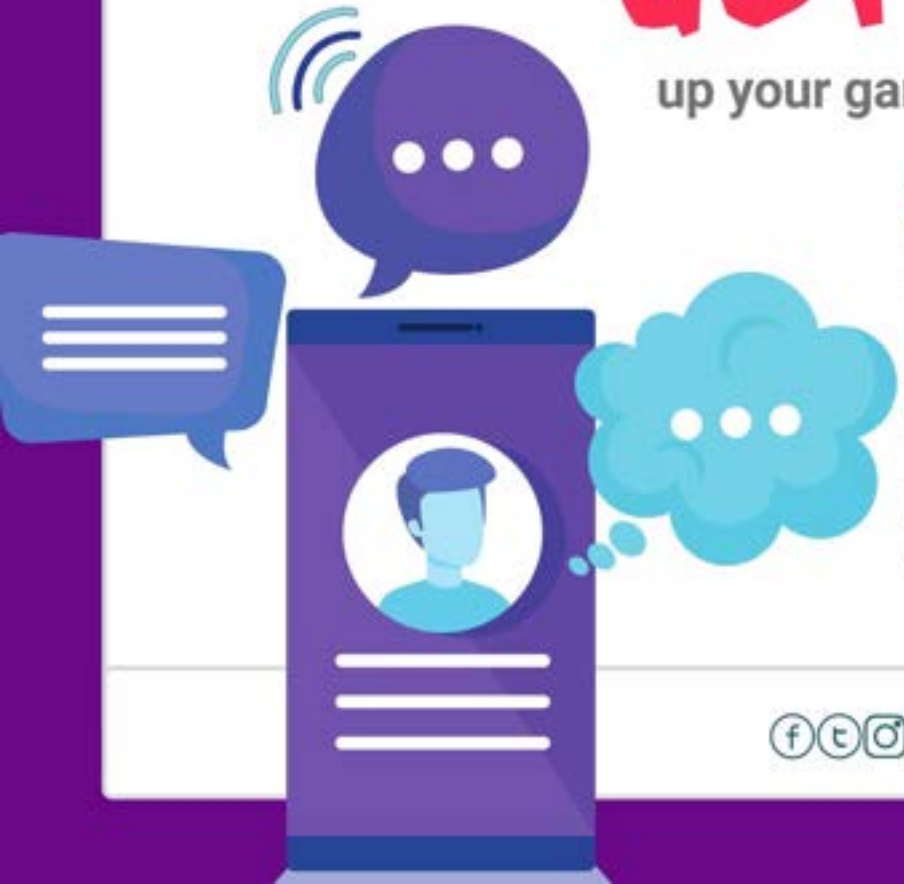
building up defense

up your game for digital security



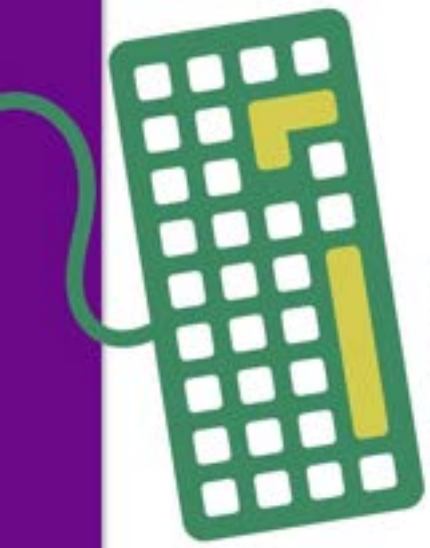
PART 1

VULNERABILITY IN COMMONLY-USED DIGITAL PLATFORMS

PART 2

PROMOTING A SAFER DIGITAL COMMUNITY (TIPS & HACKS)

askupd ask.upd@up.edu.ph



trolling

A troll is a **person who actively attempts to incite disagreement, antagonism, or disputes in an online social network.** In the Philippines, "troll" or keyboard warriors are prevalent in circulating red-tagging, discriminatory posts, fake news, and other harmful contents.

PROTECT YOURSELF

- Report directly to the social media platform itself.
- If the degree of abuse becomes criminal in nature, such as death threats or rape threats, you may report it to law enforcement and contact the UPD Community Security Committee immediately.
- Report the incident at **bit.ly/UPDDigitalSecurity-Report**
- Consider anything that you post online as part of the permanent internet archive.

haterizing

Haterizing is **to hate someone** because of his race, gender, disabilities, etc.

PROTECT YOURSELF

- Remember that you are (mostly) in control of your online presence.
- Disconnect from people discriminating against you online.
- You can unfriend or block them if you need to.
- Build a wall between your real life and your online life.
- Be aware of how you interact with others online.
- If you're being harassed, don't wait. Report it to the local law enforcement near your area, or report the incident at **bit.ly/UPDDigitalSecurity-Report**

data breach

A data breach, aka pawning, occurs when **information is stolen or removed** from a system without the owner's knowledge or consent.

PROTECT YOURSELF

- Limit how much sensitive information you store on certain websites. Only put information that you are comfortable to share with general people, and always counter check if your banking information or other pertinent information are not exposed.
- You can check your email security at **haveibeenpawned.com**
- If pawned, change your password. You can also use two-way verification for your accounts.

building up defense: PROMOTING A SAFER DIGITAL COMMUNITY (TIPS AND HACKS)

doxing

Doxing is the **act of disclosing personally identifiable information about another person online**, such as their true name, home address, workplace, phone number, bank information, and other personal information without their permission.

PROTECT YOURSELF

- Keep important information about yourself private. To check about your public information, open your browser in incognito mode and search for yourself. You can also check the security of your email through **haveibeenpawned.com** to see if there's any data breach in applications or sites associated with your account.

hacking

PROTECT YOURSELF

- Turn off your GPS, wireless connection, and geo-tracking if you don't need them.
- Only download apps from trustworthy sources that have a good reputation.
- Use strong password, lock code, or encryption.
- If you are not sure about the source, don't use the link or open the attachment, or email.
- If your device is lost, you can set up your device to lock itself after a pre-set number of failed log-in attempts. Immediately secure your digital accounts if your device was lost.

hacking

Hacking is **activities that seek to compromise digital devices**, such as computers, smartphones, tablets, and even entire networks.

PROTECT YOURSELF

- Don't access personal or financial data with public Wi-Fi. If really needed, use VPN when accessing public networks to hide the history of your browser from the network. Some of the recommended VPN apps are the following:
  - **RiseUP** (free) - https://riseup.net/en/vpn
  - **Proton VPN** - https://protonvpn.com
  - **Mullvad VPN** - https://mullvad.net/en/

doxing

PROTECT YOURSELF

- Use a Virtual Private Network (VPN).
- Check your info on the internet by searching your name, email, and number on common browsers (Google, Edge, etc), and find a way to remove data you don't want to share online.
- Use strong passwords. Don't use passwords that can easily be guessed, which includes your birthday, name, or nickname.
  - A recommended password contains at least 8 characters having at least 1 uppercase, 1 lowercase and 1 number.
  - Recommended password managers:
    - https://bitwarden.com/
    - https://keepassxc.org/ - For computer use
    - https://keepassium.com/ - For Apple devices
    - https://www.keepassdx.com/ - For Android devices
- DIVERSIFY: You can make your usernames and passwords vary across platforms.

hacking

PROTECT YOURSELF

- DIVERSIFY your digital accounts by having varying passwords per account.
  - one email for work
  - one email for personal
  - one email for financial/banking transactions
  - one email for social media
  - one designated email (for online transactions)
  - one dedicated recovery email

building up defense: PROMOTING A SAFER DIGITAL COMMUNITY (TIPS AND HACKS)

phishing

Phishing is a **type of social engineering attack that is frequently used to obtain user information** such as login passwords and credit card details.

PROTECT YOURSELF

- Think before you click on any links!
  - Be cautious and avoid clicking on pop-up dialog boxes.
- Make sure your computer's security software is up-to-date.
- Do not share personal or financial information via links found in emails.
- Protect your accounts by using multi-factor authentication.
  - To check for two-factor authentication for websites, use **twofactorauth.org**

ransomware

Ransomware is a **type of cyber-extortion** in which users are unable to access their data until they pay a ransom

PROTECT YOURSELF

- Make sure that your antivirus is updated
- Always have backup of your important files. Below are some free backup drives that you can use:
  - Google Drive (U.P. Accounts also have unlimited GDrive storage), MEGA, and One Drive
- Don't click suspicious links or ads or install software from them.
- Don't give administrative privileges to untrusted applications, even to official applications that don't really need to get access of your device, or access to some of your information.

viruses & malware

A **computer virus** is a sort of **harmful code** or software that is meant to propagate from one computer to another.

PROTECT YOURSELF

- Keep your software up to date
- Don't click on links within emails
- Use free antivirus software
- Backup your computer
- Use a strong password
- Use a firewall and ase a pop-up blocker
- Minimize downloads

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are your digital data vulnerable to risk?

ask

STUDENT HELPDESK

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are your digital data vulnerable to risk?

ask STUDENT HELPDESK

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