It's easy to stay safe online

by Information Technology

Unfortunately, not everyone thinks this is true. In fact, 41% of survey respondents in 2021 described cybersecurity as intimidating and frustrating, according to the Oh Behave! The Annual Cybersecurity and Attitudes Behavior Report. While most cybersecurity news articles are about massive data breaches and cyber criminals, it can seem overwhelming and feel like you're powerless against online threats and attacks.

We want to remind everyone that while there are all kinds of ways to keep your data protected, following just a few key steps can make a significant difference. Cybersecurity doesn't have to be overwhelming.

As we enter October, it marks the start of Cybersecurity Awareness Month – the 19th year in which the occasion will be recognized – and it's more relevant than ever. 18 years ago, we saw the launch of Facebook, Gmail, MySpace, Roblox, Google's IPO, and the MyDoom virus. Fast forward to 2022, with attacks and vulnerabilities now on the front pages seemingly daily, cybersecurity and the ways we can protect ourselves and our data should be at the forefront of our minds.

The overarching theme for Cybersecurity Awareness Month is "See Yourself In Cyber" emphasizing that cybersecurity is a shared responsibility, stressing personal accountability, and the importance of taking proactive steps to enhance cybersecurity. Throughout the month, we will be covering the following topics:

- **Multi-Factor Authentication (MFA) –** a refresher on how it works with our @ssndcp.org accounts and the ways it has been a successful deterrent for criminals and keeping our network and data safe.
- **Using strong passwords and a password manager –** we will be providing examples of how you can make your accounts more secure and recommend ways of keeping your passwords documented safely.

- **Recognizing, avoiding, and reporting phishing –** tips on what the tell-tale signs of a "phish" are, whether it is an email, text message, or phone call, and how to manage reporting, whether it is to Microsoft, or to our Help Desk staff.
- **Other scams and ways to stay safe online –** what else to look out for and the ways you can browse safely online whether it be shopping, researching, or connecting with others.

These topics may seem familiar, as they are not new, but are fundamental to information security and staying safe online.

Join the SSND CP IT team on a wide variety of learning opportunities throughout the month to learn about cybersecurity issues. We encourage you to explore our [cybersecurity awareness month website](#), where we will post our weekly articles with tips and resources and invite you to check out the newly organized [security section of our ITC Resource Center](#) for more resources.