



Cyber Criminals are Everywhere

- Protect before you connect
- Your CAC Card - Don't leave the office without it!
- Don't be afraid to say no
- Before sharing PII, know who, what, and why; PII is *not* everyone's business
- Don't be "Quick to Click"
- Passwords are like toothbrushes; replace them every 90 days
- "Restart is Smart"
- SEC_RITY is not complete without U
- Because we care, we are security aware
- The bug stops here; prevent virus infections by using anti-malware programs
- Prepare for Disaster: Recover Faster
- The identity saved could be your own; protect your personal information
- Watch your back, yank your CAC
- Be mindful of what you post

Got Questions? Need More Info?

Visit these websites:



United States Army Europe
Information Technology Training
Program

<https://itt.eur.army.mil>



Information Assurance Program
Management

<https://portal.eur.army.mil/sites/iassure>



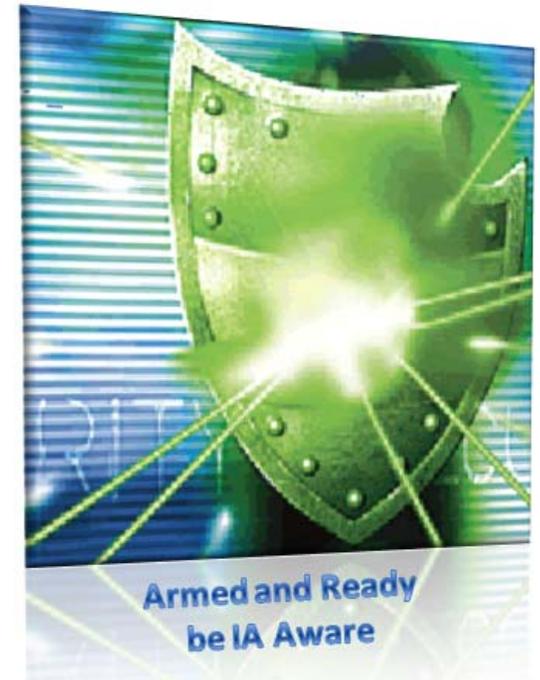
United States Army Europe
<http://www.eur.army.mil>

This publication is available at
<https://aepubs.army.mil/library/>

Information Assurance Program Management

“Defend Yourself!”

Cybersecurity Awareness Month



Headquarters
United States Army Europe
United States Army Installation
Management Command, Europe Region
Heidelberg, Germany

Cyber Security

Focus Areas: Personal Safety, Computer Safety (viruses, trojans, worms, etc.), Cyber-bullying, Ethical Issues, and Social Networking

- Identity-Theft (personal information)
- Phishing
- Pharming
- Do's & Don'ts of social networking sites (Facebook, Twitter, etc.)
- Sex predators
- Cyber-Bullying
- Computer viruses (anti-virus)
- Secure wireless modems or routers with a password (ie. WAP2)
- Backup documents and files
- Separate accounts for all users
- Text messages scams



Protect

Be Aware

Cybersecurity!

**Look both ways before crossing
the Internet**



A Trojan is a virus disguised in an attractive program. If installed and executed on a computer, it will allow unauthorized access into your system.

Known attractive programs:

- Screensavers
- Games
- Counters
- MP3 Files

Stronger Password Tips

Two essential password rules:

- **Rule 1 - Password Length:** Stick with passwords that are at least 8 characters in length. More characters in the password is better, as the time taken to crack the password by an attacker will be longer. 10 characters or longer are better.
- **Rule 2 - Password Complexity:** Should contain at least one character from each of the following groups. At least 4 characters in your passwords should be each one of the following:
 - Lower case letters
 - Upper case letters
 - Numbers
 - Special Characters (*&^%\$!)

Practice Safe Surfing

- Be watchful of what you discuss on Social Networking Environments (such as chat)
- Remain as anonymous as possible. That means keeping all private information private
- Protect and conceal information such as flight schedules, deployment or temporary duty (TDY) locations and job specifics
- Protect sensitive and personal information
- Videos can get widespread attention or become “viral”

Chat Etiquette Do's



1. Message *private* matters instead of posting on publically (such as wall)
2. Call rather than post personal news
3. Reply to comments
4. Avoid posting comments on every post
5. Be careful of your tone; try using emoticons

Chat Etiquette Don'ts

1. Make friend requests to strangers
2. Tag your friends in “un-glam” shots
3. Over-share yourself
4. Vent about your job
5. Criticize “Flame” others

