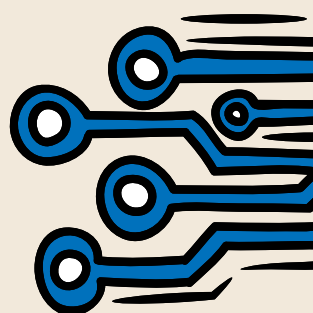


GUIDEBOOK CYBER HYGIENE

AiSP Cyber Wellness

1

All About Cyber



2

Social Media

3

Cybersecurity Awareness

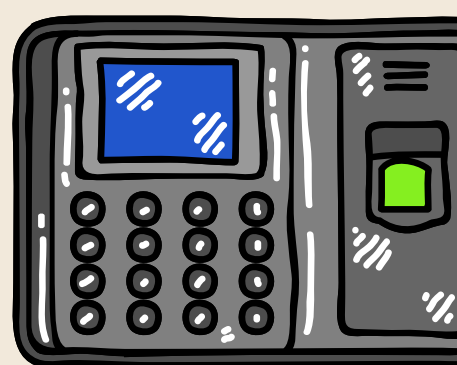


4

Password

5

Online Browsing



6

External Threats

7

Security



8

Personal Data

AN INITIATIVE OF:



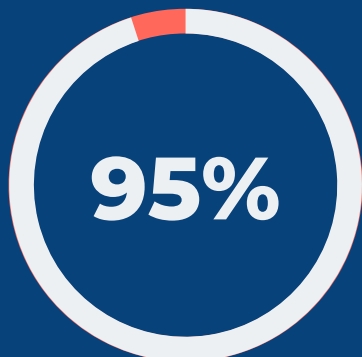
SUPPORTED BY:



IN SUPPORT OF:



ALL ABOUT CYBER



Cybersecurity breaches are caused by human error

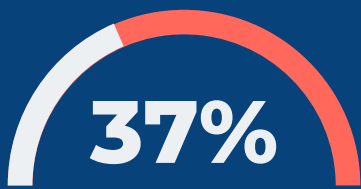
300
BILLION

passphrases are used by humans and machines worldwide

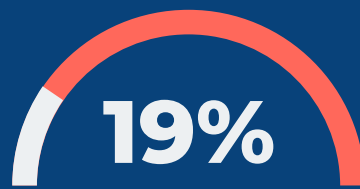
"Even the best software will fail if there is human error"

Do not put 100% trust in your software and expect to be invulnerable

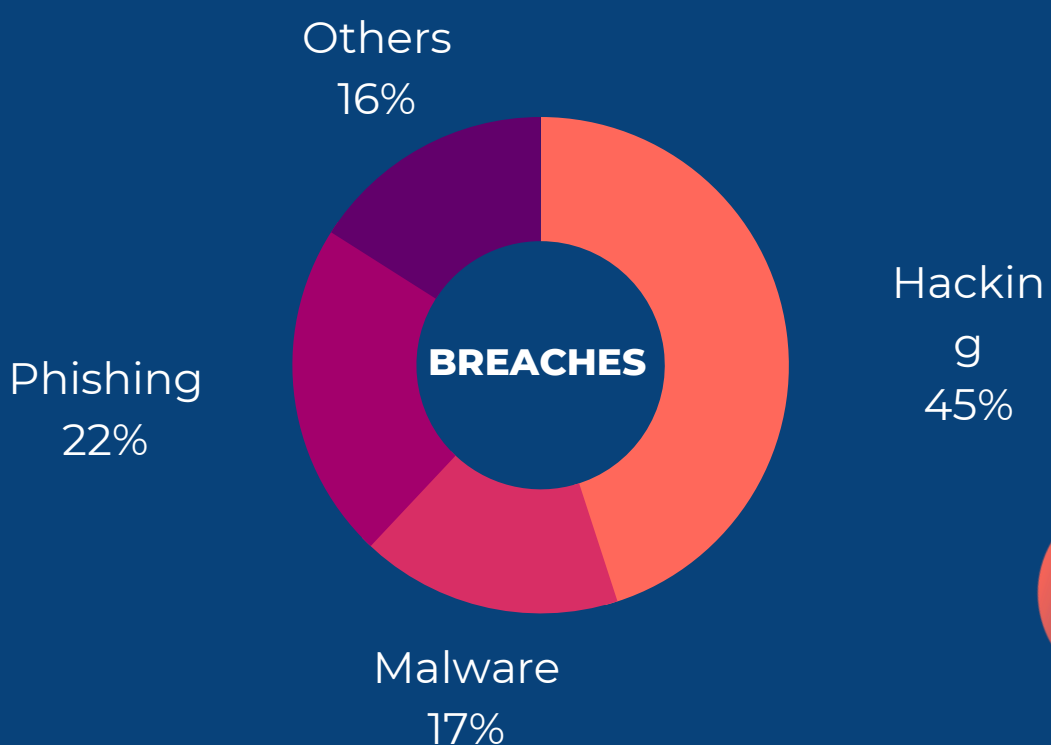
TOP MALICIOUS EMAIL ATTACHMENT



.doc and .dot



.exe



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IM INFOCOMM MEDIA DEVELOPMENT AUTHORITY

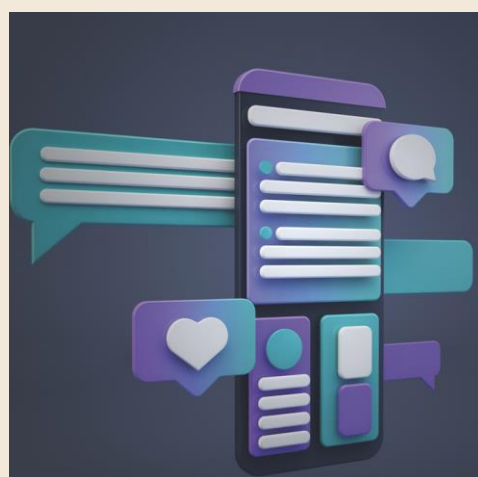
IN SUPPORT OF:

DIGITAL FOR LIFE

SOCIAL MEDIA

Information

your post can be used to steal your identity or hack into your online accounts



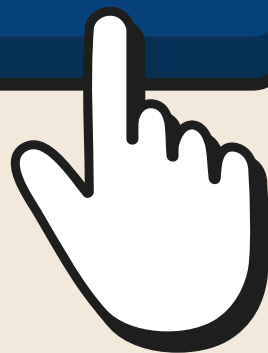
Check the

privacy settings of your social media accounts and set them so that only people you know can view them

Before posting someone else's information online,

Seek approval

APPROVE



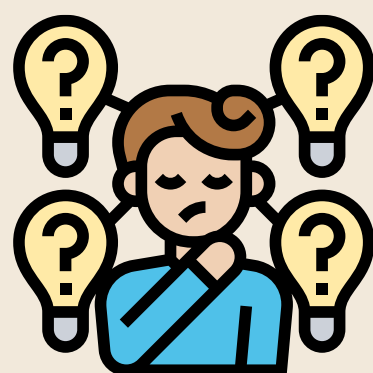
Do not participate



in facilitating harassment or violence towards someone through your social media posts

Always consider

the consequences when sharing things online



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CYBERSECURITY

AWARENESS

1

START FROM YOUNG

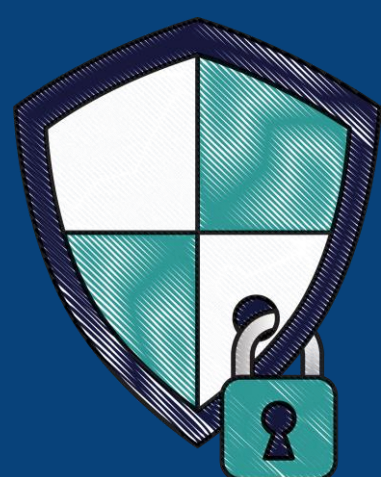
Cybersecurity awareness starts from a young age. It is advisable to impart this knowledge to our youths.



BEST DEFENSE IS AWARENESS

2

The best defense to cybersecurity is to be aware. Seek to understand and leverage the various protection features of your security solutions/technologies.



3

SECURE ENOUGH

Unless your device is offline and physically inaccessible by the rest of the world, there is no such thing as "secure enough".



IT WILL NOT HAPPEN TO ME

4

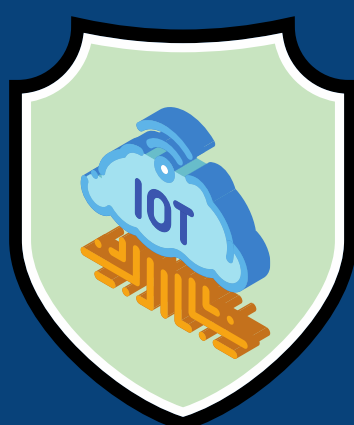
Everyone is a potential target for hackers, including you. Do not have a "it will not happen to me" mindset.



5

INTERNET OF THREATS

Internet of Things (IoT) without security is equivalent to Internet of Threats.



GO SAFE ONLINE

6

Check out Cyber Security Agency of Singapore's "Go Safe Online" campaign to learn more about protecting yourself on the internet.



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An example of a

STRONG PASSWORD

is a long catchphrase

ADD VARIETY

Use uppercase, lowercase, characters, and numbers.



DON'T RECYCLE

Don't use the same password for all of your accounts.

DON'T USE PERSONAL INFORMATION

Avoid using birthdates or names from your loved ones.



BREACHED?

Change your password immediately and inform the platform

CHANGE OFTEN

Passwords are like undergarments, change it frequently and don't share it with others



USE A MANAGER

Password management apps and sites can help keep track.

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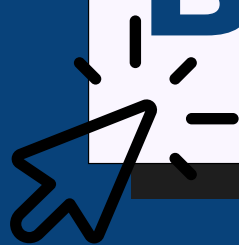
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ONLINE BROWSING



Avoid visiting unknown websites or downloading software from untrusted sources



Sensitive browsing, such as banking or shopping, should be only done on your own device

When you connect to a public network, you are vulnerable to risks such as man-in-the middle attacks and data theft



Avoid using public networks or use a VPN when you're connected to one



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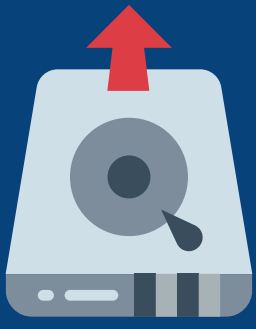
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EXTERNAL THREATS

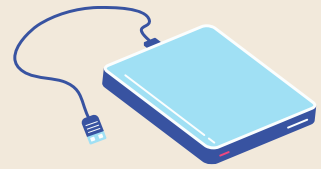


Always update to the latest version of your software to protect yourself from new or existing security vulnerabilities

Scan for viruses regularly, for example, once per week



Always scan external devices for malware before accessing them



Do not click on links given in an email. Manually type in the hyperlink yourself to prevent being redirected



Adware collects information about you to serve you more targeted ads. Use anti-adware to clean adware and other unwanted programs from your computer



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SECURITY



Implement application control integrated with antivirus to allow only authorised software to work



Restrict administrator privileges so as not to give attackers privileged rights to compromise systems



Follow documented practices for securing your devices and systems



Enable security features on your devices to prevent unauthorised access

Lock your device every time you leave your desk



Always enable multi-factor authentication (MFA) to keep your accounts more secure



Visit haveibeenpwned.com to find out if any of your accounts have been compromised

Physical security is as important as cybersecurity. Never leave your devices unattended



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PERSONAL DATA



NAME: YOU
JOB: CYBER
SAFE CITIZEN

SKILLS:

- ✓ Always use encryption when storing or transmitting sensitive data
- ✓ Regularly backup data to cloud or on a local storage device
- ✓ Destroy/shred hard copy confidential documents that contain information

JOB EXPERIENCE:

- ★ When unsure of why I am asked for personal information, I will call the organisation to check if it is authentic
- ★ Stay suspicious of unsolicited phone calls, visits, or email messages from individuals asking about employees or other internal information

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Our Story

We are an independent cybersecurity association that believes in developing, supporting as well as enhancing industry technical competence and management expertise to promote the integrity, status and interests of Information Security professionals in Singapore

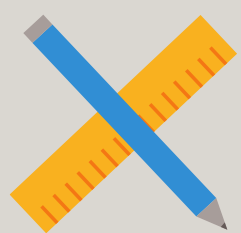
We believe that in promoting the development, increasing and spreading of cybersecurity knowledge, and any related subject, we help shape more resilient economies



We facilitate
THINK TANKS



We build Cyber
SKILLS



We have amazing
PARTNERSHIPS



Organise regular
NETWORKING EVENTS

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The AiSP Cyber Wellness Programme aims to educate citizens, especially reaching out to the youths and elderly on the importance of Cybersecurity and learn how to stay safe online. There has been an increase in cyber threats, online scams and COVID-19 related phishing activities. With reduced Face-to-Face engagements, the elderly and those with special needs have become more vulnerable to cyber threats. We will reach out to different community groups to raise awareness on the topic of cyber wellness and cybersecurity and participants can pick up cyber knowledge through interactive learning. It is supported by the Digital for Life Fund, an initiative by the Infocomm Media Development Authority (IMDA), that supports digital inclusion projects and activities to help all Singaporeans embrace digital, to enrich lives.”

VISIT OUR WEBSITE
BY SCANNING



LOOK OUT FOR OUR
UPCOMING EVENTS



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About Digital for Life movement

The Digital for Life (DfL) national movement, launched by President Halimah Yacob on 8 February 2021, aims to galvanise the community to help Singaporeans embrace digital as a lifelong pursuit, and to enrich their lives through digital. At the same time, President Halimah also launched the flagship DfL Fund to support projects and activities promoting digital inclusion, digital literacy and digital wellness.

Learn more about the DfL movement at www.imda.gov.sg/digitalforlife

If you would like to sponsor AiSP Seminar, events or see how you can be part of the Cyberwellness Programme, please feel free to contact secretariat@aisp.sg

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