



Cyber Safety

Protecting Yourself, your
family, and your computer



A “Helping Hand” to making your family
computing better and safer

Visit our website at www.helpinghandpc.com for an online
version of this pamphlet that includes clickable links

Your goals when using your computer on the internet



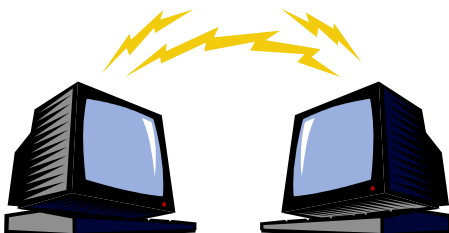
- Secure and non-threatening internet experience
- Safe online experience for your family
- Protection from cyber predators
- How to minimize the risks:
 - Ensure you take simple steps to protect your network and computers
 - Be aware of the risks
 - Observe and Monitor
 - Search and Destroy!





Your network

- Make sure your service provider gives you the instructions on how to ensure that your network is secure
- If you are wireless, make sure you have encryption turned on
 - Prevent unauthorized access!
 - http://www.pcworld.com/article/130330/how_to_secure_your_wireless_network.html
 - Use strong passwords
 - <http://www.microsoft.com/protect/fraud/passwords/create.aspx>
- Prevent wireless parasites!
 - <http://www.sciencedaily.com/releases/2007/08/070824185539.htm>





Your computer

- What can infiltrate your system?
 - Viruses
 - A computer program that is designed to replicate itself by copying itself into the other programs stored in a computer. It may be benign or have a negative effect, such as causing a program to operate incorrectly or corrupting a computer's memory.
 - Malware
 - Software that can destroy your data, effect your computer's performance, cause a crash, or even allow spammers to send email through your account.
 - Spyware
 - Technologies deployed without appropriate user consent and/or implemented in ways that impair user control over aspects of your system
 - Adware
 - Adware, a threat that is similar to spyware, is a type of Advertising Display Software that delivers advertising content potentially in a manner or context that may be unexpected and unwanted by users. In addition to displaying numerous annoying ads, many adware applications also perform tracking functions.
- How does it get on my computer?
 - eMail attachments
 - Webpages
 - Freeware programs
 - Internet Browser Toolbars
- What are the symptoms of an infected system?
 - Unexpected messages
 - Strange program behavior
 - Redirected web pages
 - Complete hard drive erasure!
 - <http://www.norton-security-store.com/knowledge-center/computer-virus-symptoms.html>





Social Networking

- Examples:
 - Facebook, MySpace, Craigslist, Flickr and many more every day!
- Not always social!
- Monitor your privacy settings
- Be aware of who can see you and your child's information and what is being displayed

- Keys:
 - Be skeptical
 - Be diligent
 - Report suspicious behavior
 - **Communicate**
 - **Monitor**
- References
 - <http://netsecurity.about.com/od/newsandeditoria2/a/socialpredators.htm>
 - <http://www.helium.com/items/1908993-which-social-networking-site-offers-the-best-privacy-protection>
 - <http://www.google.com/hostednews/afp/article/ALeqM5g-TMOLNwIXWEHUOoaMmikUqNmKTw?index=0>





Things you can do to minimize or prevent the risk

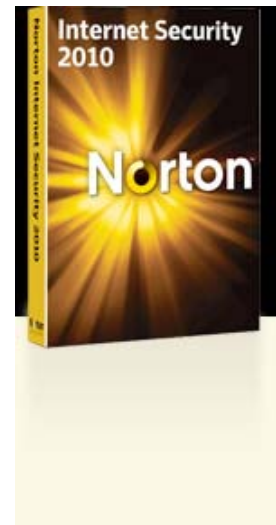
- In the home
 - Position the computer in a central location
 - Use computer time as family time
 - Monitor usage
- On the computer
 - Install parental control software
 - Install good internet security software
 - Perform regular scan maintenance to keep on top of items that still infiltrate your system





Helping Hand PC recommendations

- Norton Internet Security 2010
 - Gives you:
 - Antivirus
 - Antispyware
 - Anti Rootkit
 - Smart Firewall
 - Network Monitoring
 - Parental Controls
 - Norton Safe Web
 - Professional-Strength AntiSpam
 - Identity Protection



Note: We can perform the Installation and setup by visiting our location!





Helping Hand PC recommendations

- Additional layers of protection:
 - Malwarebytes Anti-Malware (free version)
<http://www.malwarebytes.org/>
 - Spybot Search & Destroy (free version)
<http://www.safer-networking.org/en/index.html>
- Scan weekly or bi-weekly
- Always update database definitions first!
- Install Mozilla Firefox to isolate your internet browser from your operating system
<http://www.mozilla.com>
 - Note: some pages or web applications may not support Firefox. There are add-ons that accommodate this so that those items always open in Internet Explorer



Summary

- Know the risks and rewards of using your computer
- Research options
 - Microsoft web site
 - <http://www.microsoft.com/protect/family/guidelines/basics.mspx>
- Multiple layers and preventative measures are always a good thing!
- It's a moving target!
You need to be aware of how to avoid being hit!!

