



CANADIAN CENTRE FOR
CYBER SECURITY

Step Up Your Cyber Fitness



SPEAKERS:



Karine Taillefer
Manager of Strategic
Mission Management



Jeffrey Leithwood
Director, DevOps and IT



Claire Spicer
Director, B2B Marketing

Land Acknowledgement

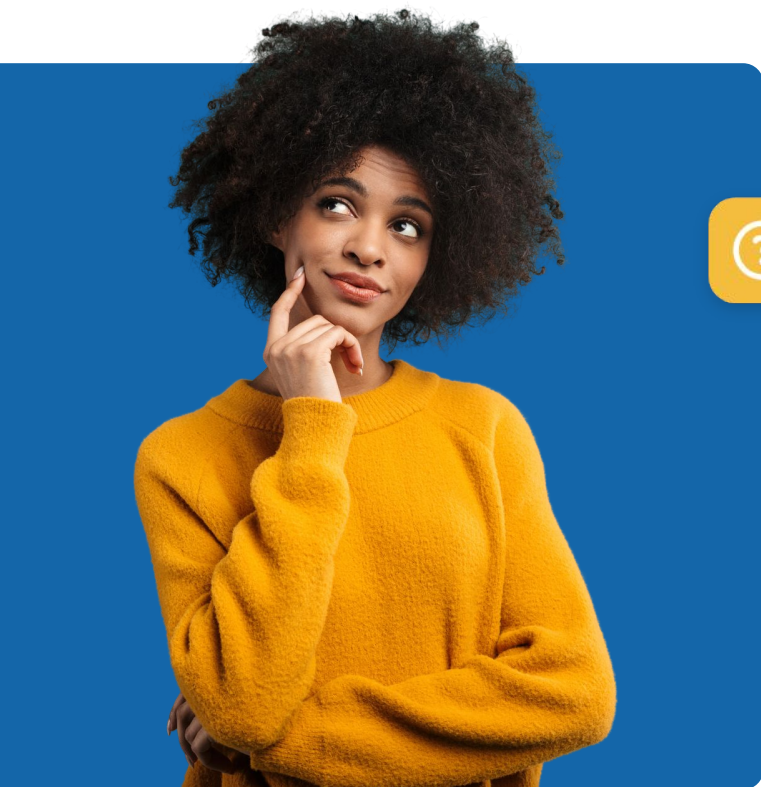
Our team at CanadaHelps is grateful to have the opportunity to meet and work on many Indigenous homelands across this land we share, Canada.

As settlers on these lands, it is important to acknowledge that our Vancouver offices are located on the unceded territory of the Coast Salish People, the Montreal offices are located on Kanien'kehà:ka (Mohawk) territory, and the land on which we operate in Toronto is the traditional territory of the Wendat, the Anishinaabeg, Haudenosaunee, and the Mississaugas of the Credit First Nation.

We want to express our respect for the territories we reside in and honour the diverse Indigenous People who have lived and worked on this land historically and presently. We, the staff and leadership at CanadaHelps, are committed to being active participants in reconciliation. We are committed to continuing to amplify Indigenous voices, and learning how our work affects Indigenous People.



Source: #BeadYourProvince, Kootenai Creations

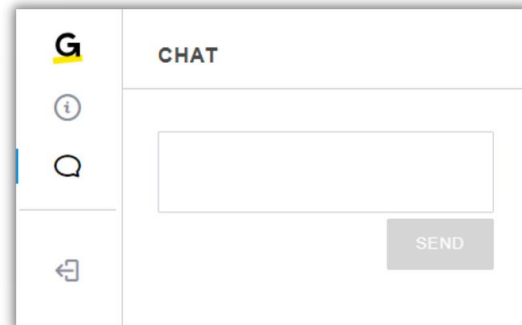


Have a Question?

Click the  icon in the menu.

Then, send us your question.

We'll reply back after the webinar!



We'll also **email you a recording** following the webinar to watch the presentation on demand.

CANADIAN CENTRE^{FOR} **CYBER** SECURITY

Cyber Security Awareness Month: Step Up Your Cyber Fitness

Karine Taillefer

© Government of Canada

This document is the property of the Government of Canada. It shall not be altered, distributed beyond its intended audience, produced, reproduced or published, in whole or in any substantial part thereof, without the express permission of CSE.



Communications
Security Establishment

Centre de la sécurité
des télécommunications

Canada

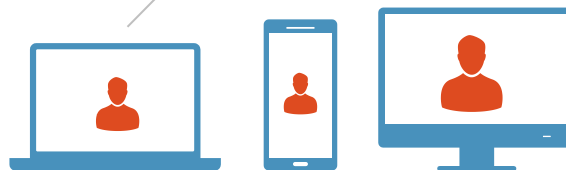


October is Cyber Security Awareness Month in Canada

The theme for 2023 is ***Step up your cyber fitness.***



It's all about stretching your cyber security muscles and taking things **one step at a time!**



AGENDA

UNCLASSIFIED / NON CLASSIFIÉ

- What is Get Cyber Safe?
- What is Cyber Security Awareness Month?
- What's new this year?
- Why become a Cyber Security Awareness Month champion?
- How to participate
- Resources
- Contact



ABOUT THE CYBER CENTRE

- ❑ We are **Canada's technical authority on cyber security** and the single unified source of expert advice, guidance, services and support on cyber security for Canadians and Canadian organizations
- ❑ Our Centre represents a more **cooperative approach** to cyber security in our country



Learn more by visiting cyber.gc.ca or follow us on Twitter [@cybercentre_ca](https://twitter.com/cybercentre_ca)

WHAT WE DO

SINGLE SERVICE WINDOW



INCLUSIVE LEARNING AND INNOVATION HUB



INTEGRATED INCIDENT RESPONSE



EXPERT ADVICE AND GUIDANCE



CRITICAL INFRASTRUCTURE ENGAGEMENT PROGRAM



COMMERCIAL AND GOVERNMENT CRYPTOGRAPHIC EQUIPMENT ASSURANCE



DEFENDING GOVERNMENT NETWORKS AND SYSTEMS FROM CYBER THREATS



INFORMATION AND TECHNOLOGY SHARING WITH THE PRIVATE SECTOR

ONE CSE

A FRAMEWORK FOR EQUITY, DIVERSITY AND INCLUSION

We are investing in building a community where our inspired workforce has what is needed to succeed and contribute fully to our mission success.



Nurturing an equitable, diverse, and inclusive environment at the Cyber Centre is essential.

GETCYBERSAFE CAMPAIGN, CYBER SECURITY AWARENESS MONTH, GEEK WEEK, CYBER*SCI



CYBERSECURITY IS A TEAM SPORT

The best way to raise awareness about cyber security is to have more organizations involved.



An illustration of a personal trainer in a red shirt and black shorts assisting a client in a grey shirt and black pants with a bicep curl using a blue dumbbell. The trainer is standing and leaning over the client, who is seated and holding the dumbbell with both hands. The background is white with decorative blue and orange circular elements.

WHAT IS GET CYBER SAFE?

It is a public awareness campaign led by CSE, with advice and guidance from the Cyber Centre

The aim is to inform Canadians about the simple steps they can take to help themselves to stay safe online. Get Cyber Safe is the Canadian lead for Cyber Security Awareness Month.

WHAT IS CYBER SECURITY AWARENESS MONTH?

Cyber month is an internationally recognized campaign held every October to inform the public of the importance of cyber security.

The campaign is led by CSE on behalf of the Government of Canada.

Get Cyber Safe takes the technical advice and guidance from the Cyber Centre and transforms it into plain language for the general public and small businesses. The campaign showcases cyber security in a positive light with engaging, clever and vibrant imagery and content to help make learning about cyber security simple and fun.



WHAT'S NEW THIS YEAR?

The theme for #CyberMonth2023 is **Step up your cyber fitness.**

Just like starting a new fitness routine, finding the motivation to become your best, most cyber safe self can be tough. But with the right coach (or your friends at **Get Cyber Safe**), you can accomplish even the most daunting tasks. It's all about stretching your cyber security muscles and taking things one step at a time!



WEEK 1

October 2 to 6



WARM UP

The best workouts always begin with a good warmup. During this week, we'll lay the groundwork by covering topics like:

- common cyber threats
- tools that can keep you safe online
- simple steps to start and practice getting cyber safe

PRACTICE GETTING CYBER SAFE

UNCLASSIFIED / NON CLASSIFIÉ

The average ransomware payment in 2022 was over **\$250,000 CAD.**

NCTA



“1 in 4 Canadians feel they are not prepared to face cyber threats, primarily because they feel one can never really be protected online.”

NCTA



We raise Canada's cyber security bar so Canadians can live and work online safely and with confidence.



As Canada's authority on cyber security, we offer advice, guidance, and information developed by our cyber experts, based on our unique access and vantage point.

WEEK 2

October 9 to 13



ACCOUNT WORKOUT

Here's where the workout really begins. During this week, we'll work up a metaphorical sweat by learning how and why to:

- use strong and unique passwords and passphrases
- enable multi-factor authentication (MFA)
- avoid phishing and social engineering scams

WORK UP A SWEAT



PASSWORDS

Did you know... the most common passwords in Canada are:

- 123456
- Password
- Hockey
- Canada



Better Business Bureau:
<https://www.bbb.org>

WEEK 3

October 16 to 20

LEARNING SELF-DEFENCE

Deal cyber criminals to the punch by defending your devices! At this week, we'll cover the ways you can keep your devices protected, including:

- installing anti-virus software
- using a Virtual Private Network (VPN)
- securing your home Wi-Fi



PROTECT YOUR DEVICES

- ❑ Install anti-virus on your devices to thwart malicious attacks.
- ❑ Defend your networks from cyber threats by implementing basic perimeter defences, such as using a virtual private network (VPN).
- ❑ Ensure you review the default settings of your devices and make modifications as required.



53% of Canadians use multi-factor authentication (MFA)

MFA can block up to 99.9% of attacks on your accounts. Although it's only 1 layer of your cyber security, it's a big one!

Secure your network - change the default name and password for your Wi-Fi. If you're working from home, use a VPN to secure your network.

Get Cyber Safe Awareness Tracking Survey, EKOS Research Associates Inc. 2020
New Research: How effective is basic account hygiene at preventing hijacking, Google Security Blog, 2019
One simple action you can take to prevent 99.9 percent of attacks on your accounts, Microsoft Security, 2019

*statistics based on internal studies

WEEK 4

October 23 to 27

MAINTAINING MUSCLE

Staying in good cyber shape means keeping on top of your security habits. This week, we'll talk about the ways you can automate your cyber safety, like:

- using a password manager
- enabling automatic updates
- backing up your data



STAY IN GOOD CYBER SHAPE

- By using a password manager, you don't need to remember dozens of passwords. They promote the use of complex passwords and discourage password reuse.
- You can reduce cyber security risks by patching software as soon as updates are available.
- Having a backup (a copy) of your information is one step that you can take to improve your cyber security and your resiliency.

**More than 1 in 4
Canadians do not feel
prepared to face cyber
threats.**



**44% of Canadians say
you can never really
protect yourself online.**

But we are here to help!

Get Cyber Safe Awareness Tracking Survey, EKOS Research Associates Inc. 2020

WEEK 5

October 30 to 31

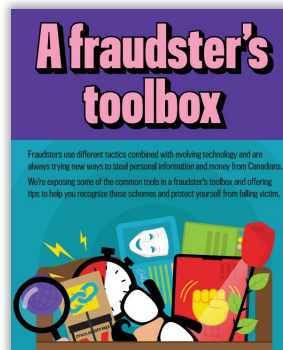


STRENGTH IN NUMBERS

Share your motivation with the world! This week, we'll teach you how to be a coach for your family, friends and coworkers with advice on:

- talking about cyber security with older adults
- teaching kids about cyber threats
- helping your office get cyber safe

HELP OTHERS GET CYBER FIT



<https://www.getcybersafe.gc.ca/sites/default/files/gcs-fraudsters-toolbox-en.pdf>



**Cyber Security
Awareness Month is
for everyone!**

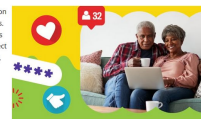
How older adults can use social media safely

From: Get Cyber Safe

Follow:    

At Get Cyber Safe, our goal is to make cyber security easy and simple for all Canadians. We believe that with the right advice and guidance, anyone can take control of their cyber safety. This blog post may be especially useful for older adults, who we define as Canadians over the age of 50, but we believe that the information could help anyone at any age, in any stage in their cyber security journey.

Social media enables us to share things like information and our interests and ideas with our friends and families. Navigating social media is not always easy, but that does not mean older adults should avoid using it. If you protect yourself and your accounts from common cyber threats, then you are ready to enjoy all the positives that social media can offer!



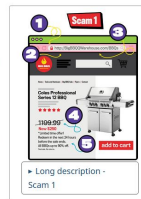
Protect yourself with a strong password

A strong password is the first step in protecting your account from cyber attacks. The stronger your password is, the more protected you will be. A key thing to remember is never reuse the same password for more than one account.

<https://www.getcybersafe.gc.ca/en/blogs/how-older-adults-can-use-social-media-safely>

Scam #1

- 1 A locked padlock means a site is secure - but just because a website is that it isn't a scam.
- 2 The "s" in https stands for secure. If it's missing, then the site isn't secure (however, even secure sites can be scams).
- 3 Look for typos in the site's address. When you're looking for scams in real life, know that it could still be a scam even if there aren't any typos.
- 4 Sales that are far too good to be true.
- 5 Pressures you to buy quickly.



<https://www.getcybersafe.gc.ca/en/real-examples-fake-online-stores>

Protect your information from scams impersonating government and law enforcement agencies

From: Get Cyber Safe

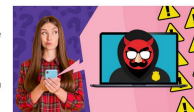
Follow:    

Cyber criminals are advancing in their phishing scams by using various tactics to trick victims into believing that a scam is legitimate. A common tactic used is impersonating a government or law enforcement agency. Cyber criminals impersonate these agencies to trick people into offering personal information or money. Cyber criminals often use a phone call, email or text message to connect with their victims and use company or personal information (found on company websites or personal social platforms) to make the contact seem trustworthy. It is important to spot the signs of these crafty phishing scams and how you can best protect yourself from losing personal information or money.

Spot the signs

There are many signs that can help you identify a message from a cybercriminal posing as a government or law enforcement agency. In the signs to look out for, cyber criminals can:

- use of urgent or threatening language (threats stating there is a warrant out for your arrest)
- demand immediate payment (to cancel a warrant out for your arrest)
- offer refunds, credits or rebates (for tax returns)
- request personal and financial information or that you click on a link (for a refund or credit)



<https://www.getcybersafe.gc.ca/en/blogs/protect-your-information-scams-impersonating-government-and-law-enforcement>

HOW TO PARTICIPATE

- Talk about the importance of Cyber Security Awareness Month with your colleagues.
- Check out our Cyber Security Awareness Month resources @ **GetCyberSafe.ca/CyberMonth**
- Tag us in your posts and use our hashtags.
- Reach out to us to collaborate and share your successes !



@GetCyberSafe | #CyberMonth2023



CONNECT WITH US



@cse_cst



contact@cyber.gc.ca



www.cyber.gc.ca



@cybercentre_ca

GUIDANCE FOR ALL CANADIANS

- Did you know... The Cyber Centre has various publications available to help individuals improve their cyber posture.
- This includes:
 - ITSAP.00.101 Don't take the bait: Recognize and avoid phishing attacks-REFRESH
 - ITSAP.00.015 Have You Been Hacked - REFRESH - March 2022
 - ITSAP.00.037 Have You Been a Victim of Cybercrime?

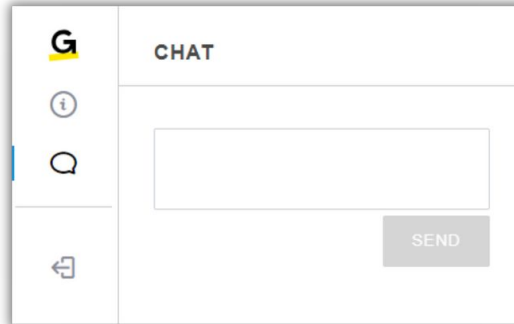


Q&A

Click the  icon in the menu.

Then, send us your question.

We'll reply back after the webinar!

A screenshot of a chat window. On the left is a vertical menu with four icons: a 'G' logo, an information icon, a question mark icon, and a share icon. The question mark icon is highlighted with a blue bar. The main area of the chat window is titled 'CHAT' and contains a large text input field. To the right of the input field is a grey button labeled 'SEND'.

We'll also **email you a recording** following the webinar to watch the presentation on demand.



Contact Us

info@canadahelps.org

1-877-755-1595

www.CanadaHelps.org

@CanadaHelps

