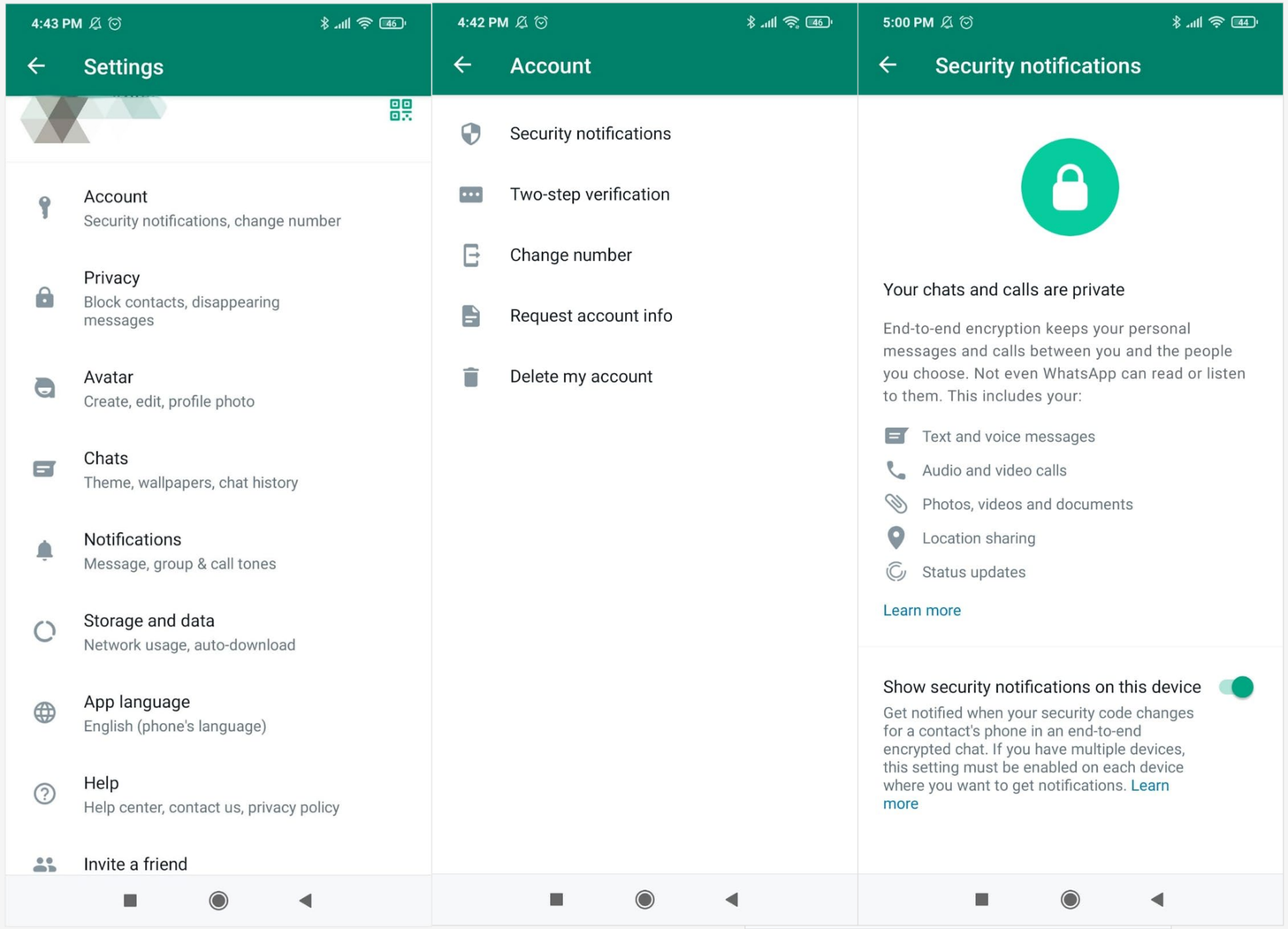


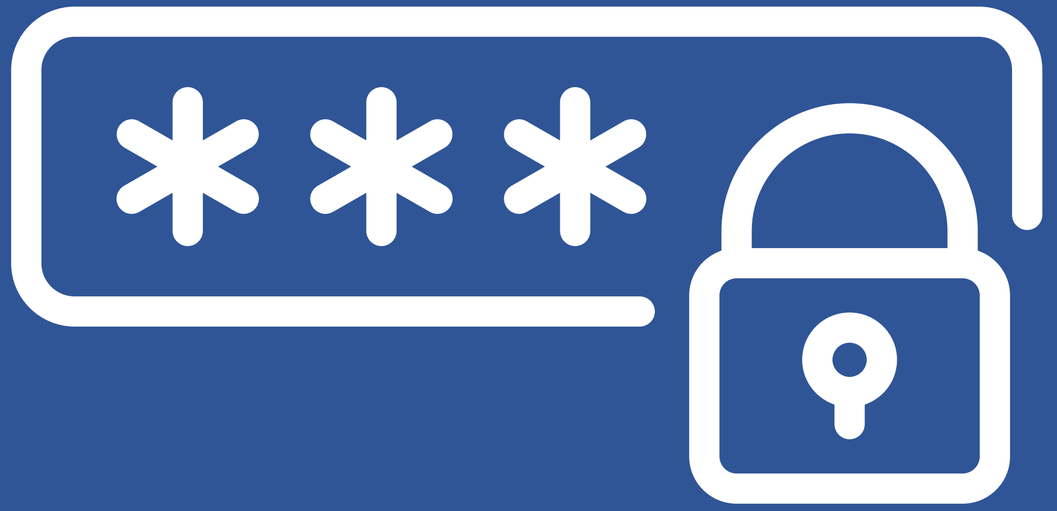



# Security Notification



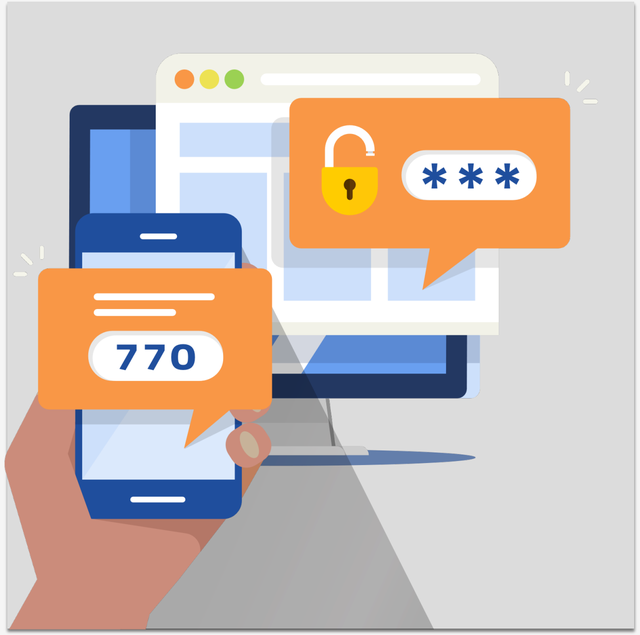


# What about your password?

# Is this safe?

# Two-factor authentication, two-step authentication?

# Two-factor authentication




Something you know

Something you have

# Two-factor authentication

**Password Authentication via SMS**

**Option not recommended**

**Two-step authentication via app on your mobile**

**Recommended option**

# Recommendations

# Recommendations

## Update

- Regularly
- Immediately from a compromised account notification
- Use complex sentences

## Do not recycle

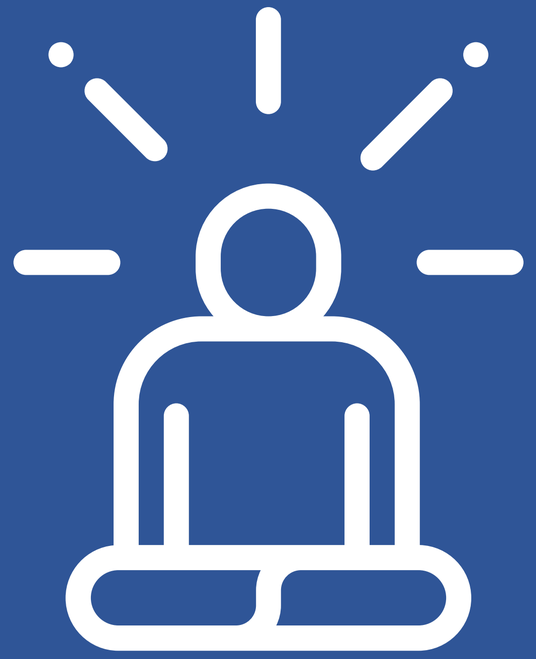
- Avoid using the same one on all your accounts
- Immediately from a compromised account notification
- Use complex sentences

## Multifactor Authentication

- Avoid using authentication via SMS
- Some options:
  *Google authenticator*
  *Microsoft authenticator*

## Implement changes…

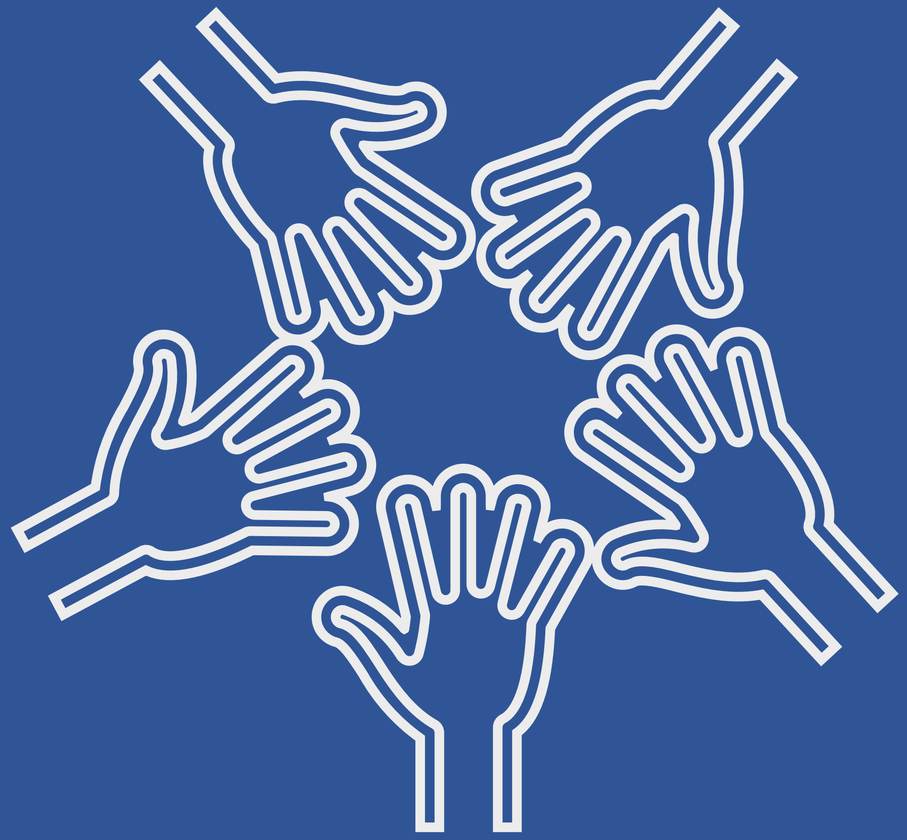
- Try to use 2FA on
  Facebook, twitter, Instagram, gmail etc..



# BE Aware!

# Non-consensual distribution of images

- Be aware: It is a practice that carries several risks
- Protect your photos and videos
- You have the right to request the removal of your photos and videos from internet platforms.
- META: Take it Down platform.



# What are we doing?

# Further resources

- The new initiative undertaken by the Cybersecurity Program with the support of Canada is an international benchmark.
- The project will promote synchronized activities to counter the root causes of gender inequality in the cybersecurity sector.
- Development of an inclusive and gender-sensitive regional cybersecurity culture that promotes the empowerment of women and the closing of the gender gap through cooperation with all stakeholders.

# Next steps

- Support training of young women and girls in cybersecurity career options.
- Promoting greater awareness of online risks for girls: social media campaign and workshops
- Develop and disseminate materials on digital security with a gender perspective.

Thank you!
Merci
Gracias
Obrigado

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