CYBERSECURITY AWARENESS
with Volunteer Editor: Jeanette Wojcik
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If you are reading this newseltter you probably have either a computer, a tablet or a smart phone. If you are a wise user of these techie tools, you most likely have some kind of protection to warn you about viruses, hacking and other threats. Is it enough to protect you against the threats out there in cyperspace? This month is dedicated to increasing awarenss of cybersecurity threats and providing you with information to protect yourself from these threats. We live in a highly connected world with more sensitive information online than ever before. This can be a great convenience but it does come with risks.

Cybercriminals are constantly finding new ways to circumvent the latest defensive tools and technologies, landing themselves in inboxes and browsers. According to Forbes, in 2021 alone, 85% of data breaches involved the human element, with 94% of malware delivered via email. Phishing is the initial access, providing threats with the credentials they need to access internal systems and data and conduct a comprehensive attack. The HIPPA Journal reports that phishing attacks have increased by 1,265%, with that increase driven by the growth of GenAI. These attacks target individuals and trick them into disclosing credentials, opening malicious email attachments, or clicking links that direct them to malicious sites where malware is downloaded. While technical defenses such as spam filters can reduce the number of threats that reach you, it is vital to learn how to recognize and report suspicious emails.

How do you recognize something that is a threat to your online security? According to Business Tech Weekly, the first step is to understand common cyber threats and be aware of risks such as malware, pishing and data breaches. The next step is to develop a culture of security awareness and a method for addressing threats. The article is well worth reading since is gives practical and easy to understand tips on recognizing physical risks, educating yourself and utilizing security software and tools.

The Cybersecurity and Infrastructure Security Agency monitors and tracks cybersecurity threats. You can report cyber issues, malware, software vulnerabilities and vulnerabilities on U.S. Government websites to the agency.

How to protect yourself while surfing the net, checking social media or even just sending and receiving email is becoming an increasing problem for all of us. Morgan Stanley offers some easy to follow tips for protecting yourself against cybersecurity threats. These include:
- Keep your devices updated with the latest software.
- Secure your accounts by using strong and unique passwords. They explain what these are in the article. Consider enabling Multi-Factor Authentication for added protection.
- Avoid clicking links or opening attachments from unsolicited emails or texts. Report suspicious activitiy right away.
- When you're on the go, avoid using public WI-FI and charging ports as they may be compromised by cybercriminals.

Science News Today warns us that the battle with cybercriminals is a constant one, "but with the right approach, we can mitigate the risks and continue to thrive in the digital era. Whether through better technology, education or policy, cybersecurity will remain a critial issue that defines the safety and security of our digital future."