

April 2019

# THE CYBERFISH

*Monthly Newsletter*

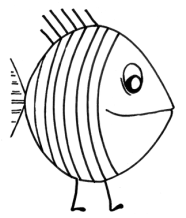


Photo credit: Holly Cant

## MAKING YOU SMARTER ON- LINE.

*by Berta*

Here at the CyberFish we will soon be reviewing our mailing list to make sure that all our audiences only receive the communications that are most relevant to them. If you would like to continue receiving our newsletter and kept in the loop with new events, please confirm this by responding to this email with a note that you would like to keep receiving updates from us.

We would love to keep you up to date with what we're doing and where we focus our direction, so here is a little insight into what we've been up to recently...

### *Inside the Issue*

#### THE STARTUP UPDATES


Since January, we have held 7 workshops at Level39 for local Tower Hamlets start-ups on cyber security, data protection and 1:1 coaching sessions p. 02

#### CYBER PSYCHOLOGY

We have kicked off a series of events discussing cyber psychology concepts. Read more on our storytelling sessions on on-line sharing and tech addiction p. 03

#### IN FOCUS: TECH SAVVY PARENTING

Our new series of short videos update busy parents of on-line risks such as phishing and the dangers of smart home devices that are getting more popular by the day p. 04



The CyberFish

# Cyber Security for Startups

## THE STARTUP GRIND

*by Ben*

Our workshops provide an introduction to a variety of people into the cyber security world and we are proud to be helping small businesses improve their cyber defences. The topic of our workshops range through GDPR, cyber security, cyber insurance prep and 1:1 sessions. Our workshops provide a great platform for networking, a well rounded discussion, but most importantly a good education. We try our hardest to ensure everyone gets an opportunity to ask their questions and everyone leaves feeling like they've learnt something new that they can put in place already. It's exciting to see that our sessions are selling out within hours! As the company itself has been growing, we've been wondering up new potential areas for business we feel we can support. What makes The CyberFish so exclusive is our defined balance of psychological knowledge and our technology and security solutions expertise. With this in mind, we're in the process of building up a series of new events to give back to the community. We plan to keep our basic sessions free, but going forward we will be introducing more complex and advanced sessions that will be charged at £15 / session.

Check out our new SME events on [the cyberfish.eventbrite.com](https://the cyberfish.eventbrite.com)

## EXPERTS WEIGH IN ON GDPR

*by AJ*

For those of you, who have attended our information session on the GDPR it goes without saying that now is the time to review all mailing lists, and just like Berta was asking on the front page, you need to be asking your contacts to confirm their interest in remaining on your mailing lists.

Unfortunately those, who do not come back to you will have to be removed and not to be contacted in the future. It is important that you approach your network in time so you will be able to adopt a more personal approach and call each person on your list to make sure you keep your valuable contacts.





# CYBER PSYCHOLOGY

by Berta

It is not an exaggeration to say that whenever we go on-line, we occupy a space completely different from our real life surroundings: we are in our unique *on-line habitat* (Suler, 2016). Just as everyone has a different personality in real life, everyone has a unique pattern for occupying their on-line habitat in cyber space. This on-line habitat can be measured by many dimensions. At The CyberFish we use following classification:

1. The **density** of your habitat depends on the specific technology you use: the devices, apps, gadgets, services, websites you use or have used in your life.
2. The **intensity** of your occupying this on-line space can vary with the time you spend using the technology.
3. Your **exposure** changes with the quantity and the quality of information you share with others in your on-line world.
4. The **transparency** of your on-line habitat can change with knowing exactly who do you let into your on-line world and by frequently auditing your surroundings.
5. Your **efficiency** depends on how well and confidently you use, navigate, update and restrict your devices and the technology available in your on-line world.

As you can imagine, different people score very differently on the above dimensions. By understanding individual risk profiles, or in technical terms, attack surfaces, we work together with individuals to use technology smarter.

An on-line habitat assessment can help us predict whether using technology is a source of comfort for you - or a risky wilderness?

Are you using technology to achieve your objectives, navigate your world, connect with the right people and get inspiration from your endeavours on-line?

Or is your on-line life a source of frustration, conflict and negative experiences?

Is your on-line habitat exposing your real life self, family and business to crime, fraud, identity theft or other abuse?

We help you identify inconsistencies in your on-line space, be it using your devices or improving the transparency of your networks. We assist you in fixing these by taking specific learning experiences on-line, or by having a 1:1 with one of our consultants.

As a result you can start your on-line evolution just by reading through our report and reflecting on the findings.

Come and find out more about on-line sharing and tech addition strategies, share your stories and help contribute to our cutting edge research on the subject.

Check out our new cyber psychology events on [the cyberfish.eventbrite.com](https://the cyberfish.eventbrite.com)

# TECH SAVVY PARENTS

by Ben



We know how hard it is for parents to stay ahead of daily chores and at the same time keep up with new challenges such as educating kids about the potential risks that lurk on-line is almost impossible! This is exactly why we have introduced video snippets and quick fixes for busy parents that help them address and discuss cyber security issues confidently around the dinner table!

Check our our updates on our Facebook page - we have new videos on how to avoid phishing attacks, what to do to keep your intelligent home devices in control, how to evade RFID (contactless card) fraud and more.

A topic of particular interest of ours is the relationship between technology and people, particularly people with different ways of thinking. Supporting Autism month we have created free educational materials specifically for teachers and parents of children on the autism spectrum to make sure they can pay due attention to risks on-line.

If you would like to have access to our free educational resources on basic cyber hygiene to discuss these with your family, colleagues or clients, please get in touch for a copy.

Let us know the areas you would like to know more about on our Facebook page!

## CYBER RISK ON THE AUTISM SPECTRUM



Many people on the autism spectrum have a superior understanding of technology and some even become computer hackers as a result of their abilities. Unfortunately, individuals on the lower functioning end of the spectrum face heightened risks of becoming victims of cyber crime and social engineering attacks, caused by their tendency of not being able to recognise the signs of being manipulated.

These are the CyberFish top tips for a basic cyber hygiene specifically designed by computer security experts and psychologists to be passed on to parents, carers and healthcare professionals of individuals on the autism spectrum.

[www.thecyberfish.com](http://www.thecyberfish.com)

### EXPLAIN AND REHEARSE ON-LINE RISK SCENARIOS

Explain and illustrate scenarios such as tricksters, who send sham e-mails or try to befriend people on-line to ask favours and get information from them. Beware of pop-up ads and links sent in messages.

Can you tell the difference between a legitimate and a fake website? Take this quiz to find out: <https://www.opendns.com/phishing-quiz/>



### USE A TRUSTED NETWORK WHEN BANKING ONLINE

Always review your bank statements to pick up any unauthorised transactions.

If you choose to use an on-line banking app, download updates and use a trusted wifi connection or 4G when accessing it.



### DESTROY SENSITIVE INFORMATION

Make sure that every single piece of paper in your household that includes sensitive information is shredded before thrown away.

Delete browser history and cookies regularly.

Get in touch with The CyberFish if you need more information.



### WATCH OUT FOR THE SIGNS OF CYBER BULLYING

On-line bullying is potentially much more terrifying for the victim than real life bullying because the perpetrator can be present in the victim's lives 24/7.

### MANAGE PASSWORDS

Do not store passwords in the browser.

Create strong passwords and write them down and keep them secret.

OkLM77(\$)!(&)MMNBgjk is an example of a strong password.



THECYBERFISH.COM



## THE CYBERFISH PRIVACY KIT

1

CONTACTLESS CARD WALLET

PROTECTS YOUR CONTACTLESS CARD FROM UNAUTHORISED PAYMENTS.

2

WEBCAM COVER

ALWAYS COVER YOUR WEBCAM ON ALL YOUR DEVICES.

3

LAPTOP AND MOBILE PRIVACY FILTER

PROTECTS FROM VISUAL HACKING. PEOPLE SITTING NEXT TO YOU CAN NOT READ YOUR SCREENS.

4

RFID PASSPORT COVER

PROTECT YOUR BIOMETRIC DATA.

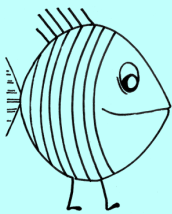
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# WATCH THIS SPACE...

In April we are focusing on neurodiversity and introducing solutions that can help individuals with different thinking styles excel and feel more included in corporate and social environments.

We are so excited about joining forces with the Cyber First Girls initiative to launch a competition together with them! Ironing out the details as we speak of the competition that will allow members create educational video content (selfie videos, basically!) on their best tips on using technology responsibly on-line. Details of the competition will follow soon!

We will be introducing two new members of The CyberFish team in April, Jaime, who joins us as a Cyber Security Analyst and Lauren, who will be starting as a Cyber Psychology Specialist.

Submit a copy of your CV if you are passionate about how people use technology and would like to contribute to our work.

*Save the Dates...*

## CYBER SECURITY 101 FOR SME'S

18 / 4 @ 5PM

25 / 4 @ 6 PM

at Level 39, One Canada Square

## PHISHING EDUCATION WORKSHOP

19 / 4 @ 6 PM

at Level 39, One Canada Square

Booking is required for all our events via [theycyberfish.eventbrite.com](http://theycyberfish.eventbrite.com)

## 1:1 CYBER SECURITY TASTER SESSIONS

Get in touch to book your free individual consultation throughout April

[hello@theycyberfish.com](mailto:hello@theycyberfish.com)