

Greensboro Computer Center for Seniors



www.greensboroshepnet.org

Security

Your Computer and the Internet

There are products that are very inexpensive and/or free that will greatly enhance your computer security.

I will go over them at the end of this workshop.

Don't let all the “security threats” diminish your use and enjoyment of your computer.

...but be aware of them.

- Viruses
- Phishing
- Spyware / Malware
- Other ‘things’

Viruses

Before we start on viruses, let's discuss what they are!

There are three categories of viruses:

- Instant Viruses
- Trojans
- Worms

...and how do I get them?

Your antivirus is off or out-of-date!

- The main source is email attachments.
- From other computers
- From thumbdrives or CD's
- From a downloaded file

What are they? ...and what do they do?

They are pieces of code that once embedded in your system will execute themselves or wait for a specific date.

They can be benign, from *“Ha! Ha! I got you!”* to very severe with your hard drive being destroyed.

Whatever kind or level they are...
you don't want them!

A good and up-to-date antivirus program will stop it all.

General precautions about viruses...

- Be suspicious of email attachments from unknown sources.
- If someone gives you a flash drive – scan it first!
- If someone gives you a CD – scan it first!
- Download all Microsoft Security Updates.

If you ever get a warning that a virus has been found...

Just select [DELETE] or whatever your antivirus program [Recommends]. You are finished with it...go on with whatever you were doing.

It is just that easy.....IF you have a virus protection program running.....AND if it is up-to-date.

Spyware and Malware

What are they?

This ~~is~~ was software that secretly gathers information about a user while he/she navigates the Internet. This information is normally used for advertising and marketing purposes. Similar to what the grocery stores do every day. Grocery stores are far more honest!

However, spyware has developed to the point it can also gather information about email addresses and even passwords and credit card numbers. They have become very aggressive.

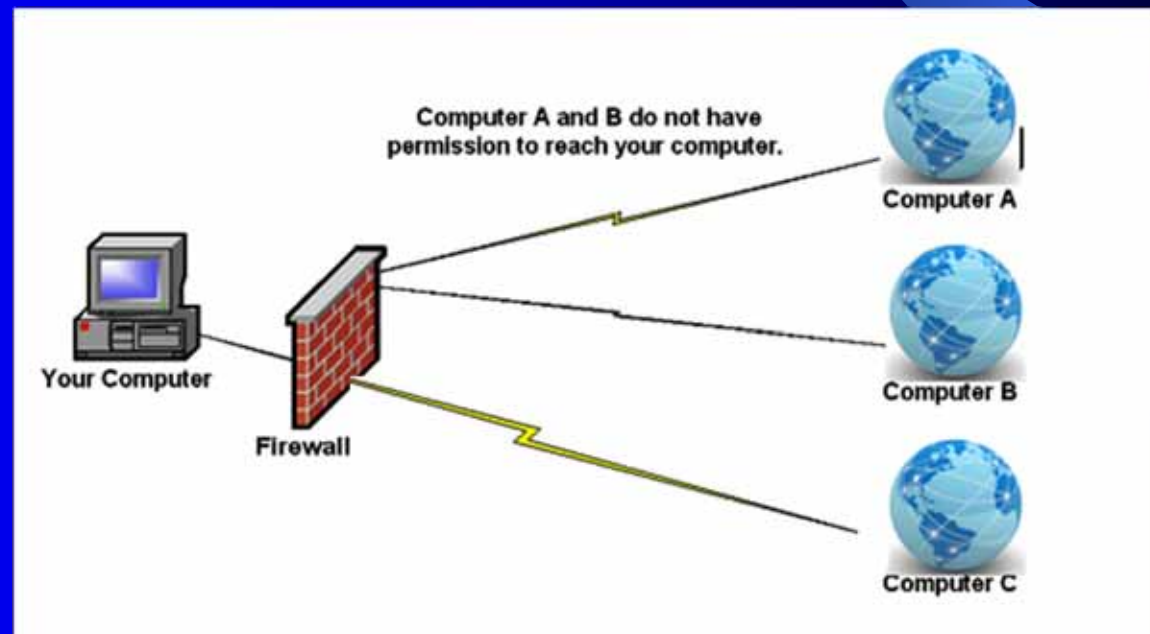
What are some of the symptoms?

- Popups on the screen.
- Lots and lots of popups on the screen.
- Browser redirects to unwanted websites.
- Unable to get to some sites.
- Sometimes a Window asking for \$ to fix problem.
- System gets really slow.

How do I get these things?

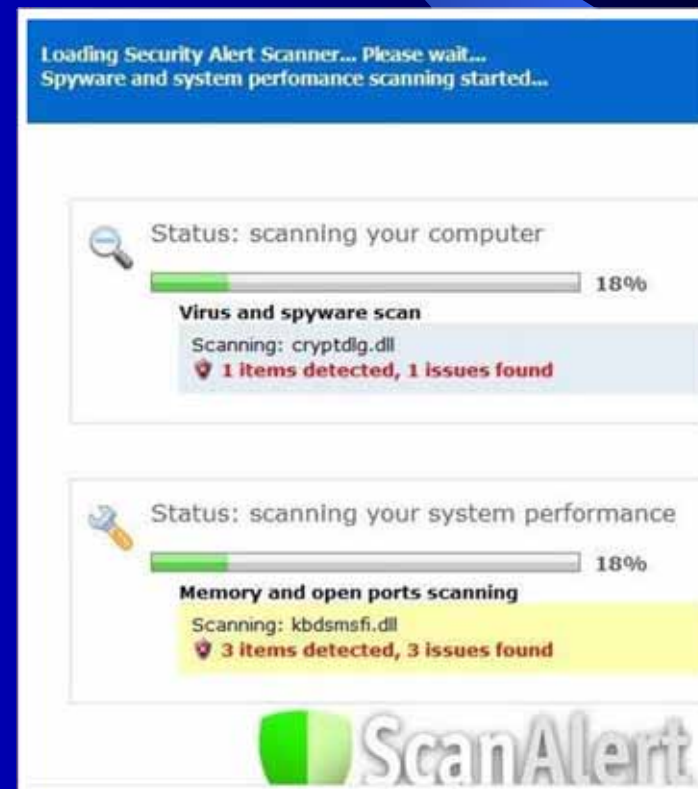
- ‘Bad’ Websites (I will come back to this later.)
- Downloading ‘free’ programs
- ‘Free’ music or Weather Bug or Gator
- If it looks too good to be true...it is!

Examples of “How do I get these things?”



“More” of “How do I get these things?”

Want To Get Rid Of Spyware?



ScanVirus

Cumulative Online Antivirus Service

Scan Report My Computer

AVG Anti-Virus

eSet

bitdefender secure your every bit

KASPERSKY Lab

PANDA SECURITY

TREND MICRO

symantec.

VisNetic AntiVirus reliable virus protection

SC MAGAZINE RECOMMENDED

100% PROTECTION

CHECK MARK

PC MAGAZINE RECOMMENDED

vb 100 VIRUS

KSLabs CERTIFIED

PC Utilities EDITOR'S CHOICE

Incident	Location	Status
Adware	Windows Registry	Not disinfected

Download will start automatically.
If not please click the button to proceed.

⚠ Your PC is infected!
Sorry, standard programs cannot disinfect your PC now

DOWNLOAD PATCH
to fix this problem

XP ANTIVIRUS PROTECTION

now scanning: complete

Items processed: 1100

ERRORS FOUND: 60

WARNING!!! Quick System Scan Results

XP antivirus Online Scanner detected dangerous spyware on your system!

Detected malicious programs can damage your computer and compromise your privacy. It is **strongly recommended** to remove them immediately.

Name	Type	Risk level
Spyware.IEMonster.b	Spyware	CRITICAL
Zlob.PornAdvertiser.Xplisit	Spyware	High
Trojan.InfoStealer.Banker.s	Trojan	Medium

Remove All Ignore

Downloads

Clean Up Remove Cancel Pause Open

XPantivirus2008_v880421.exe
Completed in 00:00 (94.0 KB)

XP online security scanner has detected and removed Malware threats from your computer. Failed to delete critical level threats - in order to remove them we recommend you to install XP antivirus protection for free

Serious spyware threats

Archive
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What can I do to help prevent them?

- Good antivirus program – up to date.
- Good pro-active spyware/malware program.
- Download all Microsoft Security Updates.

Pay attention!!!

If you see things like the windows you just saw or ones that just naturally look suspicious...



Phishing

Pronounced “fishing”

It is IDENTITY THEFT!



WACHOVIA

Important Security Message

Dear Customer,

For your security, we have temporarily prevented access to your account. Wachovia safeguards your account when there is a possibility that someone other than you is signing on to your account. Due to this, your account is no longer active.

For immediate access to your account, please follow the reference link below to restore your account to your normal account activities:

<http://www.wachovia.com/authservices/security/activate>

Thank you for your patience as we work together to protect your account.

Sincerely,

Wachovia Security Department.

Accounts Management As outlined in our User Agreement, Wachovia will periodically send you information about site changes and enhancements.

Visit our Privacy Policy and User Agreement if you have any questions.

<http://www.wachovia.com/>

NEVER!

- ✓ respond to emails like these.
- ✓ logon to any financial location from an email.
- ✓ give out Usernames, passwords, CC numbers, account numbers or PINs in emails.

If you are concerned or wonder – call the company and ask for Customer Service.

Just remember, if you see these words...

‘Congratulations!!! You have won...’

‘All we need to deposit your winnings...’

‘Call us for the requirements...’

‘One additional step and the money is yours...’

Delete!

Google™ Cash



AS SEEN ON:



START TODAY!

- ▶ Make Money 7 Days A Week!
- ▶ No More 8 Hour Work Days!
- ▶ No More Stress at the Office!

Work from the
Comfort of your Home!

For only **\$1⁹⁹**

It's **Simple, Fast, & GUARANTEED!**



Make **\$6,500** extra
this month with Google!

Get Instant access! **\$1⁹⁹**
for only

Make Money From Home!

with Google™ Cash

Special Offer: **\$1.99 Instant Access!**

Card Type:



Name on Card:

Credit Card #:

Expiration: /

Security Code: [What's this?](#)

I am ordering the GoogleCash online system and agree to a trial membership for \$1.99 after three days I agree to a charge of \$49 a month thereafter if I do not cancel. Charges will appear on credit card statements as "WZCHARGE.COM"

Order Now >

Google™ Cash



AS SEEN ON:



START TODAY!

- ▶ Make Money 7 Days A Week!
- ▶ No More 8 Hour Work Days!
- ▶ No More Stress at the Office!

Work from the
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Make Money From Home!

with Google™ Cash

Special Offer: **\$1.99 Instant Access!**

Card Type:



Name on Card:

Credit Card #:

Expiration: /

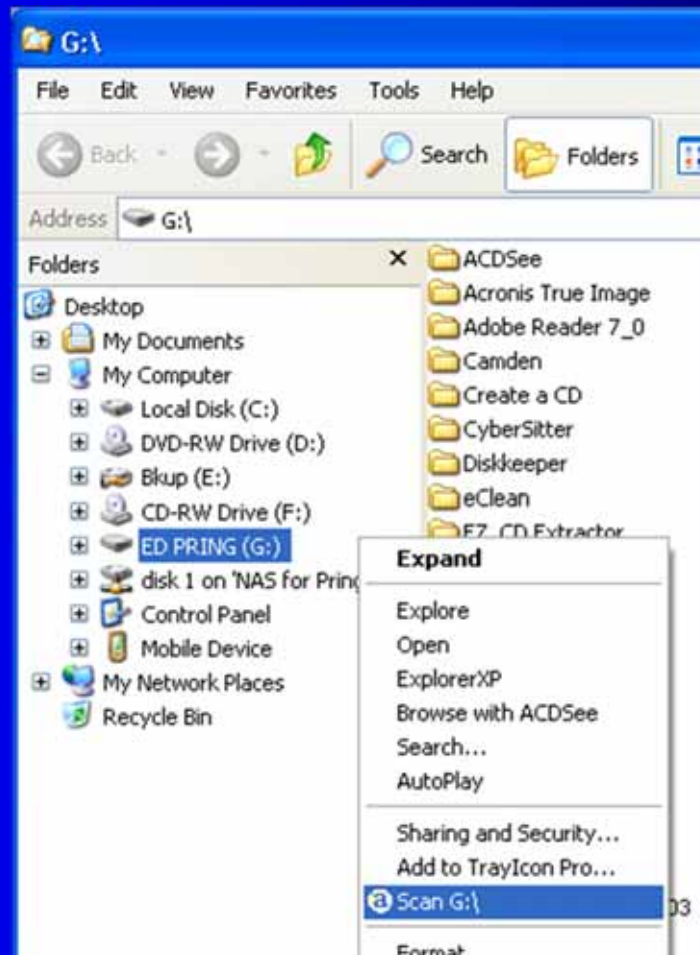
Security Code: [What's this?](#)

I am ordering the Google-Cash online system and agree to a trial membership for \$1.99 after three days. I agree to a charge of \$49 a month thereafter if I do not cancel. Charges will appear on credit card statements as "WELLCASH.COM"

Order Now >

Other 'things' to think about...

Never use someone else's thumbdrive (flash drive) on your computer without scanning it with an antivirus program.



Other things to think about...

- Never use someone else's thumbdrive (flash drive) on your computer without scanning it with an antivirus program.
- When you download a file from the internet, be sure you are not agreeing to get a lot of other things along with it. Be sure 'additional goodies' are unchecked.



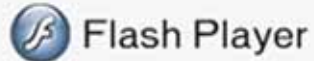
Your Account

SOLUTIONS | PRODUCTS | SUPPORT | COMMUNITIES | COMPANY | DOWNLOADS | STORE

Home / Downloads / Flash Player /

Adobe Flash Player Download Center Windows

Install



Enjoy the most vivid content on the web
Watch video without extra downloads
Interact with applications on your favorite sites

Also Install

YAHOO! TOOLBAR (Not required for operation of Flash Player)

SOFTWARE LICENSE Welcome to Yahoo! Toolbar (the "Yahoo! Software"). By clicking the "I Agree" button below, you agree to these software license terms (the "Software License") that supplement the Yahoo! Terms of Service ("TOS") below, also located at <http://docs.yahoo.com/info/terms/>.
If you disagree with any of the terms below, Yahoo! does not grant you a license to use the Yahoo! Software; click the "I Disagree" button to

[More offer info >](#)

Install Now

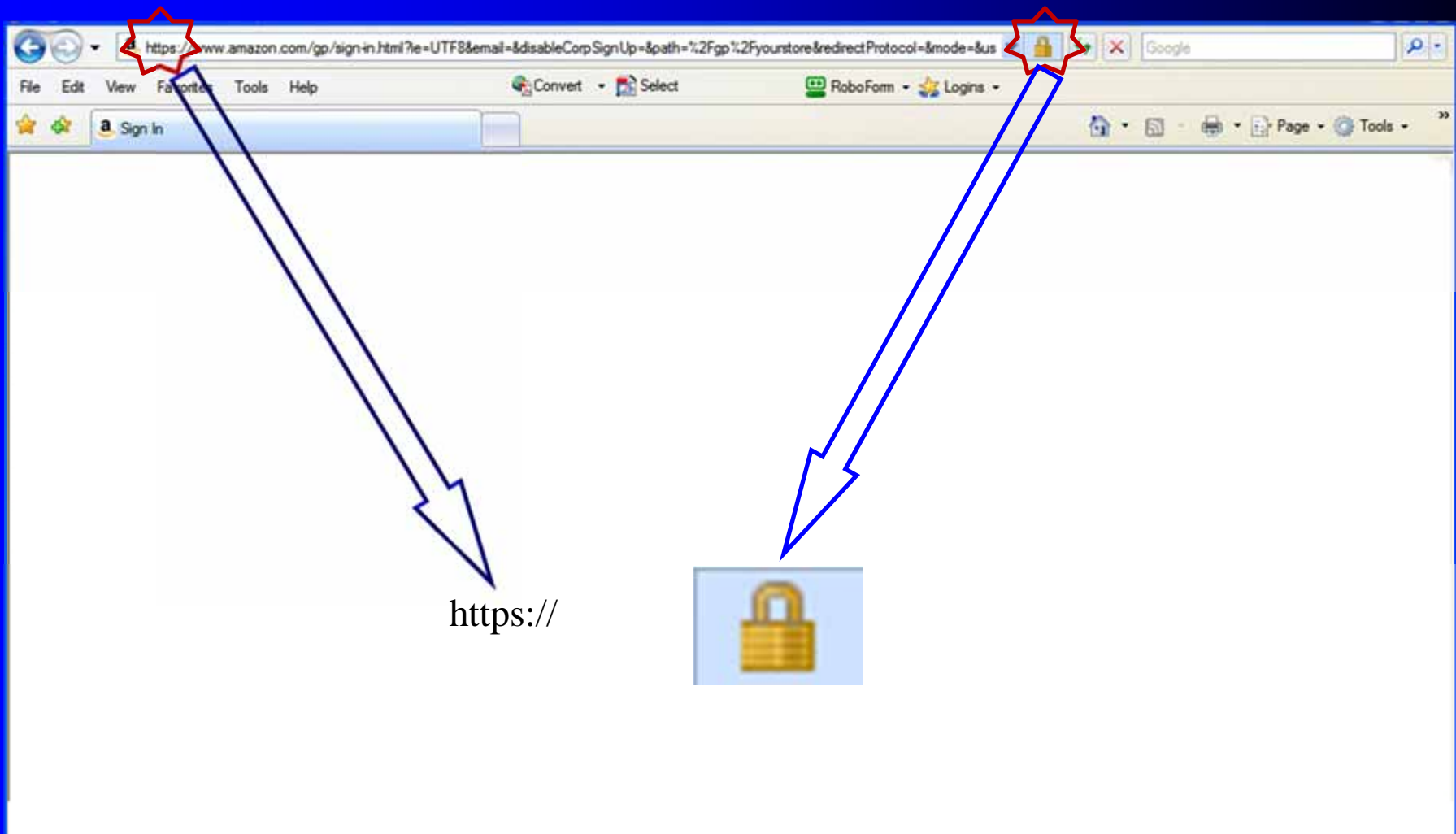
By clicking Install Now you agree to the Adobe Flash Player and Yahoo! Toolbar Software License Agreements.

Other things to think about...

- Never use someone else's thumbdrive (flash drive) on your computer before scanning it with your antivirus program.
- When you download a file from the internet, be sure you are not agreeing to get a lot of other things along with it. Be sure 'additional goodies' are unchecked.
- Clean up your computer once a month –(you can dust it more often!)

Other things to think about...

- Never use someone else's thumbdrive (flash drive) on your computer before scanning it with your antivirus program.
- When you download a file from the internet, be sure you are not agreeing to get a lot of other things along with it. Be sure 'additional goodies' are unchecked..
- Clean up your computer once a month –(you can dust it more often!)
- **Be secure when you shop on line.**



www.bbbonline.org



A Better Business Bureau® Program

BBBONLINE®

Promoting Trust and Confidence on the Internet

What I believe to be mandatory products for your computer security.

- A good and up-to-date Antivirus program.
- A good spyware/malware blocking program.

Antivirus Programs

You can purchase these products.

*You can download these products for **free**.*

These are good and free.

AVG

www.free.grisoft.com

Microsoft Security Essentials

www.microsoft.com/security_essentials/

AVAST

www.avast.com

My personal choice is Microsoft Security Essentials.

- It is free.
- It is very highly rated among antiviruses.
- It automatically updates.
- There is no “Pro” version to upgrade to for \$\$\$.

If you want to install a new antivirus program:

- Remove the old one – Do this first!
- Then install the new one.

Spyware/Malware Programs

You can purchase these products.

You can download these products for free.

These are good and free.

Ad-Aware

www.lavasoft.com/products/ad_aware_free.php

Malwarebytes

www.malwarebytes.org

Spybot

www.safer-networking.org/en/download/

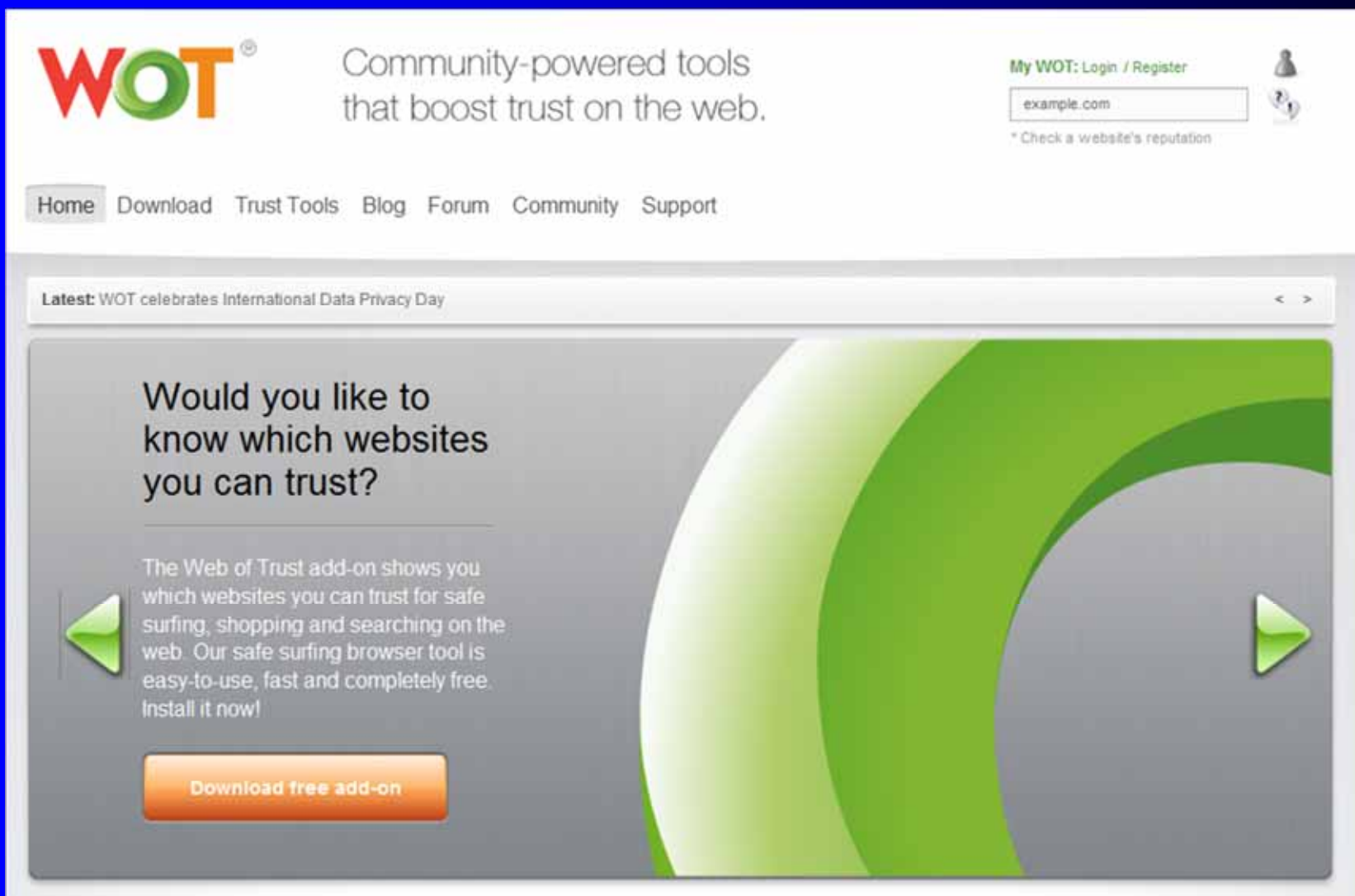
My personal choice is Malwarebytes.

- It is ~~free~~. I paid \$25 for a lifetime.
- It is very highly rated among malware programs.
- It automatically updates.

** All of the free malware programs, including Malwarebytes, are essentially 'after the fact'. If you get malware, you must run the program to remove the problem.

The \$25 version runs all the time and stops the installation of malware programs. It is pro-active.

Another [free] great tool!



The screenshot shows the WOT website homepage. At the top left is the WOT logo, followed by the tagline "Community-powered tools that boost trust on the web." To the right, there is a "My WOT: Login / Register" section with a search box containing "example.com" and a small icon of a person. Below this is a navigation menu with links for Home, Download, Trust Tools, Blog, Forum, Community, and Support. A "Latest" news section features a banner for "WOT celebrates International Data Privacy Day". The main content area has a large green graphic with the text "Would you like to know which websites you can trust?" and a description of the WOT add-on. A prominent orange button labeled "Download free add-on" is positioned at the bottom of this section.

WOT[®] Community-powered tools that boost trust on the web.

My WOT: Login / Register
example.com
* Check a website's reputation

Home Download Trust Tools Blog Forum Community Support

Latest: WOT celebrates International Data Privacy Day

Would you like to know which websites you can trust?

The Web of Trust add-on shows you which websites you can trust for safe surfing, shopping and searching on the web. Our safe surfing browser tool is easy-to-use, fast and completely free. Install it now!

Download free add-on

www.mywot.com/en/download

It is a rating system for websites.

The screenshot displays the WOT (Web of Trust) interface for the website mywot.com. The interface is organized into several sections:

- WOT rating** and **My rating** columns.
- Trustworthiness:** A green circle icon, a row of five grey person icons, and a horizontal bar with a gradient from red to green.
- Vendor reliability:** A green circle icon, a row of five grey person icons, and a horizontal bar with a gradient from red to green.
- Privacy:** A green circle icon, a row of five grey person icons, and a horizontal bar with a gradient from red to green.
- Child safety:** A green circle icon, a row of five grey person icons, and a horizontal bar with a gradient from red to green.

Below the rating sections, there is a button with an information icon and the text: **View scorecard for rating details.** Add your comment.

At the bottom, it shows **My activity score** with a progress bar and the number 325, and a **Register now** button. Below this, it says: **Improve your activity score by rating new sites.**

At the very bottom, there is a text box that reads: **Give back to WOT by making a contribution. This helps us continue to develop the add-on. Visit the WOT Firefox page and click the Contribute button. Thank you!**

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X Search

About 4,460,000 results (0.07 seconds)

Advanced search

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Ads

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Over 1600 **free screensavers** with thumbnail previews, descriptions and ratings. Our screen saver categories include: animals, art, animated, cars, cartoons, ...
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Free screensavers. More than 1000 screensaver to download. All savers has been downloaded and tested. No irritating messages will appear on the screensavers ...
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free screensavers

Search

[Advanced Search](#)

Web [+ Show options...](#)

Results 1 - 10 of about 1000

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Sponsored Link

www.Popularscreensavers.com

Great collection of screensavers for your desktop. Fast and fun

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Over 1600 free screensavers with thumbnail previews, descriptions and ratings. Our screen saver categories include: animals, art, animated, cars, cartoons, ...

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Free Animated Screensavers Desktop Wallpapers - Screensavers.com

Screensavers.com is the leader in free desktop wallpapers and screen savers for your computer. Our selection of themes include holiday screensavers, ...

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Free Screensavers, Desktop Screen Savers and Animated Wallpaper ...

Free desktop screensavers and animated wallpaper for Windows XP. Find desktop themes and an animated screensaver in many styles, including nature ...

www.americangreetings.com/downloads/screensavers.pd - [Cached](#) - [Similar](#) -

Free Screensavers, 100's to choose from with No Adware or Spyware.

Links to screen savers, themes and wallpaper. Topics include movies and motivation.

www.tnpsc.com/free.htm - [Cached](#) - [Similar](#) -

Free screensavers - more than 1300 to download at screensaverfree.com

Free screensavers. More than 1000 screensaver to download. All savers has been downloaded and tested. No irritating messages will appear on the screensavers ...

www.screensaverfree.com/ - [Cached](#) - [Similar](#) -

Free Screen Savers

Free Screen Savers for Windows. Download our original collection of free screen savers, holiday free screen savers, and halloween screen savers at Acez.com.

www.acez.com/ - [Cached](#) - [Similar](#) -

Screensavers | Download Free Screensavers

Free screensavers for every occasion. Download free screensavers and desktop themes for your computer. Over 20000 screensavers with previews and ...

www.aaascreensavers.com/ - 1 hour ago - [Cached](#) - [Similar](#) -



free music downloads

Search

Advanced S

Web [+ Show options...](#)

Results 1

[Free Music Downloads, Free MP3 Music Download - EZ-Tracks](#)

Get **free music downloads** online! Search over 50000 **Free MP3 Downloads**, find songs, artists, genres and more - **Free Legal Music Downloads** site for online ...

[Artists Directory](#) - [HIP HOP](#) - [Michael Jackson](#) - [Oldies](#)

www.ez-tracks.com/ - [Cached](#) - [Similar](#) -

[Free Music Downloads | 8 Million Free MP3 Downloads | 100% Free Music](#)

Free music downloads from popular and up-and-coming artists. Over 8000000 **free music downloads** and **free MP3 downloads** that grow by 500 MP3s a day.

www.yourfreemusicdownloads.com/ - [Cached](#) - [Similar](#) -

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Free music downloads! One of the largest Mp3 Search Engine on the net providing millions of mp3 **downloads**.

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Free Music Downloads! OVER 15 MILLIONS **free MP3 music to download**. Find, **download** and share **music** with your friends online. BearShare is the best **free music** ...

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[Links to Tens of Thousands of Legal Music Downloads](#)

MP3.com now offers only paid **music downloads**, but many **free music** sites ... You can **download free music** from many sites. Some of them allow you to buy the ...

www.goingware.com/tips/legal-downloads.html - [Cached](#) -

[Last.fm - Listen to free music with internet radio and the largest ...](#)

The world's largest online **music** catalogue, with **free music** streaming, videos, pictures, ... Do More: **Download Last.fm Scrobbler** · **Download iPod Scrobbler** ...

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[Free Music Downloads - Free MP3 Downloads - Free Streaming Music](#)

MP3.com offers thousands of **free** songs, albums, exclusive interviews and more for **free MP3 download** and **free** audio stream from popular mainstream artists ...

www.mp3.com/free-music/ - [Cached](#) - [Similar](#) -

[AirMp3 FREE MP3 Downloads & Free Music Downloads](#)

Offers **FREE MP3 Downloads** & **Free Music Downloads**. Large selection of music to


Free Music Downloads - Download Free MP3 Music - Best Limewire Alternative! - Windows Internet Explorer

http://www.bearshare.com

Free Music Downloads - Download Free MP3 Mu...

WOT Warning: This site has a poor reputation.

WARNING!


 **Malwarebytes' Anti-Malware**

Successfully blocked access to a potentially malicious website: 207.232.22.52

Type: outgoing
Port: 51186
Process: iexplore.exe

This site is safe - I want to rate it Ignore warning and go to the site

WOT
WEB OF TRUST

 **Malwarebytes' Anti-Malware**

Successfully blocked access to a potentially malicious website: 207.232.22.52

Type: outgoing
Port: 51186
Process: iexplore.exe

Done Intern

Hey!

Let's be careful out there...

?

Questions

?

Greensboro Computer Center for Seniors



www.greensboroshepnet.org

Passwords

I am not accusing anyone!!!

but...

These are not good passwords!

123456

12345

123456789

Password

Passw0rd

iloveyou

whatever

trustno1

princess

football

(your pet's name)

(your house number)

internet

letmein

abc123

111111

Make it at least 8 characters
and include a capital.

320shep00Net

- I joined ShepNet in March, 2000.

Le102317na

- My mother's name and birthdate.

Make it at least 8 characters
and include a capital.

However, if you are blonde...



mickeyminniegoofydonaldhueylouiedeweyRaleigh