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Cyber Security at work and home  
JD Rogers – CISO

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Agenda

- Cyber Security in our digital age
- How to think about Cyber Threats
- Cyber Judgement
- Foundations

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What is a Cyber Threat

- 7.8B Global Pop
- 5.2B Mobile Users
- 21B Connected Devices
- 4.3B Active Social Media Users

**Hostile Threat Actor:**

- Nation State
- Hacktivist
- Organized Crime
- Terrorist
- Insider
- Espionage
- Lone Wolf

Intent + Opportunity + Capability = Threat

**Remove any one of the three and the threat is neutralized.**

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## What is Cyber Judgement



Situational awareness



Data classification



Digital / Physical locations



Rooster attitude



Classified as Public



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## Cyber Judgement – Data example

Sensitive data in a word document

One time transaction with known entity

One time transaction with new entity

Repeated process



Classified as Public



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## Foundations for Home and Work



1. Email filtering / Security
2. Awareness Training
3. Patching systems
4. Multi-factor authentication
5. Use VPN
6. Tested incident response plan
7. Secure your network
8. Safe data handling
9. Tested and segregated backups
10. Strong password management



Classified as Public



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# Passwords matter

**65%** of American adults re-use the same password for multiple accounts  
**59%** of American adults use their name or birthdate in their passwords  
**80%** of data breaches are due to compromised credentials  
**65%** of data breaches result in leaked passwords

- Password Managers:
- LastPass
  - 1Password
  - Dashlane

Longer, complex passwords are more difficult to crack...

Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	2 secs	3 secs
8	Instantly	5 secs	22 mins	1 hour	8 hours
10	Instantly	58 mins	1 month	7 months	5 years
12	25 secs	3 weeks	100 years	28 years	146 years
14	41 mins	15 years	1000 years	5m years	2000 years
16	2 days	108 years	100 years	37m years	300 years
18	3 months	10m years	100 years	100m years	700 years



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Questions?



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