

Backup & General Protection of Your Computer & You

Please take care if you decide to try out any programmes or downloads mentions in these notes. **I would be happy for you to contact me for any follow up information or help prior to you making changes to your system.**

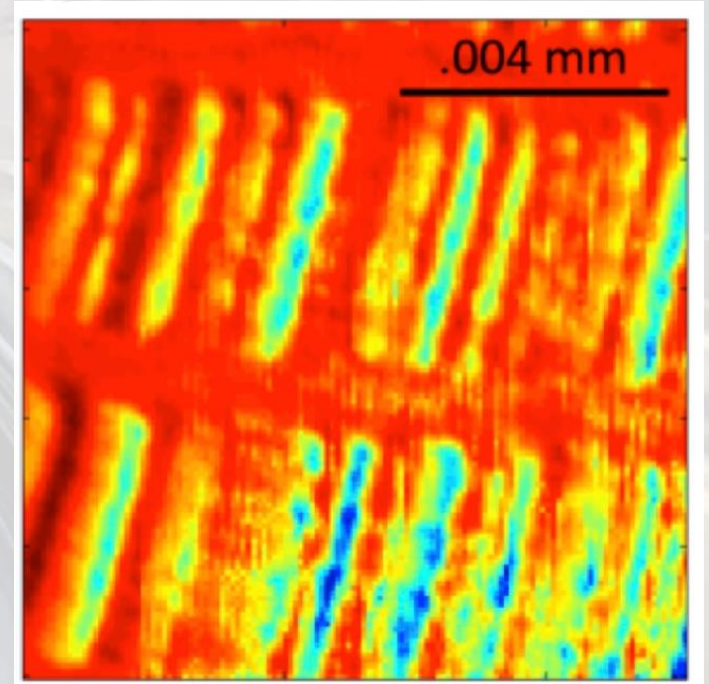
- Today's computers are more complex.
- More things can go wrong.
- While more complex they also have more built-in features to help keep your computer working well and secure.

- Why backup
- One thing you can rely on is that one day your computer will “break”.
- Due to mechanical / electronic failure or physical damage.
- Due to software failure.
- Due to an external attack.
- In such events your computer.
 - Will not start
 - Your data is not accessible
 - You can well lose all your created data.

- Where is your data saved
- It is on a “hard drive” or storage device.
 - Mechanical or Solid state;
 - Devices where the “bits” are “written” to the surface of the disk, or in solid state electronic parts.
- Computers use a Binary system of “0” and “1”.
- So Keith is written as

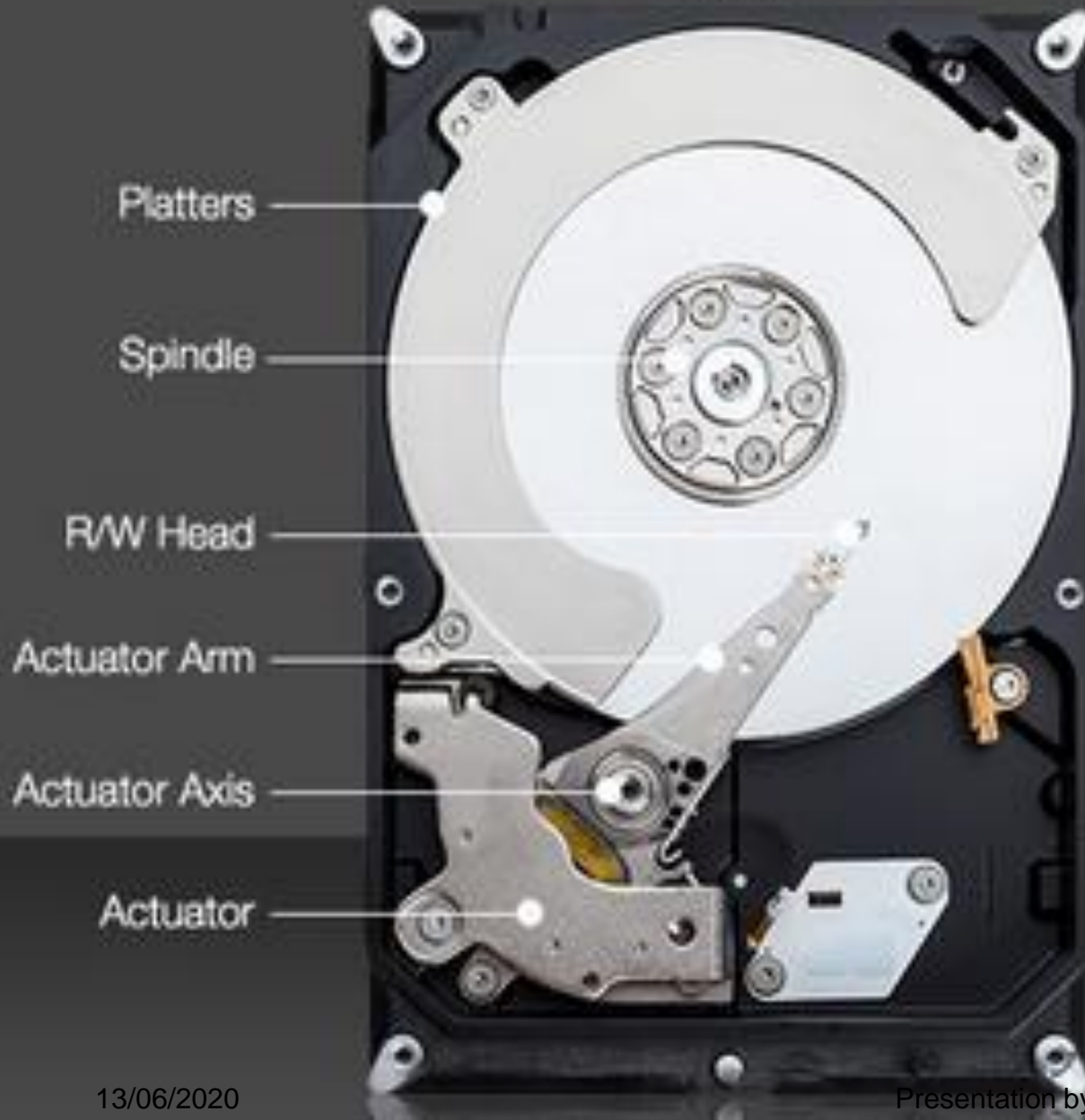
01001011 01100101 01101001 01110100 01101000

K



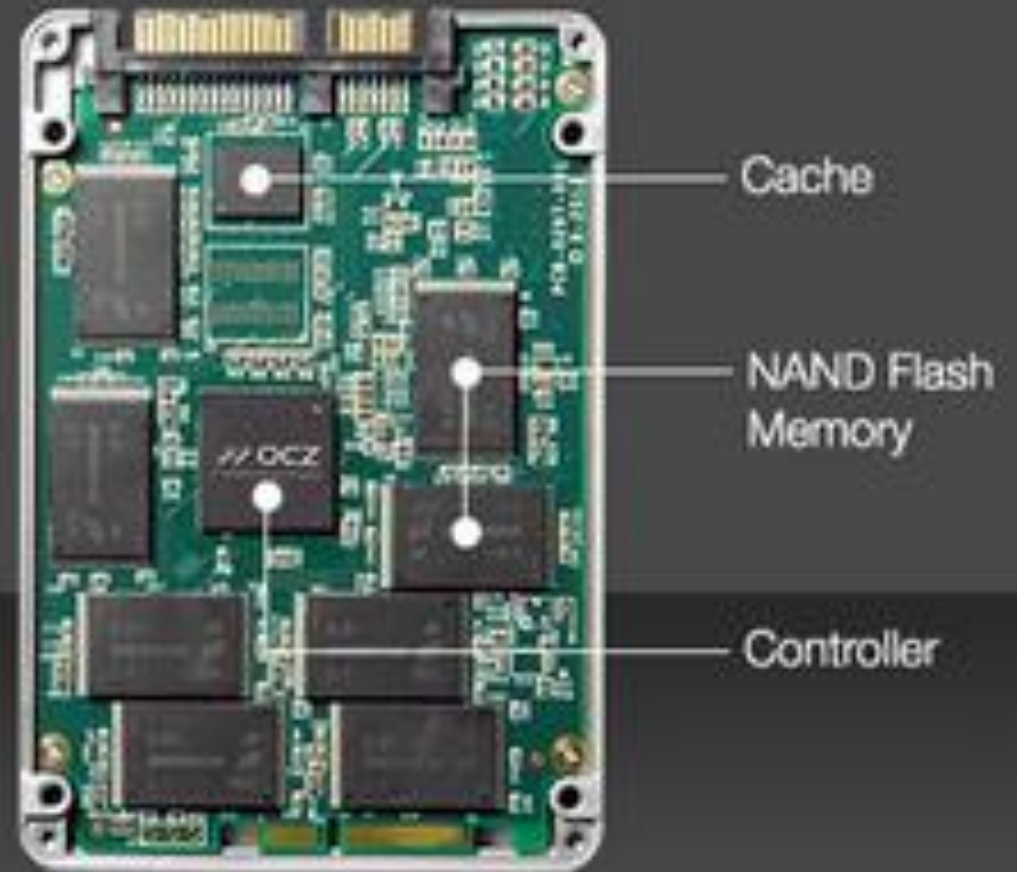
HDD

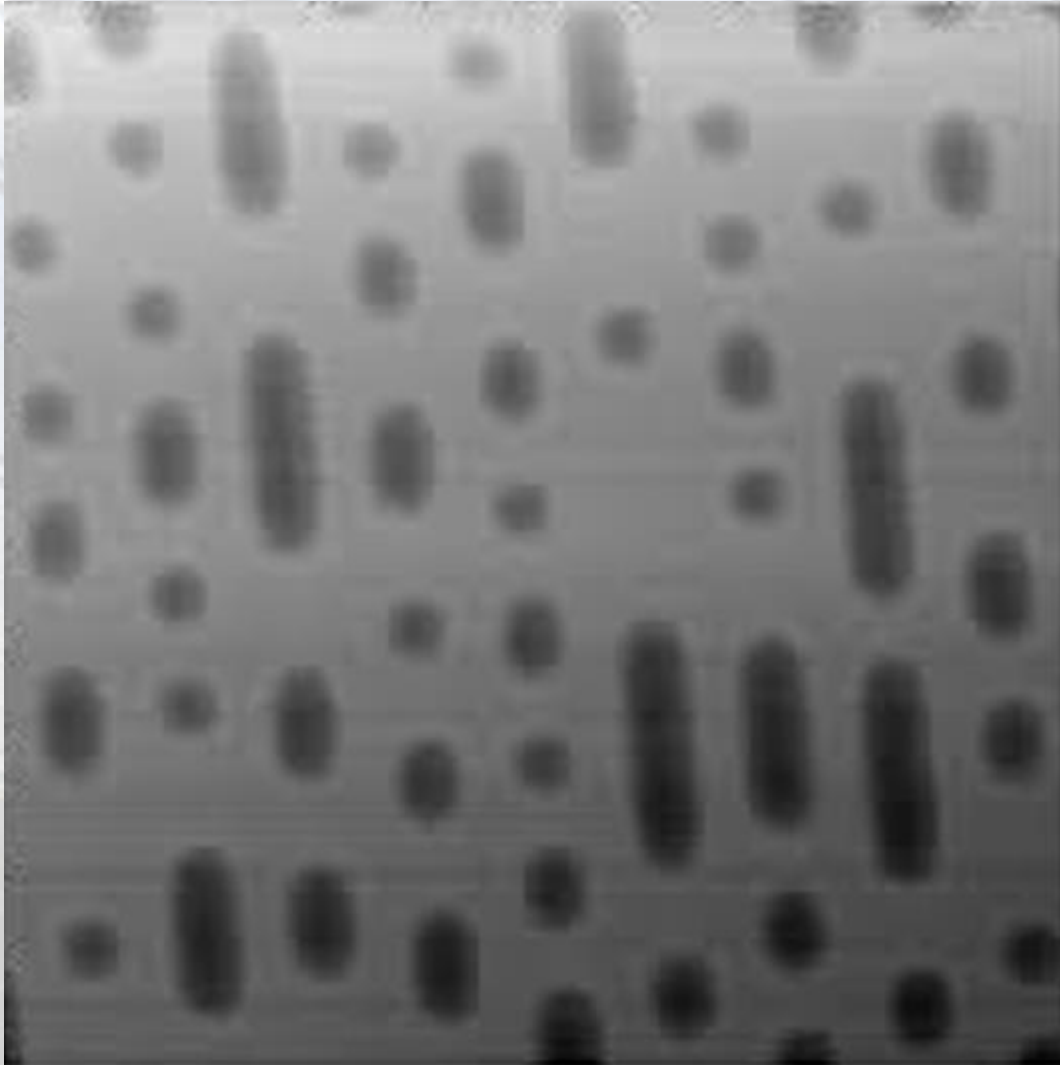
3.5"



SSD

2.5"





Highly magnified to show the “data”
Think of the white as all 0s and the black
as all 1s.

13/06/2020



This is a hard disk to demo the way your data
is stored, written to the disk : read from the
disk.

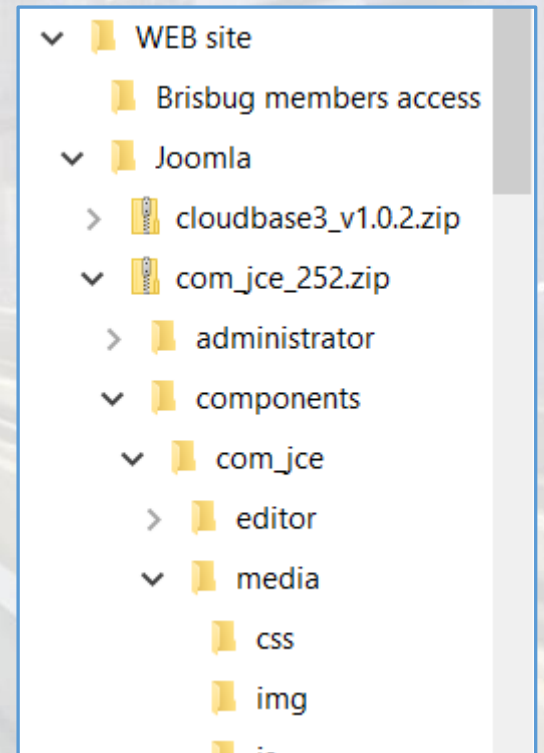
There are many tracks and the 1s and 0s are
written there by altering the surface material.
Essentially, it changes a “bit” from a 1 to a 0 or
a 0 to a 1.

Presentation by Keith Catts

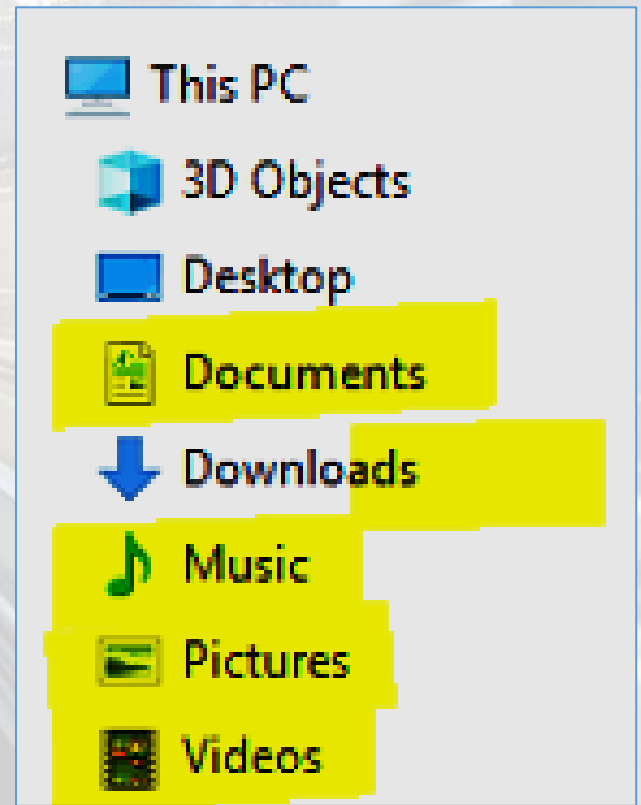
- Failures - Hardware damaged or “wears out”.
- Software
- The Windows Operating System fails and/or is corrupted.
- The computer is running but it will not start and install the Operating System.
 - Computer won't start.
 - Data is not accessible.
- Software fails from poorly written programmes, straight up glitches, viruses and corruption of the installed programmes.

- Finally, and possibly more often than not the issue, is the user.
 - Many failures are attributed to the user pushing the wrong button.
 - Not reading messages and understanding the decision being made.
 - Visiting unknown web sites.
 - Downloading from unknown locations.
 - Viruses and other Malware.
 - As the user you need to read messages and options on downloads, be patient when clicking let the computer do its job.

- Your Data.
- The first step is to make part of your file management the saving of your data as you work.
- Save your work regularly.
- A structured file management, will help ensure that you can find your work again and not lose it in the clutter on the computer.
- I suggest that the first action on starting a new document is to create the location where it will be stored, naming the document and saving it to that location.



- What to backup.
- Windows has some default storage locations where your data will save automatically.
- Highlighted folders, Documents; Music; Pictures and Videos; are where your data would be saved.
- Downloads is the default location for downloads from the web.
- Many backup programmes that do “quick” backs only save these folders.



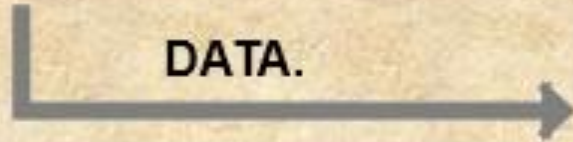
- One problem, is that that data is on the C: drive of the computer. Where Windows and programmes are installed.
- If you have to reinstall Windows it will write over C: drive and you could lose any data stored there.
- Windows is the most likely failure you will face through various corruptions of the system.
- One solution is to have a partition on the Hard Drive i.e. D: drive where you can save all your data so it is not on C: drive.

Where to Backup To

OS and Programmes backed up by disk image.



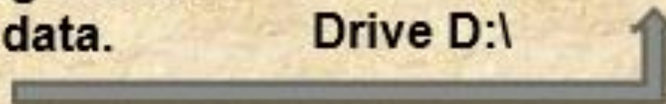
Backup by creating a duplicate on the single drive.



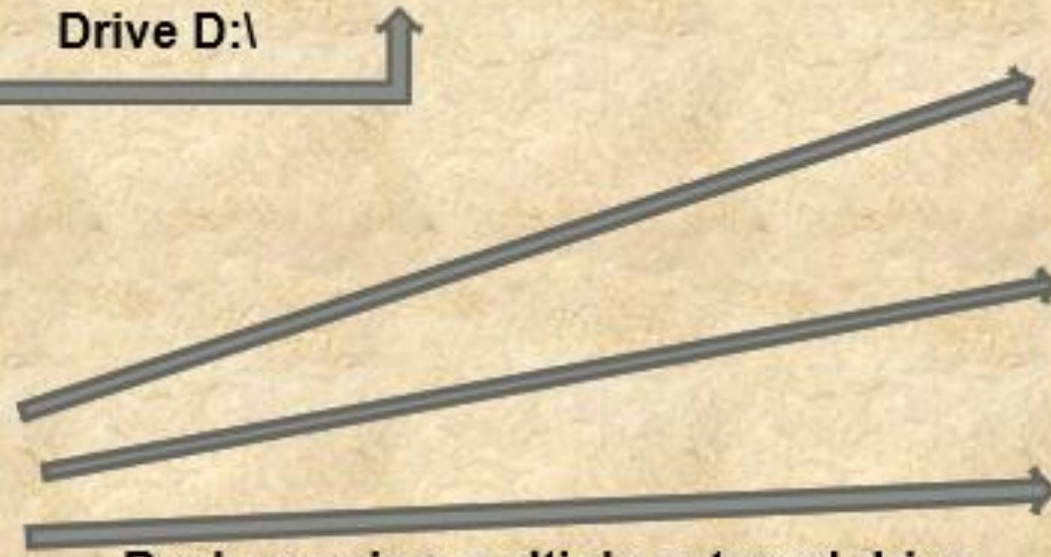
Backup using an external drive.



Backup by creating a Partitioned drive.
C:\ OS and programmes
D:\ all created data.



Backup by creating a Partitioned drive.
C:\ OS and programmes
D:\ all created data.
E:\ specific group of data
F:\ specific group of data

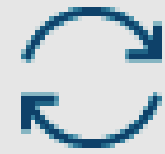


Backup using multiple external drive.

- What to use for back up.
- There are many backup programmes that you can choose from; some free and those you need to buy.
- What ever you chose an important criteria is that the backup data is available to access files without the need to run restore.
- Windows has its own backup built in.
- Seagate Backup Plus a readily available drive with backup programme.
- AOMIE another example.
- Karen Replicator (this is one I have used for years), small and simple.
- Make sure the programmes is not such that if it is changed or unavailable you can't access the back

Type	Back up	Restore
Full	Saves all the data in the plan	All data restored in one action and fastest and surest.
Incremental	Save just the changed data since last full or incremental backup.	Needs to add in all incremental backups with the full back up to restore all data. Is the longest to do and needs to keep track of the secondary backups.
Differential	Save just the changed data since the last full back up.	Needs to add the last backup to the full back up, also longer to do but quicker than incremental.

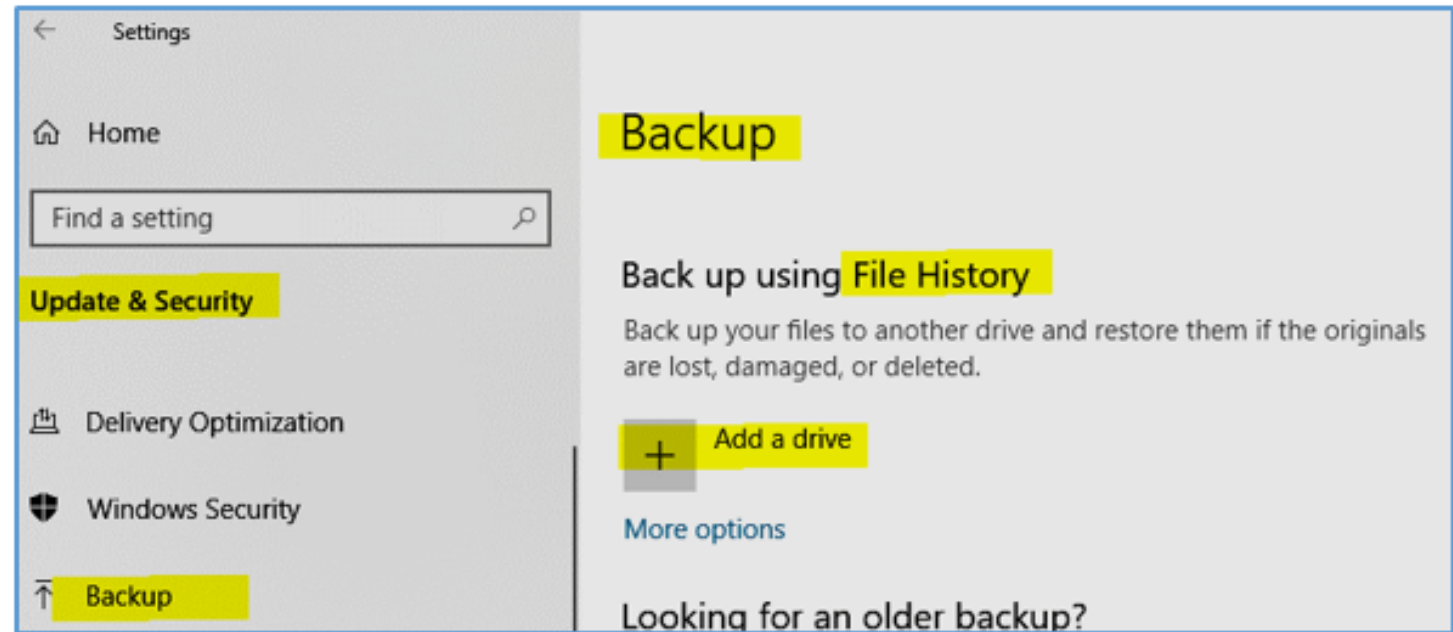
- Windows built in Backup.

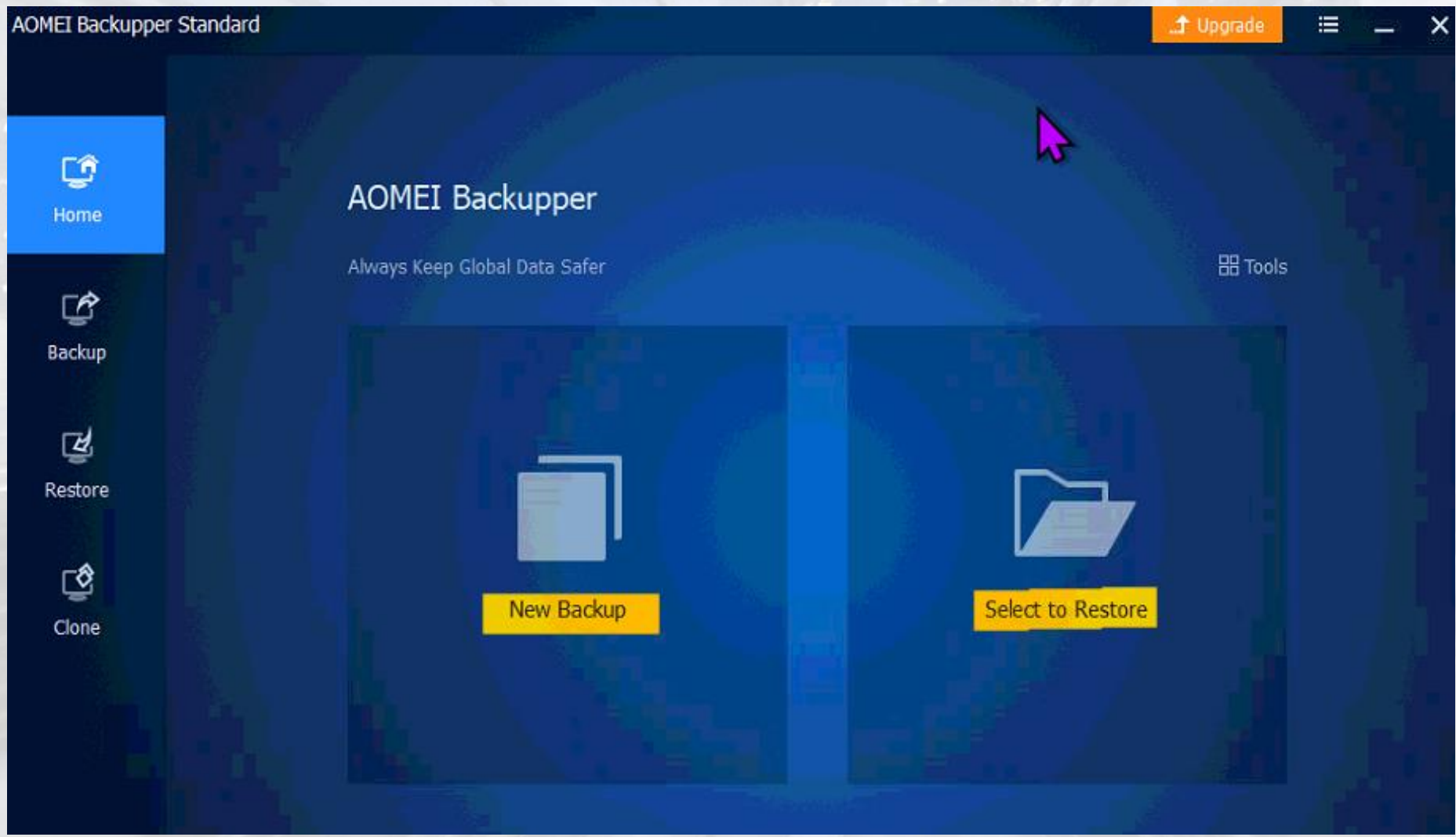


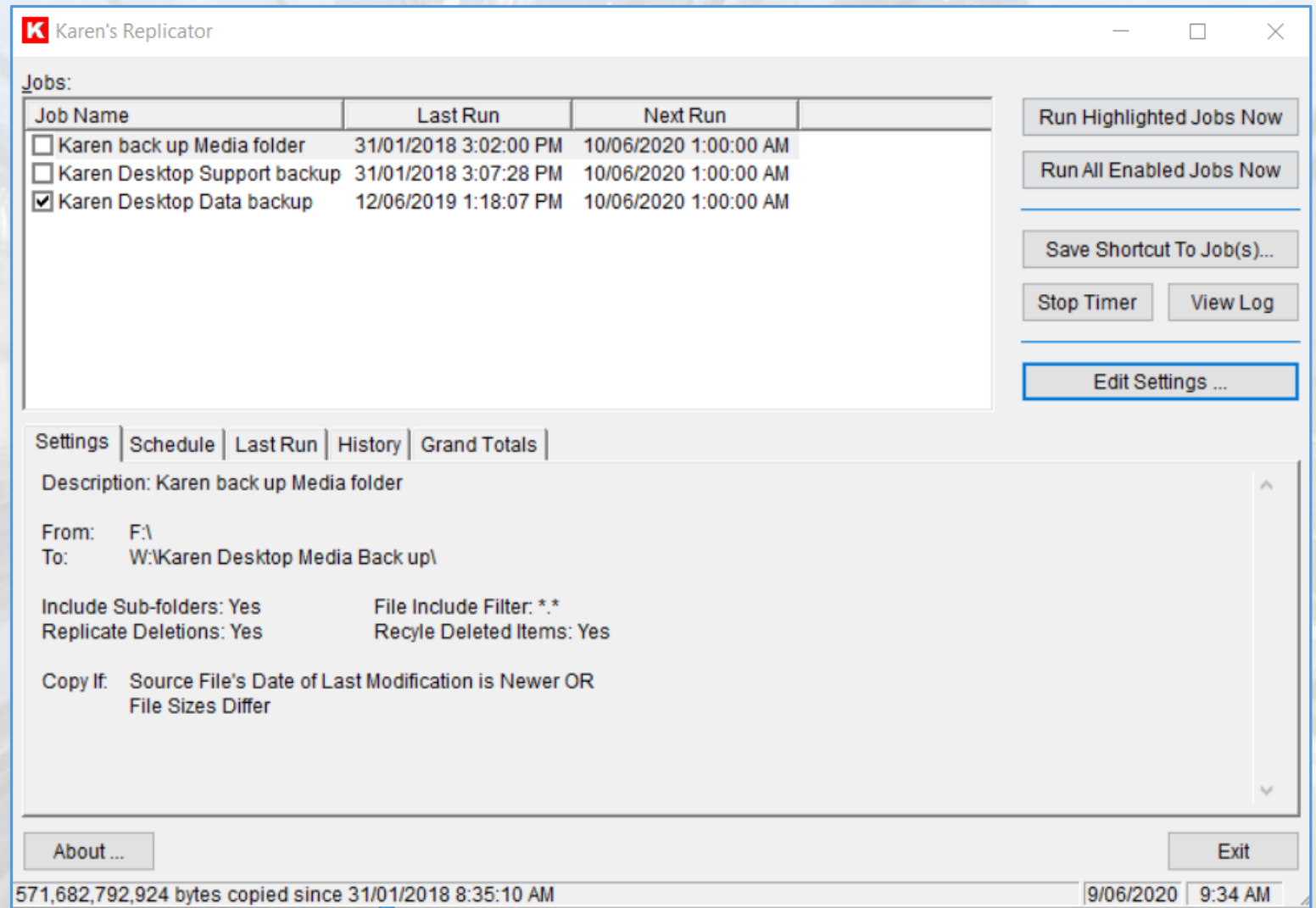
Update & Security

Windows Update, recovery, backup

- Backup using file history.
- Click the plus sign to start the set up.
- It will search for a drive and look for an external hard drive.







- You cannot copy and restore Windows or Programmes by copy and past.
- Windows and Programmes have to be installed.
- To have a recovery that will “restore” Windows and programmes you need to use one that IMAGES the drive.
- I use Macrium Reflect.
- It will also allow you to “mount” the image file so you can access any folder or file to recover data.
- Restoring with an image will put the computer back exactly as it was when the image was made.



Backup Tasks

Image selected disks on this computer

Create an image of the partition(s) required to backup and restore Windows

Create a File and Folder backup

Other Tasks

Details

Recovery

{86A83199-CB52-4962-9E4B-CE60AE}

File System: NTFS

Free Space: 90.8 MB

Total Size: 499.0 MB

Start Sector: 2,048

End Sector: 1,023,999

Refresh

GPT Disk 1 [88B23CE2-20A2-11E8-85E2-98298E127485] - TOSHIBA DT01ACA100 MS20A750 <931.51 GB>

<input checked="" type="checkbox"/>	1 - Recovery (None) NTFS Primary	2 - NO NAME (None) FAT32 (LBA) Primary	3 - (None) Unformatted Primary	4 - (C:) NTFS Primary	5 - Data (D:) NTFS Primary
	408.2 MB 499.0 MB	26.3 MB 100.0 MB	16.0 MB 16.0 MB	73.44 GB 589.11 GB	84.87 GB 341.80 GB

Actions... ▼

Clone this disk... Image this disk...

MBR Disk 2 [D8ED0368] - TOSHIBA External USB 3.0 0001 <931.51 GB>

<input checked="" type="checkbox"/>	1 - New Volume (E:) NTFS Primary	2 - (None) Unformatted Primary
	251.00 GB 621.01 GB	310.50 GB 310.50 GB

- Recovering Data.
- A very expensive exercise.
- Not always possible.
- Provided the hard drive / SSD is not damaged you can
- Remove the drive and install it in another computer.
- Or
- If the computer is usable (only Windows broken) you can
- Use a Linux disk to start the computer and run Linux from a DVD (do not install)
 - This will give you access to the drive and you can copy the data to a external drive.

Run Ccleaner – set the options and then run Analyse. When satisfied with selection run cleaner.

Click the Analyse button to run the selection. ¶
I suggest you always run this so you can have a look at what is suggested to be removed. ¶

Analysis Complete - (3.753 secs)
365 MB to be removed. (Approximate size)

Details of files to be deleted (Note: No files have been deleted yet)

Application	Size	Files
Microsoft Edge - Internet Cache	0 KB	15 files
Microsoft Edge - Internet History	0 KB	3 files
Microsoft Edge - Download History	0 KB	1 files
Microsoft Edge - Session	4 KB	1 files
Internet Explorer - Temporary Internet Files	396 KB	22 files
Windows Explorer - Thumbnail Cache	12,289 KB	13 files
System - Empty Recycle Bin	1,069 KB	1 files
System - Temporary Files	2,551 KB	87 files
System - Windows Log Files	155,451 KB	40 files
Advanced - Old Prefetch data	482 KB	21 files
Firefox - Internet Cache	199,368 KB	2,384 files
Firefox - Internet History	491 KB	13 files
Firefox - Cookies	0 KB	50 files
Firefox - Saved Form Information	192 KB	1 files
Google Chrome - Session	49 KB	16 files
Windows Store - Skype Metro App	12 KB	7 files
Applications - Adobe Reader DC	206 KB	3 files
Applications - Office 2016	1,558 KB	67 files
Utilities - TeamViewer	1 KB	4 files

Clean up your disk before a backup.

There is no use wasting time and disk space backing up temporary data.

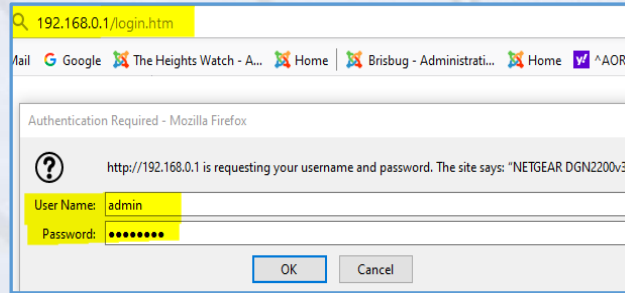
- What to backup
- All your created data files.
 - These can not be recreated if lost, or will take time to reproduce.
- Use an image to backup Windows System files or Programme files.
 - Image just c:/ drive for restore of Windows and Programmes and settings.
 - Image the entire drive to save all data.

- **Securing the computer**
Modem / Router – Wi Fi

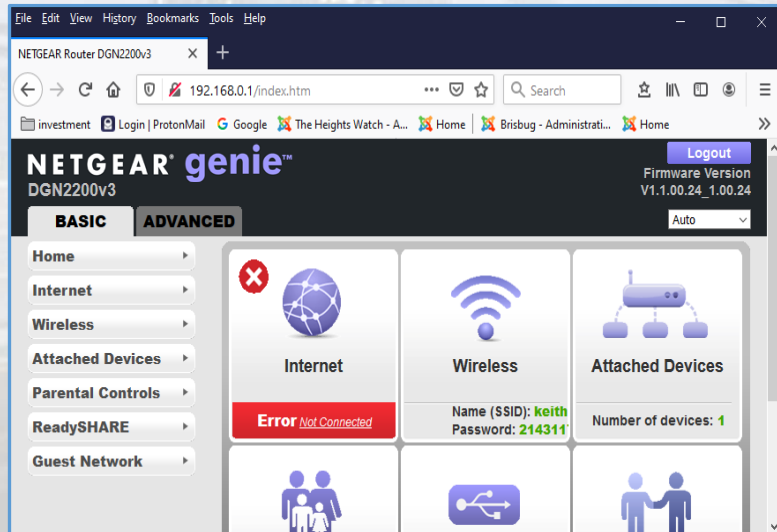
- To connect to the internet you use a modem/router to make the connection to your Internet Service Provider, Telstra, Optus etc.
- This equipment has built in services that will monitor and control access to the computer.
- While the Firewall is strong it is one way, controls incoming data.
- Routers have strong hardware level protection and it is the first line of defense.
 - Ensure it is protected by password to prevent access both local and from the internet.
 - Ensure that the protection is configured and running.
 - That the wireless is hidden (either hide the SSID or rename it to something that is unique) and give it strong password protection.



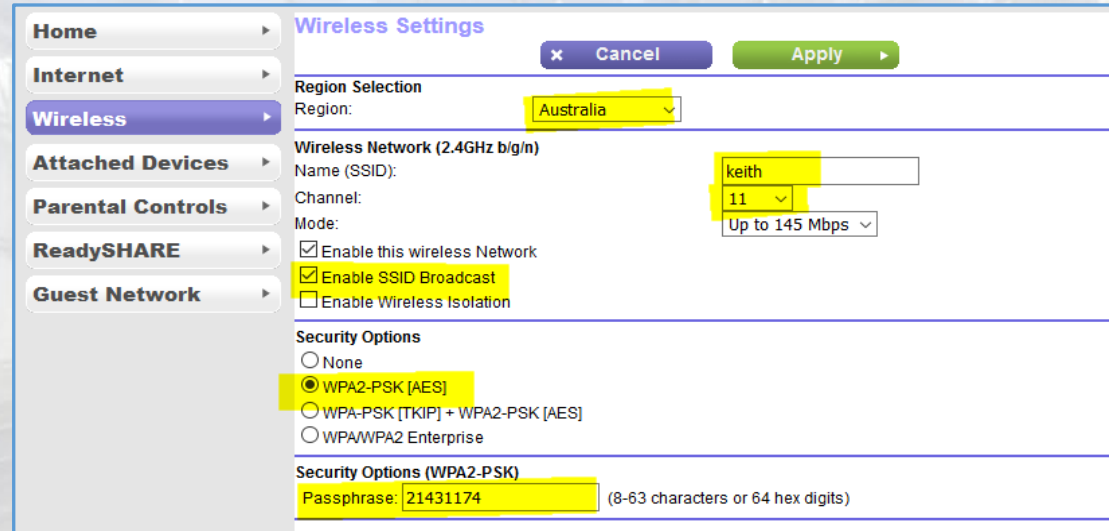
The router connected to the computer



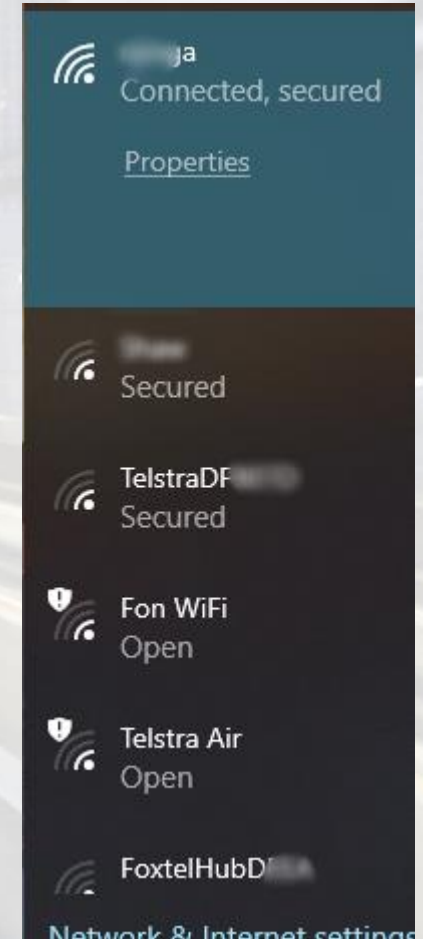
Access via a browser
Use the IP address (usually on the router)
Enter the login name and password.



Now you can configure the router and set up the connection to the ISP if needed.
Configure the Wi Fi.



The settings are highlighted.
The SSD name can be anything you like.
The channel can be any one in the drop down list.
Enable or disable the broadcast of the SSID to hide it.
Set the Security choose the WPA2 option.
Enter a strong password or Key to protect access to your WI FI.



Check how well your computer is protected from the outside world.

ShieldsUP!!
Port Authority Edition - Internet Vulnerability Profiling
by Steve Gibson, Gibson Research Corporation

Checking the Most Common and Troublesome Internet Ports

This Internet Common Ports Probe attempts to establish standard TCP Internet connections with a collection of standard, well-known, and often vulnerable or troublesome Internet ports on **YOUR** computer. Since this is being done from **our** server, successful connections demonstrate which of your ports are "open" or visible and soliciting connections from passing Internet port scanners.

Your computer at IP: [redacted]
Is being profiled. Please stand by. . .
Total elapsed testing time: 5.077 seconds

TruStealth Analysis
PASSED PASSED

Your system has achieved a **perfect** "TruStealth" rating. **Not a single packet** - solicited or otherwise - was received from your system as a result of our security probing.

Port	Service	Status	
<u>0</u>	<nil>	Stealth	There is NO EVIDENCE WHATSOEVER that a port (or even any computer) exists at this IP address!
<u>21</u>	FTP	Stealth	There is NO EVIDENCE WHATSOEVER that a port (or even any computer) exists at this IP address!
<u>22</u>	SSH	Stealth	There is NO EVIDENCE WHATSOEVER that a port (or even any computer) exists at this IP address!
<u>23</u>	Telnet	Stealth	There is NO EVIDENCE WHATSOEVER that a port (or even any computer) exists at this IP address!
<u>25</u>	SMTP	Stealth	There is NO EVIDENCE WHATSOEVER that a port (or even any computer) exists at this IP address!
<u>79</u>	Finger	Stealth	There is NO EVIDENCE WHATSOEVER that a port (or even any computer) exists at this IP address!
<u>80</u>	HTTP	Stealth	There is NO EVIDENCE WHATSOEVER that a port (or even any computer) exists at this IP address!
<u>110</u>	POP3	Stealth	There is NO EVIDENCE WHATSOEVER that a port (or even any computer) exists at this IP address!

• **Anti Virus**

- Attacks on a computer have from the start used emails for transport and infection of the computer.
- Anti Virus programmes are essential.
- These programme work by being able to recognise a virus and isolate it before it can do damage; have the “tools to delete it”.
- Each new virus when found, has a fix developed the anti virus programme is sent a “definition update”. To stop the virus.
- Anti virus programmes run live checks on all incoming emails and will stop a virus before it gets on to the computer.
- The Anti Virus programme must be kept up to date.

! AVG is out of date

UPDATE NOW

Basic protection

Full protection



Computer

Protected



Web & Email

Protected



Hacker Attacks

Not Protected



Privacy

Not Protected



Payments

Not Protected

Last virus scan: Never

SCAN COMPUTER

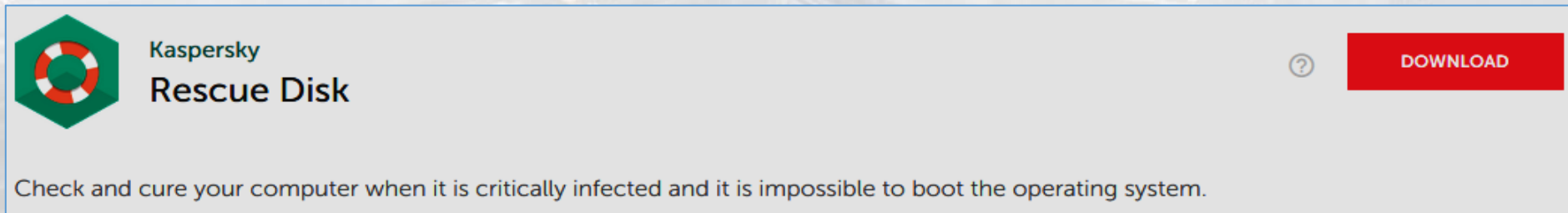


Virus definition: 10 hours ago



- Do a full scan, if you have concerns.
- There are a number of free programmes available but they will not have all the bells and whistles of paid for versions.
- Check out any detections reported.
- Look in the quarantine folder and delete any that are not safe.
- Run manual scans if you suspect any CD or USB to be run on the computer.
- Think something is still wrong after full scans.
- Run a Anti Virus resecure disk.
- This runs from it own boot and is able to look at all files.

- Most virus programmes will enable you to build a repair USB that can be run before the computer has started.
- From this you can then run a virus scan that will find viruses that can't be found on a running computer.
- This is a very powerful way to run a second virus check and find those viruses that hide and will reload when a computer starts.

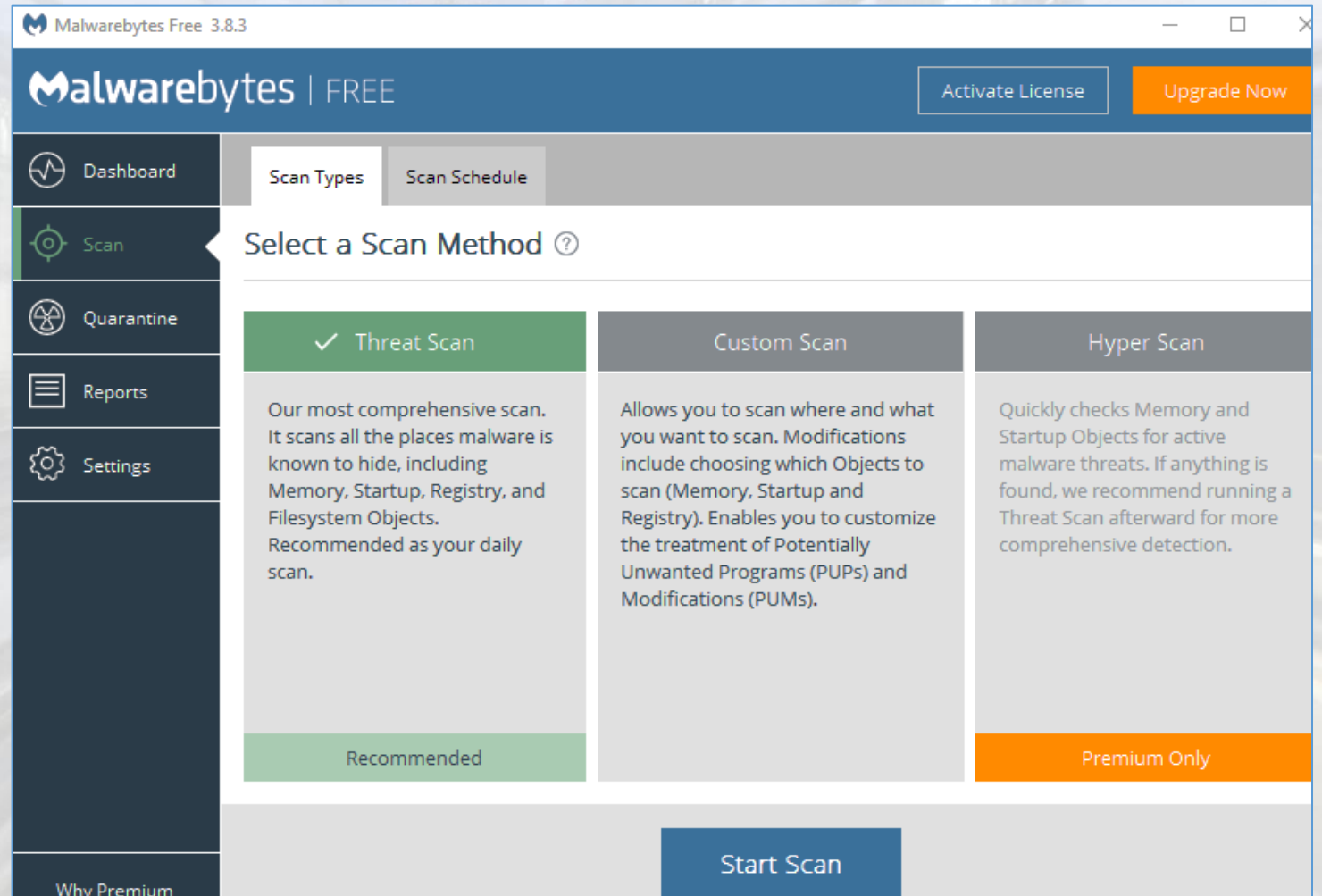


<https://free.kaspersky.com/>

- Malware,
- Malware is defined by its malicious intent, acting against the requirements of the computer user. The term can be applied to both true (malicious) malware and unintentionally harmful software.
- A botnet is a network of zombie computers that have been taken over by a robot or bot that performs large-scale malicious acts for the creator of the botnet.
- Computer worms are programs that can replicate themselves throughout a computer, performing malicious tasks.

- Malware, also called spyware can be just annoying or destructive. Adding in tool bars to your browser or stealing your information.

- Malware Bytes is a programme that will look for and delete any suspect data.



- **Firewall software.**
- This firewall is to give you protection not only on incoming traffic but importantly outgoing traffic.
- If there has been a “hack” of your computer and your data compromised it has to be sent “home”.
- This firewall will examine outgoing traffic and stop suspected traffic from sending your data to the hacker.
- A well know product is ZoneAlarm. It is free.
- There are many option but look for one that is easy to configure.
- Can be disabled if you need to test if the firewall is blocking “allowed” traffic.
- That update regularly.

- Many products on the market including paid version of free products include a suite of anti virus, malware, and firewall functions, and generally do some detection not available in free versions.
- Windows has a protection called Defender built in.
- It is getting better all the time and but may not be up to the level of say Norton's.
- But I do use it on a few computers and without issue.
- You generally don't find defender in test of this products so it is a bit hard to determine its performance against others.

- The above are some of the basic protection software to have on your computer, to protect against probes and attacks on your computer.
- They are not foolproof and will not catch all attacks and will not save you from lapses in your own common sense and checks.
- Protection for some attacks, such as Ransom Ware, are only available in pro (purchased) versions of the programmes.
- Ransom Ware and Root Kits are a couple of nasty viruses and can cause a lot of damage / loss of data.
- Be ever vigilant to check anything you are accessing and downloading, it will pay dividends.

- I have found that you are best to keep a close watch on names; sender; location; domains; message form, anything that just looks strange or unusual.
- If you think it is important, may be a friend or bank that you should answer, DON'T;
 - If in doubt separately contact (from your own details) the friend, bank etc. and see if they did send it.
- If you get a suspicious email, log into your online Web Mail Account and look at it there.
- The email is on the web server, and not on your computer.

YOU'RE DEVICES

Delete mail on server from the main holding



Leave mail on server on these devices



Uses a **mail programme** Outlook, Thunderbird to send and receive mail on the devices direct from your ISP. You can set Web Mail to be accessed directly.

INTERNET

WEB MAILSERVERS



YOU'RE ISP
OPTUS
TELSTRA
TPG
Send mail to and from your devices

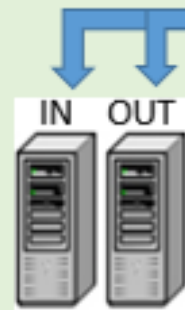


GMAIL
OUTLOOK.COM
PROTON MAIL
ETC.

You need to use a **Browser** to access the Web Mail from these suppliers. You can also access you ISP through Web Mail.

INTERNET

EXTERNAL WEB SERVERS



MAIL FROM OTHER ISP
Mail flows in an out from other ISP services

Inbox		Recycle Bin	Settings							
Check Mail	Wash Mail	Thunderbird								
* Classify	Dele	Status	Size	From	Subject	Received	Account	Domain		
		Friend	184.4 KB	U3A Brisbane (mail@u3abrisbane.org.au)	[U3A] Final Check of your Term 2 class deta...	2/03/2020, 12:00 PM	INBOX	u3abrisbane.org.au		
*		Good	126.4 KB	Qantas (qantas@e.qantas.com)	California Fly Away Sale on now	Today 5:06 AM	Google Mail-	qantas.com		
*		Good	126.4 KB	Qantas (qantas@e.qantas.com)	California Fly Away Sale on now	Today 5:06 AM	Google Mail-	qantas.com		
*		Good	4.0 MB	PC Update editor (editorpc@melbpc.org.au)	The March 2020 Edition of PC Update	2/03/2020, 9:17 PM	president@brisbug.asn.au	melbpc.org.au		
		Good	39.8 KB	Melb PC User Group (office@melbpc.org.au)	Melb PC - Keith, your monthly meeting no...	1/03/2020, 9:55 PM	president@brisbug.asn.au	melbpc.org.au		
		Friend	62.2 KB	Connecting Up Events (noreply@connectingup...	WebCon is back - Google Ads & Analytics	Today 6:01 AM	csscoffice@u3abrisbane.org...	connectingup.org		
		Spam	5.4 KB	Anna (info@tradiphy.com)	Follow the best traders and enjoy the resul...	Today 6:23 AM	president@brisbug.asn.au	tradiphy.com		
		Spam	17.8 KB	Australian Sales Script Book (info@1treebridg...	[L4] Crisis Time calls for Selling - Get Your S...	Today 5:22 AM	president@brisbug.asn.au	1treebridge.com		
		Spam	5.4 KB	Anna (info@tradiphy.com)	Follow the best traders and enjoy the resul...	Today 5:03 AM	president@brisbug.asn.au	tradiphy.com		
		Spam	51.7 KB	Tech News You Can Use (newsletters@techrep...	Twitter bans employee travel due to coron...	Today 6:58 AM	shadjas gmail	online.com		
		Spam	5.4 KB	Anna (info@tradiphy.com)	Follow the best traders and enjoy the resul...	Today 5:02 AM	president@brisbug.asn.au	tradiphy.com		
		Spam	5.4 KB	Anna (info@tradiphy.com)	Follow the best traders and enjoy the resul...	Today 4:15 AM	president@brisbug.asn.au	tradiphy.com		
		Spam	21.2 KB	Craig (info@prod-test.com)	Freedom from emotional pain.	Today 2:38 AM	president@brisbug.asn.au	prod-test.com		
		Spam	261.5 KB	Damart Newsletter (Damart@e.innovations.co...	New Winter Arrivals Reversible Nehru Col...	Today 7:39 AM	Google Mai	innovations.com.au		
		Spam	5.4 KB	Anna (info@tradiphy.com)	Follow the best traders and enjoy the resul...	Today 8:05 AM	president@brisbug.asn.au	tradiphy.com		

- DO NOT ANSWER ANY QUESTION ABOUT YOURSELF;
- DO NOT SEND ANY ID INFORMATION;
- DO NOT REPLY TO ANY LINK IN AN EMAIL (unless you are certain it is OK);
- DO NOT CLICK POP UP BOXES,
- DO NOT USE UNSUBSCRIBE BUTTONS ON SUSPICIOUS EMAILS.

- *Ransomware is a type of malware which restricts access to the computer system that it infects, and demands a ransom paid to the creator(s) of the malware in order for the restriction to be removed.*
- *Scareware is scam software of usually limited or no benefit, containing malicious payloads that is sold to consumers via certain unethical marketing practices.*
- *Spyware refers to programs that surreptitiously monitor activity on a computer system and report that information to others without the user's consent.*
- *One particular kind of spyware is key logging malware. Keystroke logging, is the action of recording (logging) the keys struck on a keyboard.*
- *A Trojan horse, commonly known as a Trojan, is malicious software that loads and hides and waits for an event to activate.*

Browsers and Mail. Configuration.

- Browsers and Mail Clients and Web Mail will allow you to configure them. Set them to do what you want to allow.
- You should open the settings page and work through the options.
- Privacy and Protection
- What is the home page.
- Cookies.
- Save passwords and auto forms.
- Set security levels

Browser Privacy

Enhanced Tracking Protection



Trackers follow you around online to collect information about your browsing habits and interests. Firefox blocks many of these trackers and other malicious scripts. [Learn more](#)

[Manage Exceptions...](#)

Standard

Balanced for protection and performance. Pages will load normally.

- Social media trackers
- Cross-site tracking cookies
- Tracking content in Private Windows
- Cryptominers
- Fingerprinters

ⓘ You will need to reload your tabs to apply these changes.

[Reload All Tabs](#)

Strict

Stronger protection, but may cause some sites or content to break.

Custom

Choose which trackers and scripts to block.

Send websites a "Do Not Track" signal that you don't want to be tracked [Learn more](#)

- Always
- Only when Firefox is set to block known trackers

Cookies and Site Data

Your stored cookies, site data, and cache are currently using 1.0 GB of disk space. [Learn more](#)

[Clear Data...](#)

[Manage Data...](#)

[Manage Permissions...](#)

- Delete cookies and site data when Firefox is closed

Logins and Passwords

- Ask to save logins and passwords for websites
- Autofill logins and passwords
- Suggest and generate strong passwords
- Show alerts about passwords for breached websites [Learn more](#)
- Use a master password

[Exceptions...](#)

[Saved Logins...](#)

[Change Master Password...](#)

History

Firefox will [Use custom settings for history](#)

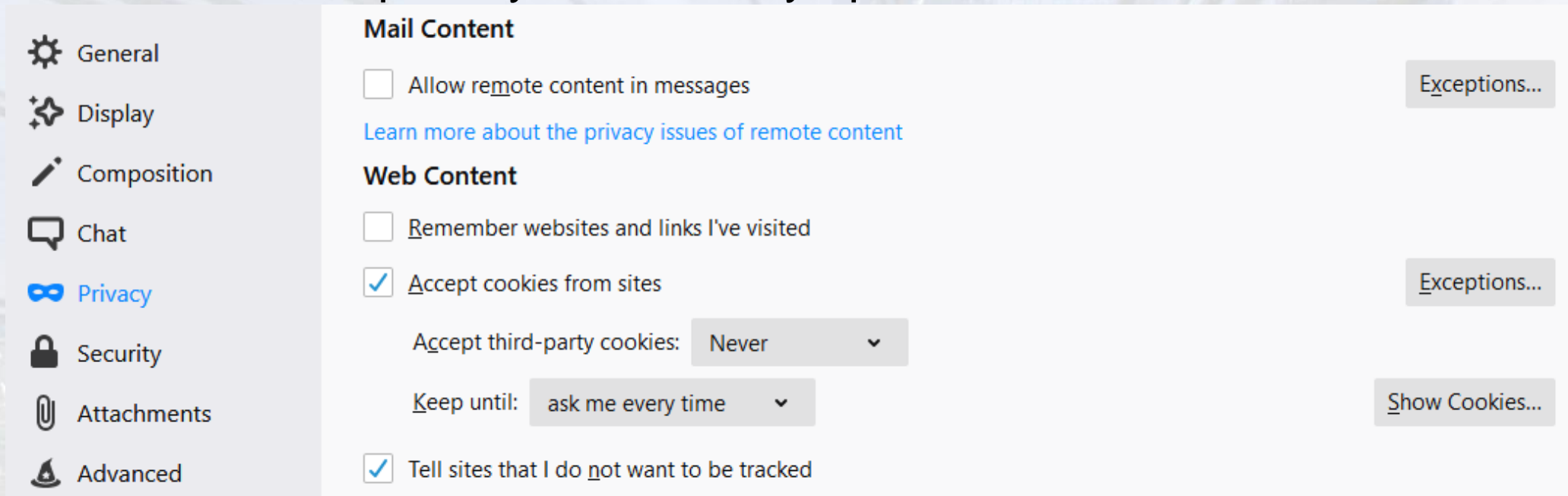
- Always use private browsing mode

[Clear History...](#)

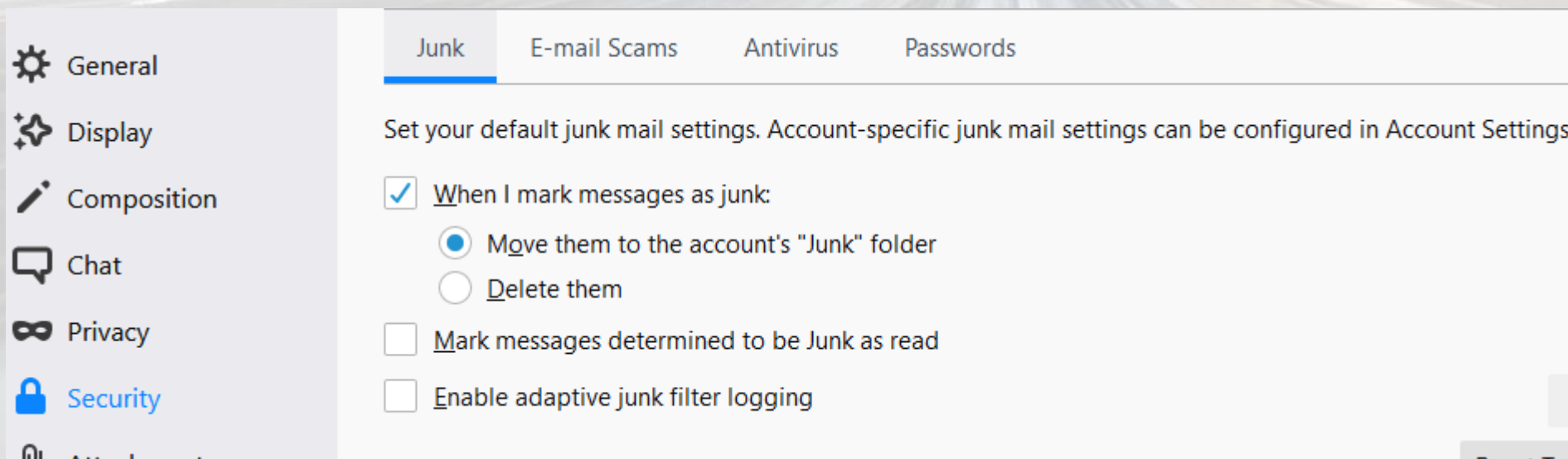
A part of the setting sections in Firefox Browser

Presentation by Keith Catts

Thunderbird Mail privacy and security options



The screenshot shows the 'Privacy' settings window in Thunderbird Mail. On the left is a sidebar with icons for General, Display, Composition, Chat, Privacy (highlighted), Security, Attachments, and Advanced. The main content area is titled 'Mail Content' and 'Web Content'. Under 'Mail Content', there is a checkbox for 'Allow remote content in messages' which is unchecked, with an 'Exceptions...' button to its right. Below this is a blue link: 'Learn more about the privacy issues of remote content'. Under 'Web Content', there is a checkbox for 'Remember websites and links I've visited' which is unchecked. Below that is a checked checkbox for 'Accept cookies from sites', with an 'Exceptions...' button to its right. Underneath is a dropdown menu for 'Accept third-party cookies:' set to 'Never'. Below that is another dropdown menu for 'Keep until:' set to 'ask me every time', with a 'Show Cookies...' button to its right. At the bottom is a checked checkbox for 'Tell sites that I do not want to be tracked'.



The screenshot shows the 'Junk' settings window in Thunderbird Mail. The sidebar on the left is identical to the previous screenshot, but 'Security' is highlighted. The main content area has tabs for 'Junk', 'E-mail Scams', 'Antivirus', and 'Passwords', with 'Junk' selected. Below the tabs is a heading: 'Set your default junk mail settings. Account-specific junk mail settings can be configured in Account Settings.' There are four settings: 1) 'When I mark messages as junk:' with a checked checkbox and two radio button options: 'Move them to the account's "Junk" folder' (selected) and 'Delete them'. 2) 'Mark messages determined to be Junk as read' with an unchecked checkbox. 3) 'Enable adaptive junk filter logging' with an unchecked checkbox.

- **Browsers**
- Internet is part of today's life with many government and other organisations “forcing” you to use it for contact and services.
- Check the site.
- Is it the one you wanted.
- Is it a legitimate business.
- Does it have a good reputation for safety data tracking.
- Does it force third party programme on to you. Either openly or hidden.
- Does it capture your personal information.

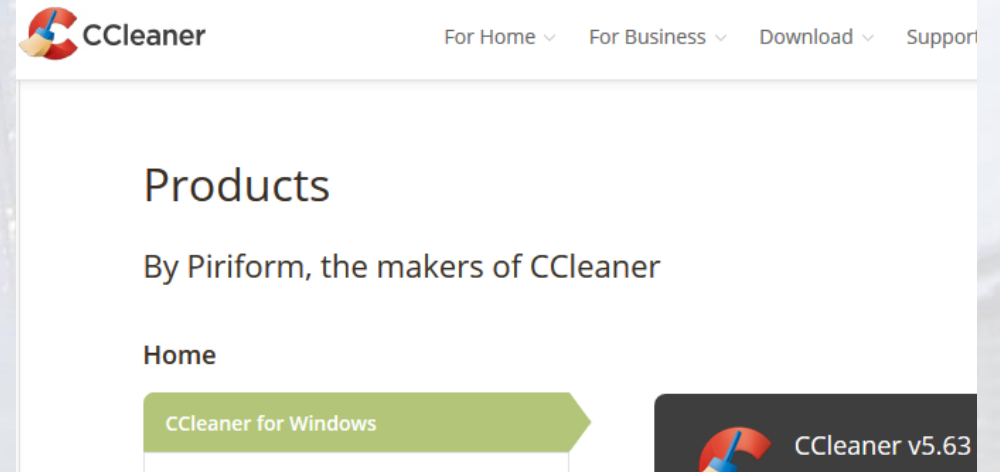
- You must take care and do not open sites you don't know, ones that you did not select.
- If in doubt stop and do some “searches” to see if the site has a good or bad history.
- When doing a search and you get the list of possible hits on your query.
 - Check the actual URL for an item to see it is the site you chose or some “reseller”.
- Google captures your data and profiles you.
- An alternate is Duck Duck Go, it does not.

www.ccleaner.com ▾

Clean & speed up your slow PC | CCleaner Official Website

Clean, speed up your slow PC or Mac, update outdated software and protect your privacy online. Home of the hugely popular **CCleaner**, download it FREE ...

This is the direct site of the “developer” best one to use.



Products

By Piriform, the makers of CCleaner

Home

CCleaner for Windows

CCleaner v5.63

filehippo.com > System Tuning & Utilities ▾

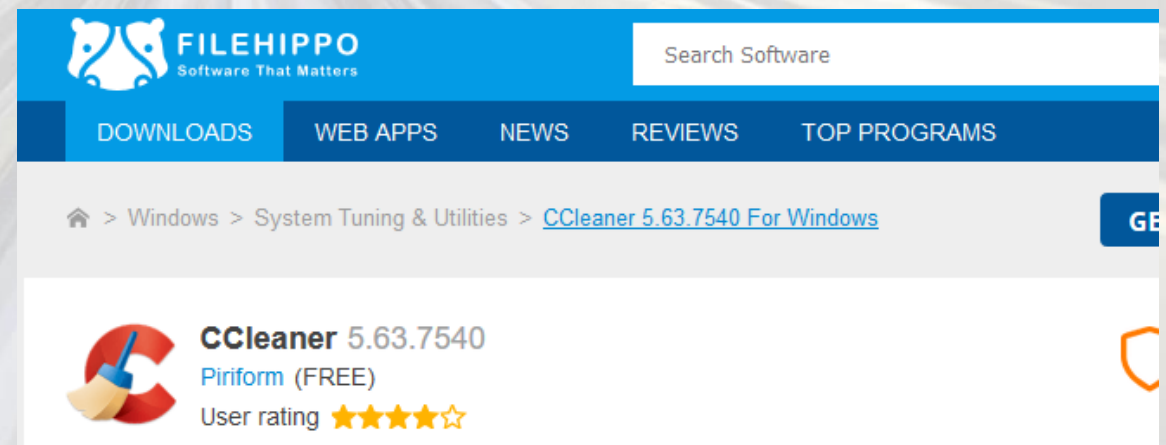
Download CCleaner 5.63.7540 for Windows - Filehippo.com

★★★★★ Rating: 8/10 - 949 votes - Free - Windows - Utilities/Tools

Jun 25, 2019 - **CCleaner** for Windows is a free PC optimizer that frees up space on your

This is a third part site that is providing a download and it make money doing it.

Some are not invasive; but many are and they can send out of date downloads or additional products they are pushing. You need to read the info and make sure it is what you want.



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Home > Windows > System Tuning & Utilities > [CCleaner 5.63.7540 For Windows](#)

CCleaner 5.63.7540
Piriform (FREE)
User rating ★★★★★


- Internet - is it safe?
- In short NO.
- How to be safe? don't connect – use a separated device.
- Using the internet requires that you use your common sense and consider where you access and what you download.
- In an open environment you are visible to the world and your activities can be tracked your details captured and a profile of your likes built.
- You are allocated an IP address from your service provider and this is the same as a postal address.
- It is where you are so you can be tracked by this IP address (for good or for bad).

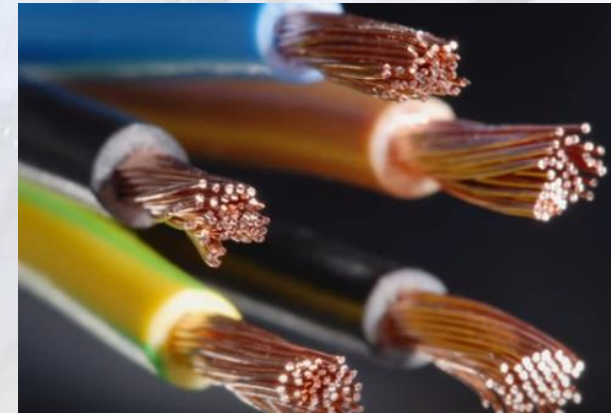
- **Scam Watch has reported Gen Z the fastest growing victims of scams** <https://www.scamwatch.gov.au/>
- Australians under 25 lost over \$5 million to scams in 2019 and reports made from this age group are increasing faster than older generations.
- In 2019, around 12,000 (7.15 per cent) reports made to Scamwatch were from people under the age of 25,
- “Scammers don’t discriminate based on age and the wide-range of scams reported by this age group is concerning,”
- “Young people may think they are tech savvy, scammers are adapting and we expect to see more scams on platforms such as Snapchat and TikTok.”
- Facebook and Instagram were the most common platforms for reports and losses by those under 25, with typical scams fake online stores or the
- Online shopping scams were the most common scams, making up more than 14 per cent of reports and almost 12 per cent of losses.
- “Almost half of the losses to people under 25 occurred through bank transfer but you should also be wary of sellers asking for payment through unusual payment methods such as gift cards or bitcoin.
- “Always try to purchase tickets from authorised sellers and be aware that many links sourced through social media will not be legitimate.”
- Additionally, scammers are using social media platforms and email as forums for sextortion scams, where they threaten to share intimate images of you online, unless you give in to their demands.
- “In many cases if you receive a sextortion threat from a stranger claiming they have compromising images or video footage of you, these images don’t actually exist, so delete the message. If you are concerned, you can contact the e-Safety Commissioner,”
- Scammers can also target children who play online video games, such as Fortnite, by offering unlocked achievements or special items in exchange for money or gift card codes.
- “By targeting children, scammers could obtain personal and banking information from the individual’s parents
- “We encourage parents and guardians to ensure children do not share personal or banking details online.


- What is the Internet is it a Cloud?

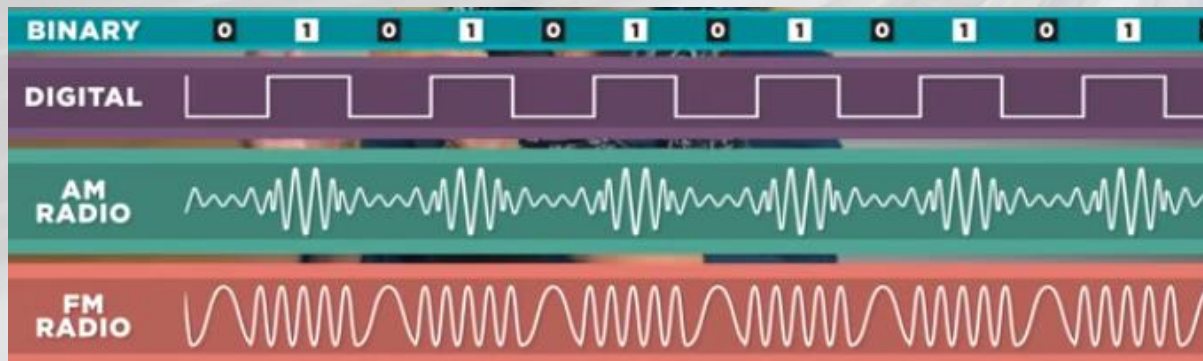
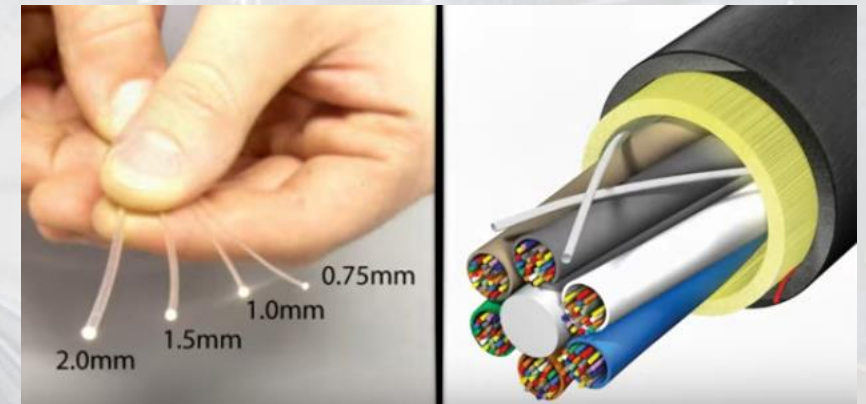


- It is a world wide network of computers (like a big spider web).
- It is really hard “wire” cables.

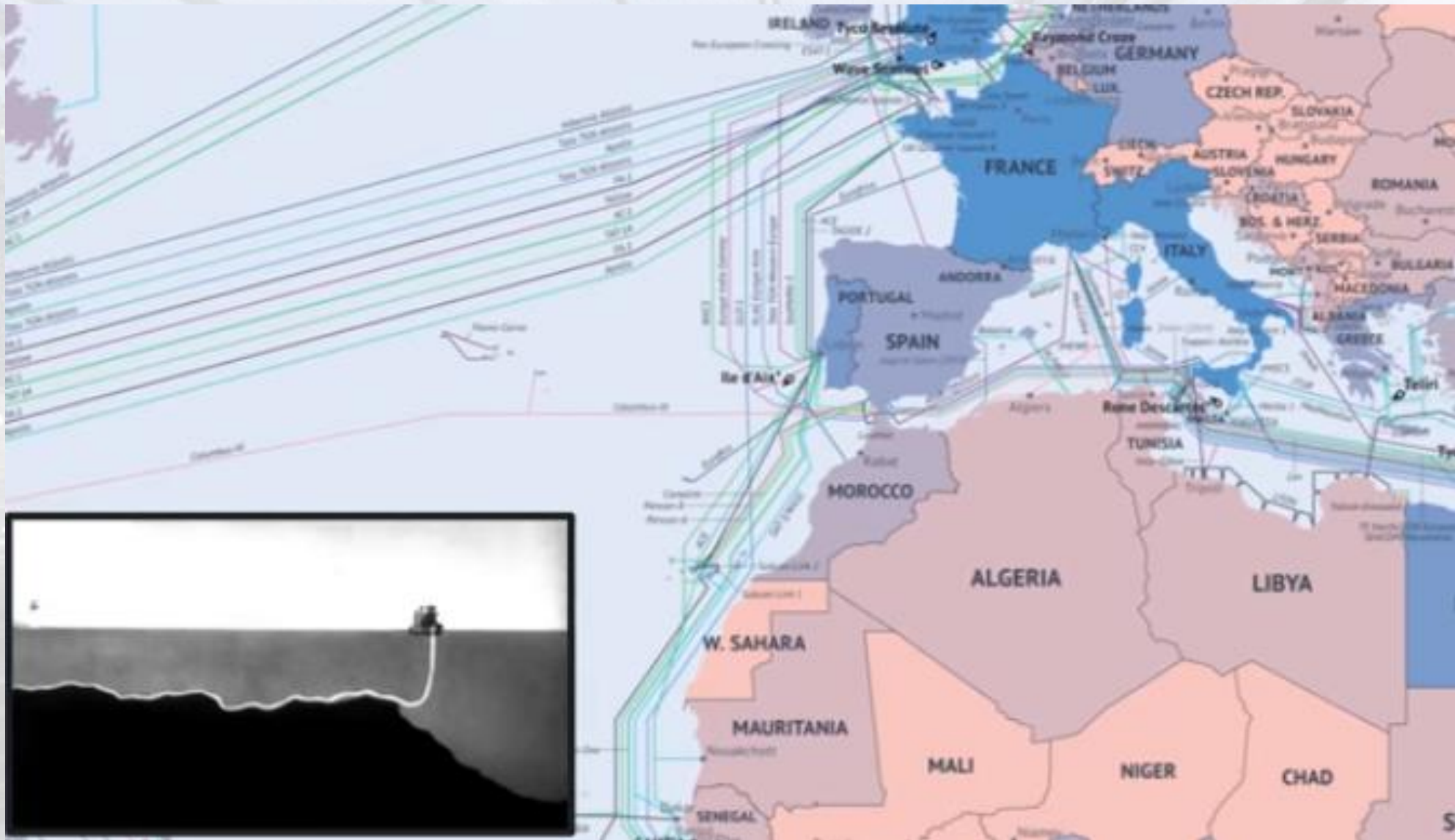
METHOD	PRO	CON
 ELECTRICITY	CHEAP	SIGNAL LOSS



 LIGHT	REALLY FAST NO SIGNAL LOSS	EXPENSIVE HARD TO WORK WITH
---	-----------------------------------	------------------------------------



 RADIO	TOTALLY MOBILE	SHORT RANGE
---	----------------	-------------





The Reality of Cloud Storage



- You are tracked by this IP address (for good or for bad).
- Use “what is my ip” in a browser will show you your IP.
- The address is the location of your ISP.
- It is logged at every site you visit.

My IP Information:

ISP: Telstra Internet
City: Brisbane
Region: Queensland
Country: Australia

Surf Privately
[Click Here](#)

+ Click for more details about 2001:8
-

The screenshot shows a web page with a light green background. At the top, it says "My IP Information:" followed by a horizontal line. Below the line, it lists "ISP: Telstra Internet", "City: Brisbane", "Region: Queensland", and "Country: Australia". There is a large green button with the text "Surf Privately" and a smaller link "Click Here" below it. At the bottom, there is a map of Australia with a red location pin. A white tooltip box is overlaid on the map, containing a plus sign, the text "Click for more details about 2001:8", and a minus sign. A close button (X) is in the top right corner of the tooltip.

Increased Security for Internet Transmissions

 [Westpac Banking Corporation \(AU\)](https://www.westpac.com.au) | <https://www.westpac.com.au>



Secure Sockets Layer

Transport Layer Security

POP3 - 110
POP3 using SSL - 995

IMAP - 143
IMAP using SSL - 993

The HTTP protocol was further developed to cover the need for security and secure transmissions of data.

A new protocol was agreed named HTTPS (Secure Hypertext Transfer Protocol).



Deceptive site ahead

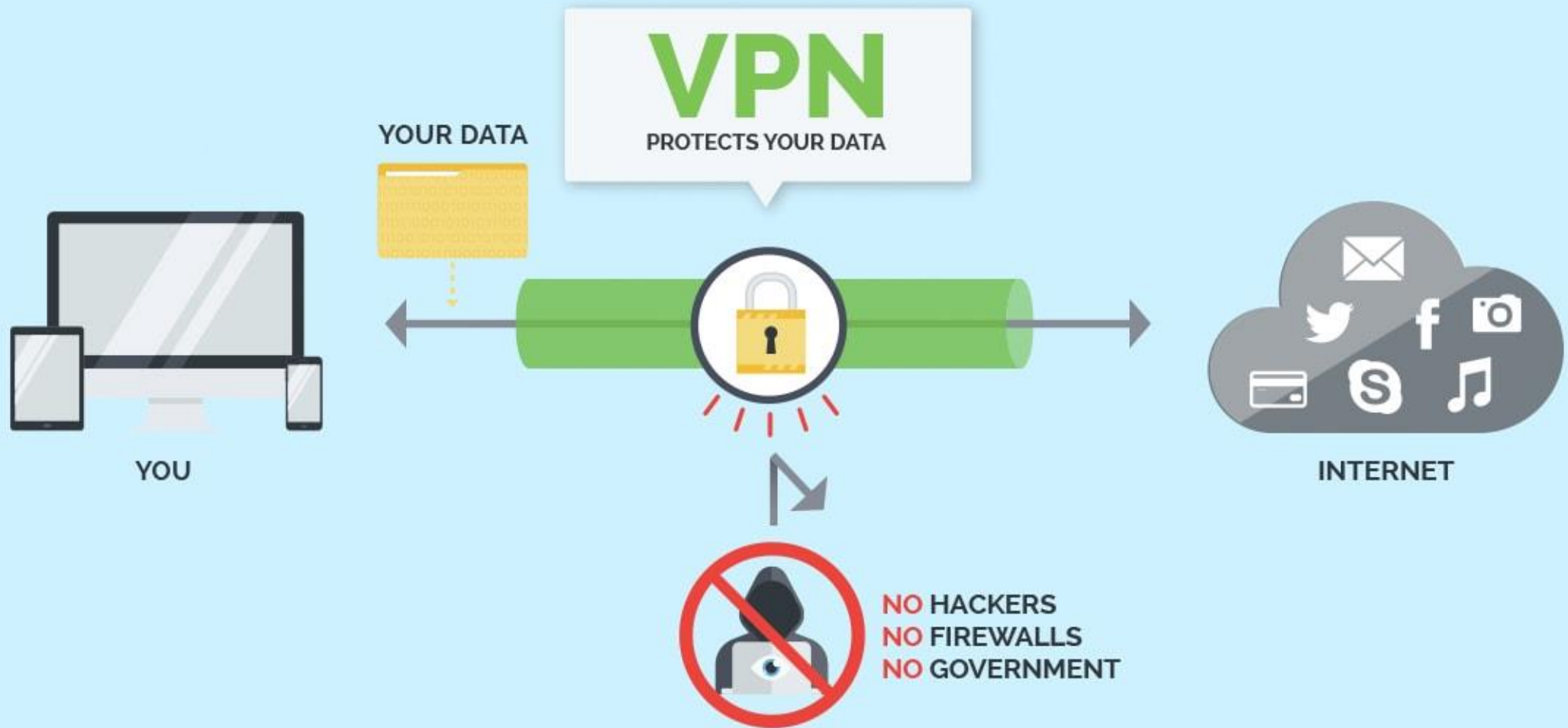
Firefox blocked this page because it may trick you into doing something dangerous like installing software or revealing personal information like passwords or credit cards.

Advisory provided by [Google Safe Browsing](#).

- Virtual Private network.
- The internet is a connection of many computers as a public network and this makes them open to hacking and data theft.
- A VPN is used to create a “private” network through this public space and secures the traffic with high encryption.
- A number of service providers that have set up the hardware in locations around the world and the software that makes it readily available for you to use VPN.

VPN Virtual Private Network

<https://www.vpnuniversity.com/learn/how-to-choose-a-vpn>



- Important things to consider. When picking a service.
- Security; does the VPN use DNS IPv6 Webtrc protection?
 - How strong is the encryption.
- Privacy What is the policies of the VNP service; does it track usage ; does it inject ads; does it keep logs.
 - What is its reputation on standing by its policies.
- Is it available for all the devices you will be using.
- You can use a VPN to limit your ISP or mobile carrier's ability to track you across the internet.
- **Privacy considerations.**
- No VPN Logs.
- No tracking or ad injection. Ad blocking capability.
- A VPN can be the perfect tool to unlock global streaming services, even in areas that aren't currently served by that service.

- Encryption.
- Always look for 256 bit encryption. Slower but stronger and harder to crack.
- Is it only AES (Advanced Encryption Standard) or are there alternatives.
- Handshake Encryption: should use 2048-bit RSA encryption for the handshake at minimum and ideally 4096-bit should be available
- Your VPN should use SHA-256 (Cryptographic Hash Algorithm) or higher by default.
- What affects speed.
- Server Load: How crowded is the VPN server, and how much bandwidth does it have in total.
 - Too many users for the bandwidth will reduce the speed of the service.
- Server Distance: The further you are from the VPN server, the slower your speeds will be due to latency and packet loss.
- High Encryption will take longer to transport the data.

Special Deal: 12 Months + 3 Months FREE

Get access to all ExpressVPN apps and unlimited high-speed bandwidth in 3 easy steps!

Step 1 Select a plan that works for you:

1 Month

\$12.95
per month

Billed \$12.95 every month.
30-day money-back guarantee.

15 Months
includes 3 Free Months
Special Deal

SAVE 49%

~~\$12.95~~
\$6.67
per month

MOST POPULAR

Billed ~~\$194.25~~ \$99.95 first 15 months
and 12 months thereafter.
30-day money-back guarantee.

6 Months

\$9.99
per month

Billed \$59.95 every 6 months.
30-day money-back guarantee.

All amounts shown are in USD.

30-DAY MONEY-BACK GUARANTEE

 ProtonVPN

Choose a plan that works for you

- Remote Storage is now widely use.
- Make sure you know the supplier and its reliability.
- What is its data retention policies.
- What is it privacy controls and assurances.
- Configure all the settings you can control to give you security.
- You will be giving your data to places you can't control
- They can change policies at the snap of a finger
- Management / owners change
- “authorities” can impose demands

• Remote Storage Dropbox

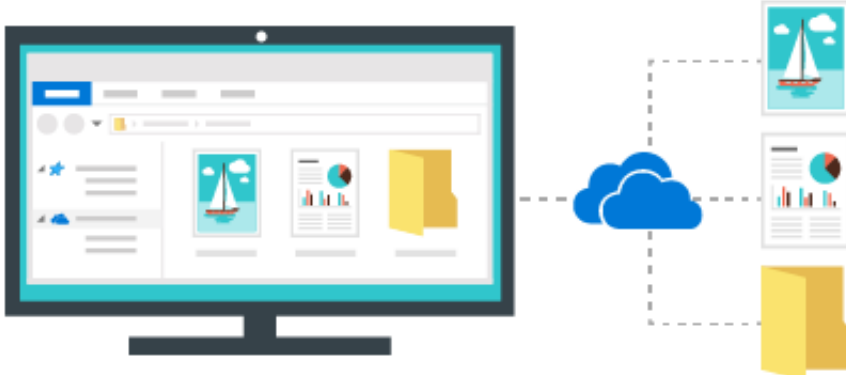
The screenshot shows the Dropbox web interface. On the left, there is a navigation sidebar with options: Files, My files, Sharing, File requests, and Deleted files. A notification box at the bottom left says "Out of space? No problem! Try Dropbox Business! Try it free". The main area displays a list of files and folders. A yellow circle highlights the "Create" button and its dropdown menu, which includes options like "Upload files", "Upload folder", "New shared folder", "New folder", "Request files", "Show deleted files", and "Rewind Dropbox".

Name ↑	Modified ↓	Members ↓	⋮ ↓
Folder	--	Only you	⋮
Staff	--	6 members	⋮
u3abrisbane	--	2 members	⋮
Folder	--	Only you	⋮
Getting Started.pdf	8/11/2014 3:28 ... by Dropbox Team	Only you	⋮

Remote Storage One Drive

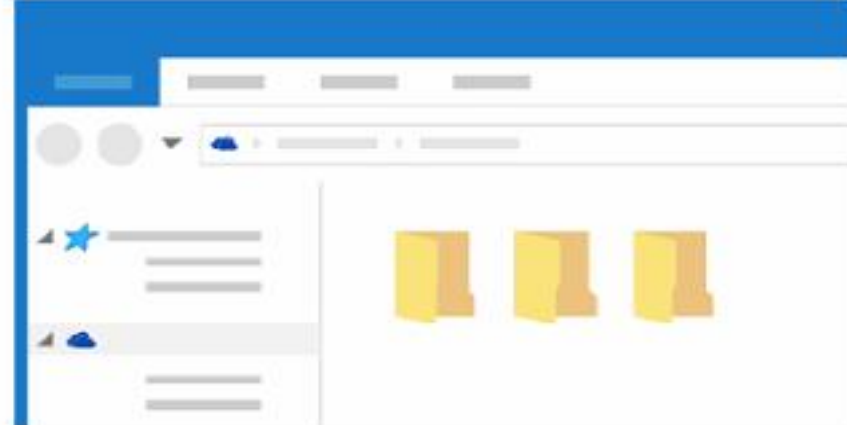
Set up OneDrive

Put your files in OneDrive to get them from any device.



Your OneDrive folder


Add files to your OneDrive folder so that you can access them from other devices and still have them on this PC.



Your OneDrive folder is here: C:\Users\cattsm\OneDrive
[Change location](#)

Next

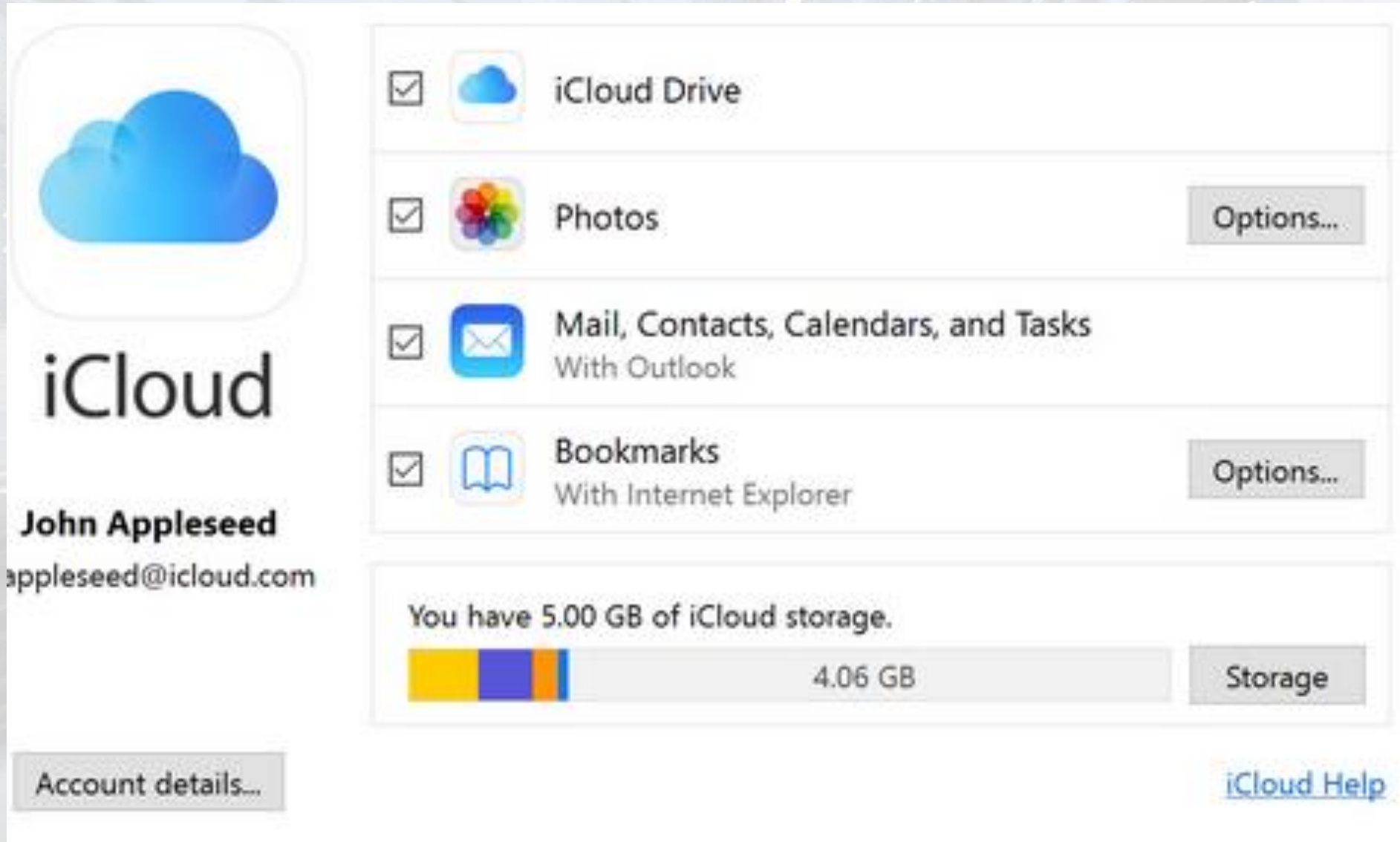
Microsoft



Sign in to your account





Sign in

Remote Storage iCloud



The screenshot displays the iCloud account management page for John Appleseed. On the left, there is a large blue cloud icon, the text "iCloud", and the user's name "John Appleseed" with the email address "appleseed@icloud.com". Below this is a button labeled "Account details...".

The main area on the right lists several services with checkboxes indicating they are turned on:

-  iCloud Drive
-  Photos Options...
-  Mail, Contacts, Calendars, and Tasks
With Outlook
-  Bookmarks Options...
With Internet Explorer

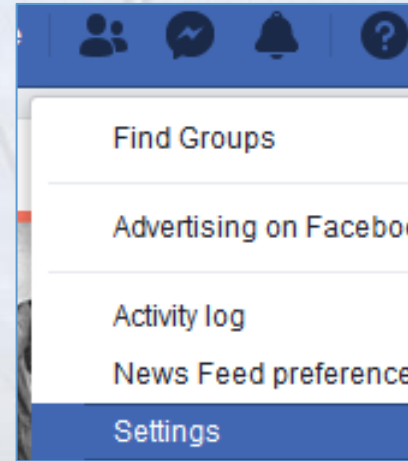
At the bottom of the service list, a storage usage summary is shown: "You have 5.00 GB of iCloud storage." Below this is a progress bar with a yellow, blue, and orange segment, and the text "4.06 GB" and a "Storage" button.

In the bottom right corner, there is a link for "iCloud Help".

- **Social Media**
- You are very exposed in using social media applications.
- In the end you have to decide if you use them and what level of privacy you are prepared to give up.
- The amount of personal data being captured and used for various purposes is, unmeasurable.
- Security, Privacy, Safety, that is of concern.
- These platforms including Google, have such a control over so much data and how it is used or miss used.
- If you choose to use them, set all the available privacy and security settings you can.
- These services can and do sell your data.

Social Media

Facebook



- General
- Security and login
- Your Facebook information
- Privacy
- Timeline and tagging
- Stories
- Location
- Blocking
- Language and region
- Face recognition
- Notifications
- Mobile
- Public posts

General Account Settings

Name	ia...	Edit
Username	https://www.facebook.com/ia...	Edit
Contact	Primary: ...au	Edit
Memorialisation settings	Decide what happens to your account after you pass away.	Edit
Identity confirmation	Confirm your identity to do things such as running ads about social issues, elections or politics.	View

- There are more stories than you can count of loss of personal data; misuse of personal data; by the various organisations offering the services.
- Can they be trusted?
- I offer the opinion that they should not be treated lightly, as the cost of ID theft, reputational and legal actions from inappropriate use can be lifelong outcomes.



Confirming your identity

You might be asked to provide proof of your identity if you want to do things such as running ads about social issues, elections or politics. This is to help us ensure that Facebook is a safe place for our whole community.

 **Start Identity Confirmation** ▼

Identity confirmation details

Can an encrypted copy of your ID be used to help improve our automated systems for detecting fake IDs and related abuse?

When this option is turned on, the encrypted photo(s) of your ID will be kept for no longer than one year.

When this option is turned off, the encrypted photo(s) of your ID will be deleted within 30 days of submission or of turning this option off.

[Learn More](#)

ID photos currently stored

We currently have 0 photos of your ID stored to help improve our automated systems

Security and login

Recommended



Choose friends to contact if you are locked out

Nominate 3 to 5 friends to help if you are locked out of your account. We recom

Where you're logged in



Windows PC · Gold Coast, QLD, Australia

Firefox · **Active now**

Login



Change password

It's a good idea to use a strong password that you don't use elsewhere

Edit



Save your login information

It will only be saved on the browsers and devices you choose.

Edit

Two-factor authentication



Use two-factor authentication

We'll ask for a security code if we notice a login from an unusual device

Edit



Authorised logins

Review a list of devices on which you won't have to use a login code

View



App passwords

Use special passwords to log in to your apps instead of using your Facebook password or login codes.

Add

Advanced



Encrypted notification emails

Add extra security to notification emails from Facebook (only you can decrypt these emails)

Edit



Recover external accounts

Recover access to other sites with your Facebook account

Edit




See recent emails from Facebook

See a list of emails we sent you recently, including emails about security

View

Privacy Settings and Tools

Your activity	Who can see your future posts?	Only me	Edit
	Review all your posts and things you're tagged in		Use Activity Log
	Limit the audience for posts you've shared with friends of friends or Public?		 Limit Past Posts
How people can find and contact you	Who can send you friend requests?	Everyone	Edit
	Who can see your friends list? Remember that your friends control who can see their friendships on their own timelines. If people can see your friendship on another timeline, they'll be able to see it in News Feed, search and other places on Facebook. If you set this to Only me, only you will be able to see your full friends list on your timeline. Other people will only see mutual friends.	Only me	Edit
	Who can look you up using the email address you provided?	Everyone	Edit
	Who can look you up using the phone number you provided?	Everyone	Edit
	Do you want search engines outside of Facebook to link to your Profile?	Yes	Edit

Who can see your friends list?

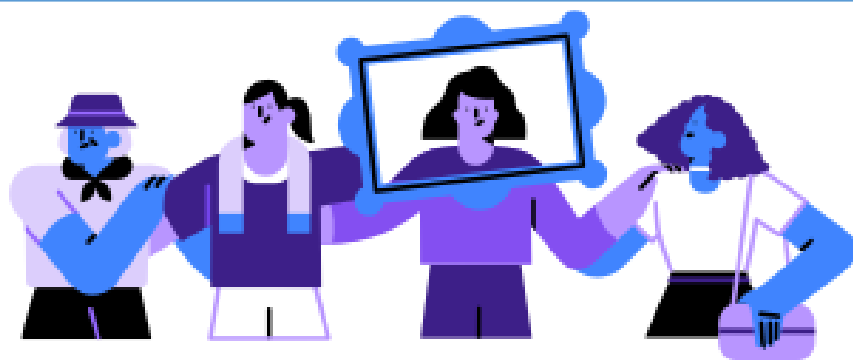
Remember that your friends control who can see their friendships on their own timelines. If people can see your friendship on another timeline, they'll be able to see it in News Feed, search and other places on Facebook. If you set this to Only me, only you will be able to see your full friends list on your timeline. Other people will only see mutual friends.

Do you want search engines outside of Facebook to link to your Profile?

When this setting is on, search engines may link to your Profile in their results.

When this setting is off, search engines will stop linking to your Profile, but this may take some time. Your Profile can still be found on Facebook if people search for your name.

Allow search engines outside of Facebook to link to your Profile



Please review the face recognition setting

Your face recognition setting is off. We want to let you know what face recognition is and how we use it, and then you can decide whether to turn it on or keep it off.

How we use face recognition

If you turn this setting on, we'll create your face recognition template and use it in the following types of ways:

- Find photos and videos you're in so we can help you review or share content, suggest tags and provide more relevant content and feature recommendations.
- Help protect yourself and others from impersonation and identity misuse, and improve platform reliability.

A screenshot of a mobile application interface. At the top is a dark blue navigation bar with the word "Create" on the left and several icons: a group of people, a speech bubble, a bell, a question mark in a diamond, and a downward arrow. Below the navigation bar is a white "Quick help" section. On the right side of this section, the text "Help Centre" is highlighted in yellow. Below this is a search bar with the placeholder text "How can we help?" and a magnifying glass icon. Underneath the search bar is a section titled "HELP WITH THIS PAGE" in blue. This section contains a list of links: "Updating Your Info", "Privacy", "Account Security", and "Notifications". Below this list is a yellow highlighted button with a padlock icon and the text "Privacy Checkup". At the bottom of the help menu is a button with a gear icon and the text "Privacy shortcuts".



Your Privacy Checkup is complete

Thank you for reviewing these privacy settings. It's important to regularly review who you're sharing your information with.

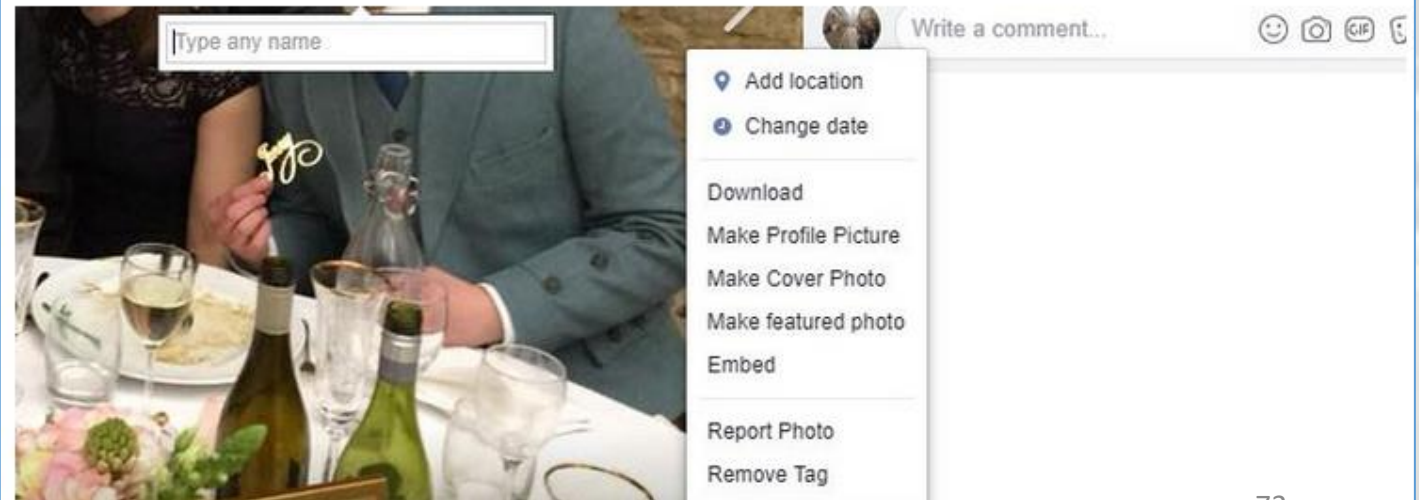
You can access all of your privacy settings at any time in [Settings](#).

[More About Privacy](#)

Click

However careful you are with your privacy settings, once you have been tagged in a photo, your friend's friends can see it too.

Click on the photo and click **Options** at the bottom of the page, then **Remove Tag**. This will let you untag yourself. If it's an offensive photo, you can click **Report Photo** instead.



Who can see my Tweets?

- **Public Tweets** (the default setting): Are visible to anyone, whether or not they have a Twitter account.
- **Protected Tweets:** Only visible to your Twitter followers. Please keep in mind, your followers may still capture images of your Tweets and share them.

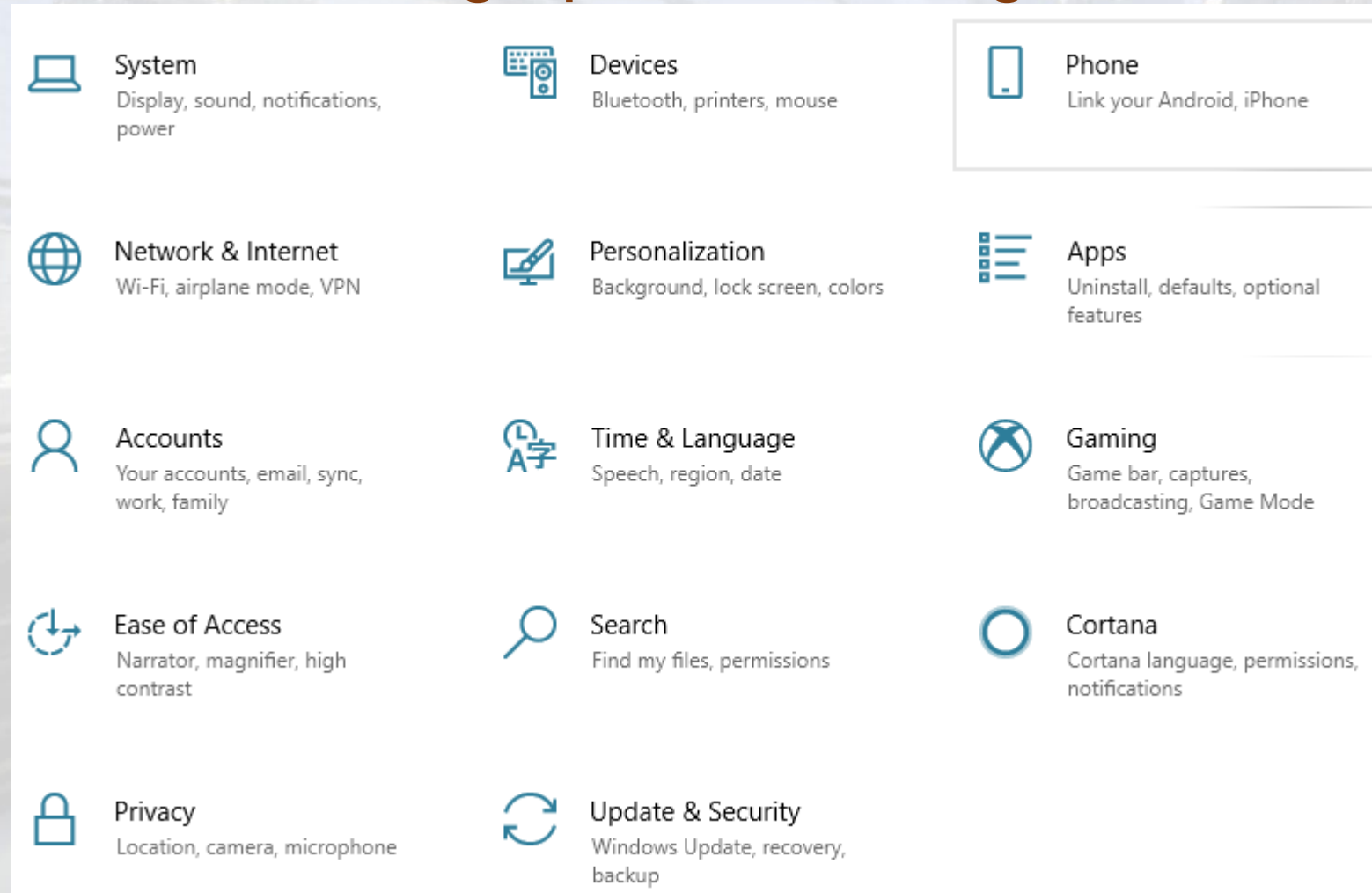
Note: If you have authorized a third-party application to access your account, that **third-party application** may be able to see your protected Tweets. Keep in mind that when you choose to share content on Twitter with others, this content may be downloaded or shared.

But as with any social network, Twitter is vulnerable to oversharing, data leakage and unintended consequences.

Photo tagging

- Allow anyone to tag me in photos
- Only allow people I follow to tag me in photos
- Do not allow anyone to tag me in photos

- Windows
- Use the setting option to configure Windows.



Home









Find a setting

Apps

- Apps & features
- Default apps
- Offline maps
- Apps for websites
- Video playback
- Startup**

Startup

Sort by: Name

	ArcSoft Connect Daemon ArcSoft Inc.	<input type="checkbox"/> Off No impact
	Ashampoo Snap 10 Ashampoo GmbH & Co. KG	<input checked="" type="checkbox"/> On Not measured
	AvLaunch component AVG Technologies CZ, s.r.o.	<input checked="" type="checkbox"/> On Not measured
	CCleaner Piriform Ltd	<input type="checkbox"/> Off No impact
	Dropbox Dropbox, Inc.	<input checked="" type="checkbox"/> On Not measured
	Logi Presentation.exe (UNICODE) Logitech, Inc.	<input type="checkbox"/> Off No impact
	Logitech Download Assistant Logitech, Inc.	<input type="checkbox"/> Off No impact
	Macrium Reflect UI Watcher	<input type="checkbox"/> Off

Set what Apps will start when windows opens

Home

Find a setting

Privacy

Windows permissions

- General
- Speech
- Inking & typing personalization
- Diagnostics & feedback
- Activity history

App permissions

- Location

General

Change privacy options

Let apps use advertising ID to make ads more interesting to you based on your app activity (Turning this off will reset your ID.)



Let websites provide locally relevant content by accessing my language list



Let Windows track app launches to improve Start and search results



Show me suggested content in the Settings app



Know your privacy options

Learn how this setting impacts your privacy.

- [Learn more](#)
- [Privacy dashboard](#)
- [Privacy statement](#)

Set to control the amount of access you give to Windows to capture your data.

Home

Find a setting

Update & Security

Windows Update

Delivery Optimization

Windows Security

Backup

Troubleshoot

Recovery

Activation

Find my device

For developers

Delivery Optimization

Delivery Optimization provides you with Windows and Store app updates and other Microsoft products quickly and reliably.

Allow downloads from other PCs

If you have an unreliable Internet connection or are updating multiple devices, allowing downloads from other PCs can help speed up the process.

If you turn this on, your PC may send parts of previously downloaded Windows updates and apps to PCs on your local network or on the Internet. Your PC won't upload content to other PCs on the Internet when you're on a metered network.

[Learn more](#)

Allow downloads from other PCs

Off

PCs on my local network

PCs on my local network, and PCs on the Internet



Update & Security

Windows Update, recovery,
backup

Choose an option

Keep my files

Removes apps and settings, but keeps your personal files.

Remove everything

Removes all of your personal files, apps, and settings.

Recovery

Reset this PC

If your PC isn't running well, resetting it might help. This lets you choose to keep your personal files or remove them, and then reinstalls Windows.

Get started

Go back to the previous version of Windows 10

This option is no longer available because your PC was updated more than 10 days ago.

Get started

[Learn more](#)

Advanced startup

Start up from a device or disc (such as a USB drive or DVD), change Windows startup settings, or restore Windows from a system image. This will restart your PC.

Restart now

- **Create a Recovery Drive**
- It is a good idea to create a recovery drive at least annually as over the year windows update will change the recovery information.
- A recovery drive is a DVD or USB you can make that will start a computer and allow you to attempt data recovery or repair.
- When Windows will not load and start the computer, you need a means of doing that.

- Download Windows Media file
- Many users of Windows 10 may not have a “Disk” with Windows on it to install the programme or reinstall it.
- This arises as most of us did the free upgrade to Windows 10.
- Also may new computers come with an installed Windows and again it is hidden away in the support / recovery partitions by manufactures.
- You can download the media from Microsoft from this link <https://www.microsoft.com/en-us/software-download/windows10>



If In Doubt Do Nowt