NMUG
naples macfriends user group worldwide
2024 CLASSES

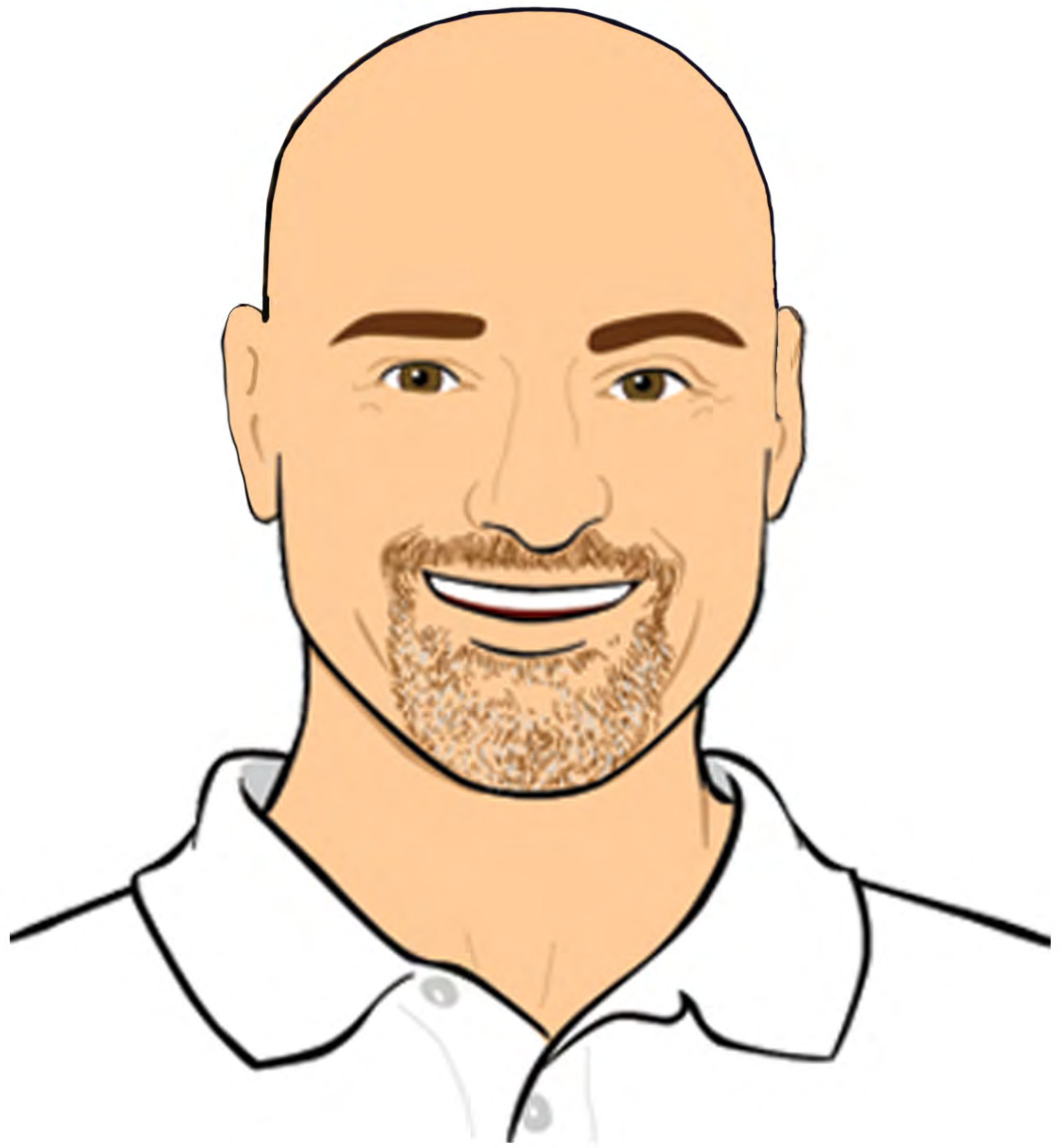
Security & Privacy

Instructor: Jeff Bohr, Naples Mac Help

Security & Privacy

About Your Instructor

- I have been using the Mac platform since 1986, and began using Macs during English and Journalism courses at Northern Kentucky University. I have never owned a PC.
- Certified Support Professional macOS Sonoma
- Certified Associate - Mac Integration macOS 14
- I provide on-site support and training in the Naples, Florida area, and remote support and training for anyone with an internet connection and a Mac.
- I assist both residential and business clients.



Jeff Bohr
jeff@jeffbohr.com
239.595.0482

Security & Privacy

Agenda

- Why a password manager is important.
- Methods for creating strong and secure passwords.
- Starting with 1Password.
- How to identify scams and threats
- Passkeys
- Protecting Safari
- Avoiding other scams

Security & Privacy

Creating and Managing Passwords

- Why a password manager is important.
- Methods for creating strong and secure passwords.
- Starting with 1Password.
- Using 1Password on multiple devices, and with multiple browsers.
- Other data and information that can be stored safely in 1Password.
- Sharing 1Password data with others on a selective basis.

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Creating and Managing Passwords

Reasons you have not switched to a secure password manager?

- You don’t want to pay the money for a secure password manager.
- You don’t want to give up using the same password on all sites.
- You figure you can always remember your various passwords.
- You don't want to go to all the trouble involved in learning a new method.

M.J. Crockett @moll... 1/15/21, 2:58 PM
too many usernames, too many passwords

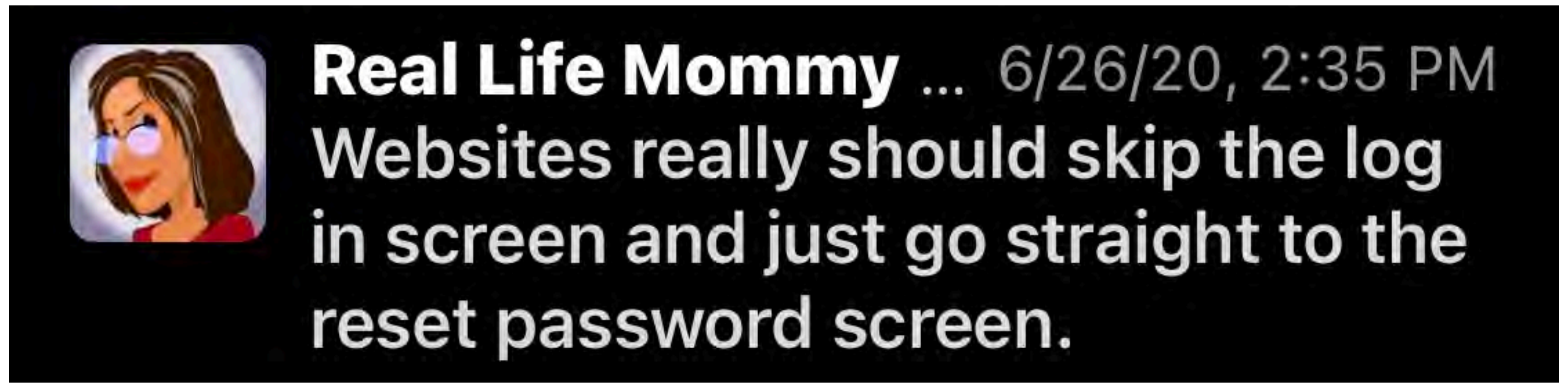
Security & Privacy

Creating and Managing Passwords
About Passwords

- **No one but you cares about your passwords. This does not mean you should not care about them!**

- **It's very unlikely someone can steal money from you**
- *Banks have gotten much more proactive in protecting your data*

- **It's very likely they will cause a headache**
- *Having to get a new credit or debit card, add new cards to recurring billing profiles, changing passwords, email accounts, etc.*



Real Life Mommy ... 6/26/20, 2:35 PM
Websites really should skip the log in screen and just go straight to the reset password screen.

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Creating and Managing Passwords
About Passwords

Me : What's the wifi password?

Bartender : you need to buy a drink first.

Me : Okay, I'll have a coke.

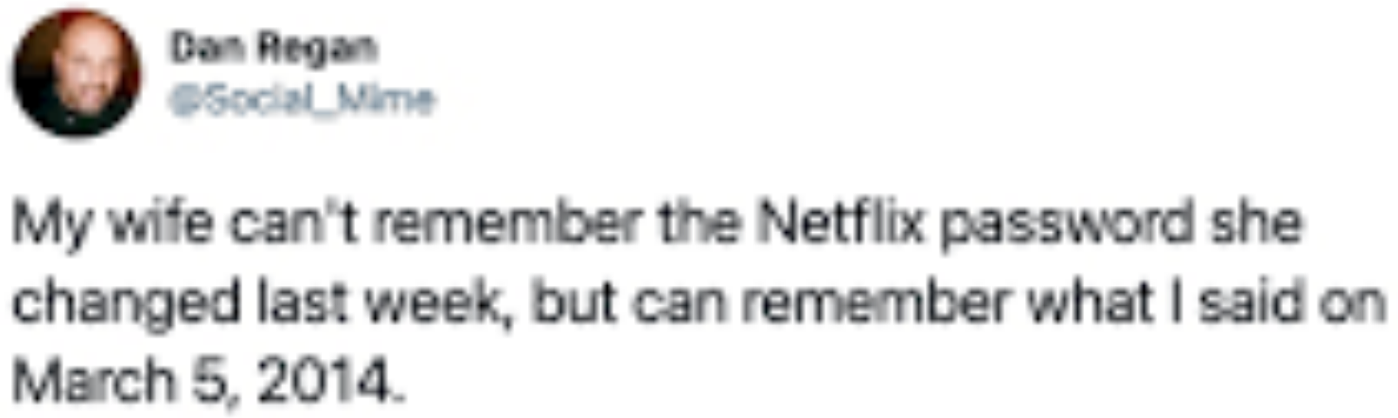
Bartender : Is Pepsi ok?

Me : Sure, How much is that?

Bartender : 3$

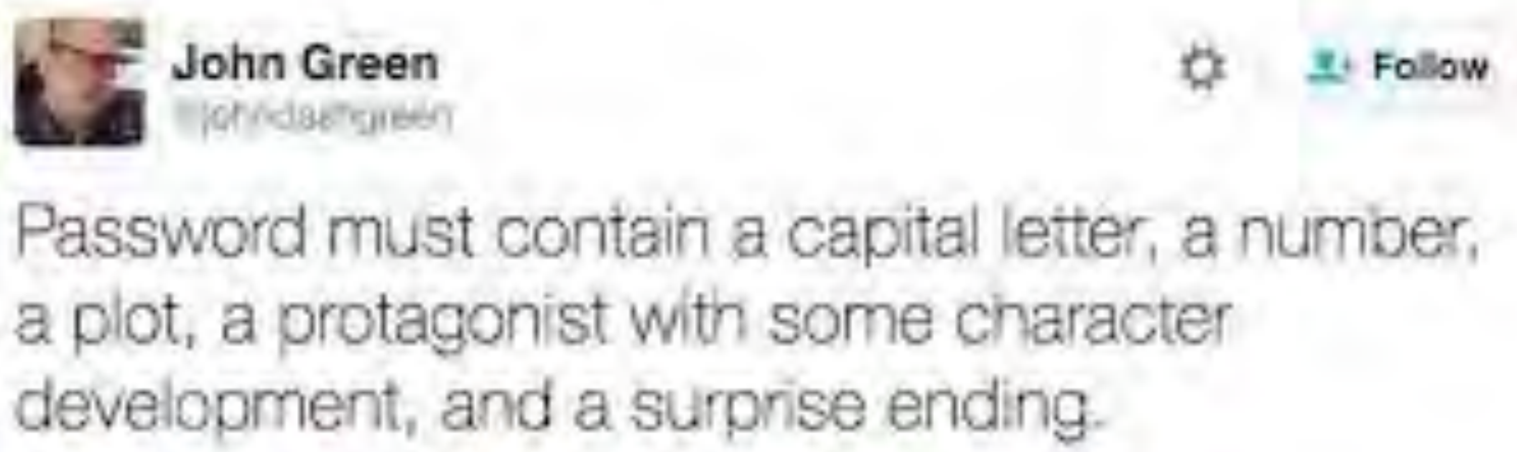
Me : There you go. So what's the wifi password?

Bartender : you need to buy a drink first. No spaces, all lowercase.



Dan Regan
@Social_Mime

My wife can't remember the Netflix password she changed last week, but can remember what I said on March 5, 2014.

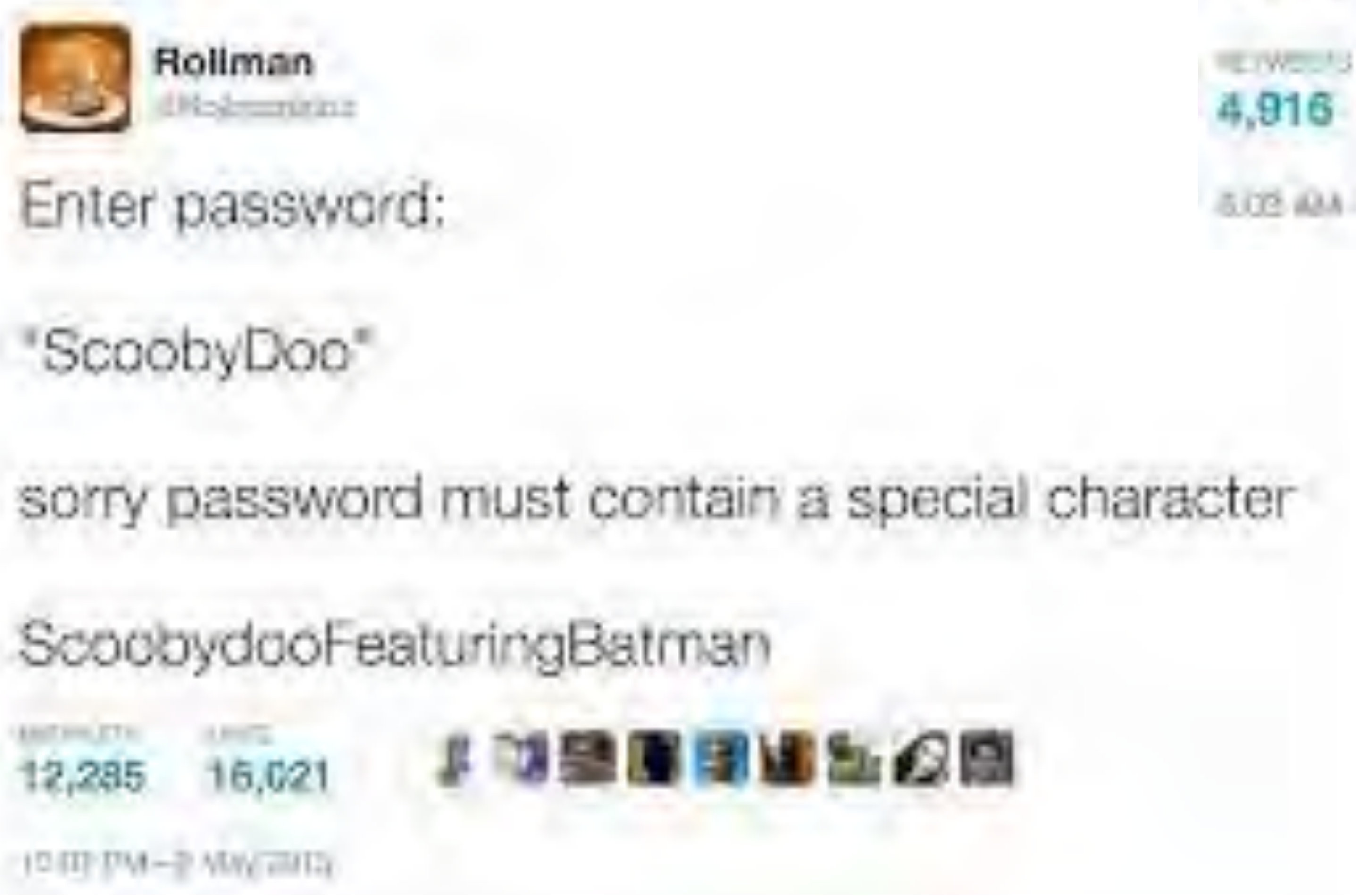


John Green
[illegible]

Password must contain a capital letter, a number, a plot, a protagonist with some character development, and a surprise ending.

4,916 2,149

[illegible]



Rollman
[illegible]

Enter password:

"ScoobyDoo"

sorry password must contain a special character

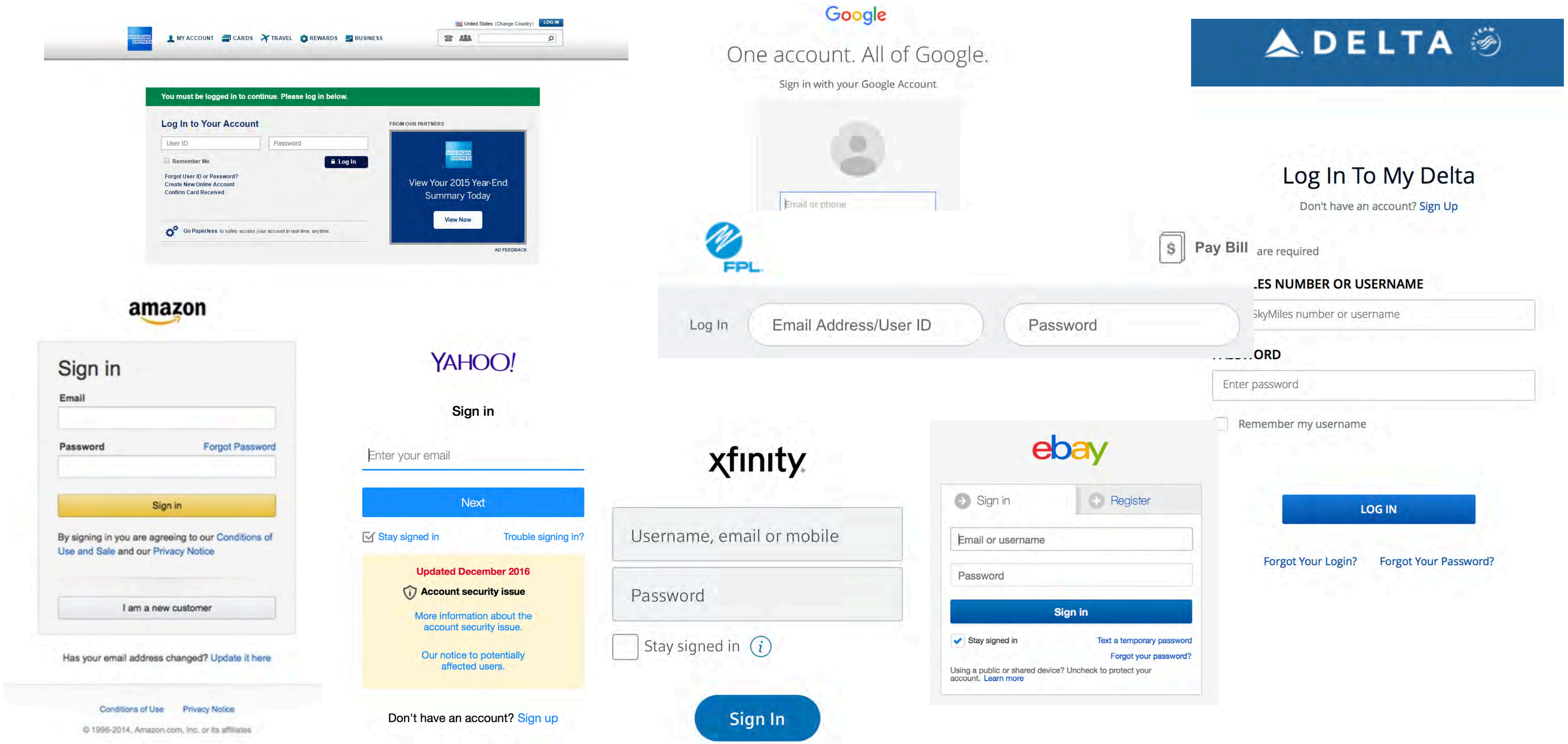
ScoobydooFeaturingBatman

12,285 16,021

[illegible]

Security & Privacy

Creating and Managing Passwords



United States (Change Country) LOG IN

MY ACCOUNT CARDS TRAVEL REWARDS BUSINESS

You must be logged in to continue. Please log in below.

Log In to Your Account

User ID

Password

□ Remember Me

Log In

Forgot User ID or Password?
Create New Online Account
Confirm Card Received

Go Paperless to safely access your account in real time, anytime.

FROM OUR PARTNERS

View Your 2015 Year-End Summary Today

View Now

AD FEEDBACK

Google

One account. All of Google.

Sign in with your Google Account

Email or phone

DELTA

Log In To My Delta

Don't have an account? Sign Up

Pay Bill

are required

…ES NUMBER OR USERNAME

…kyMiles number or username

…ORD

Enter password

□ Remember my username

LOG IN

Forgot Your Login? Forgot Your Password?

FPL

Log In Email Address/User ID Password

amazon

Sign in

Email

Password Forgot Password

Sign in

By signing in you are agreeing to our Conditions of Use and Sale and our Privacy Notice

I am a new customer

Has your email address changed? Update it here

Conditions of Use Privacy Notice

© 1996-2014, Amazon.com, Inc. or its affiliates

YAHOO!

Sign in

Enter your email

Next

☑ Stay signed in Trouble signing in?

Updated December 2016

Account security issue

More information about the account security issue.

Our notice to potentially affected users.

Don't have an account? Sign up

xfinity

Username, email or mobile

Password

□ Stay signed in

Sign In

ebay

Sign in Register

Email or username

Password

Sign in

☑ Stay signed in Text a temporary password

Forgot your password?

Using a public or shared device? Uncheck to protect your account. Learn more

Security & Privacy

Creating and Managing Passwords

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Creating and Managing Passwords

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Creating and Managing Passwords

THE PERSONAL
internet address & password logbook
Keep favorite website addresses, usernames, and passwords in one easy, convenient place!
PETER PAUPER PRESS
OCKING
et
pass
logbo
Keep favorite website addre
usernames, and passwords lock
up in one easy, convenient place!
PETER PAUPER PRESS
Name:
Website address:
ID/Username:
Password:
Notes:

Creating and Managing Passwords

- **A password book:**

- **If you lose the book while out and about, you’ve lost access to everything.**

- **Having to type in your passwords while reading them from a book, instead of having a password manager do it for you, could encourage people to use simple passwords instead of complex ones. *It’s a lot easier to copy and paste.***

- **Books become a form of abandonware over time, with missing entries, torn pages, logins which have been changed online and not updated, and other logins which never end up in the book at all.**

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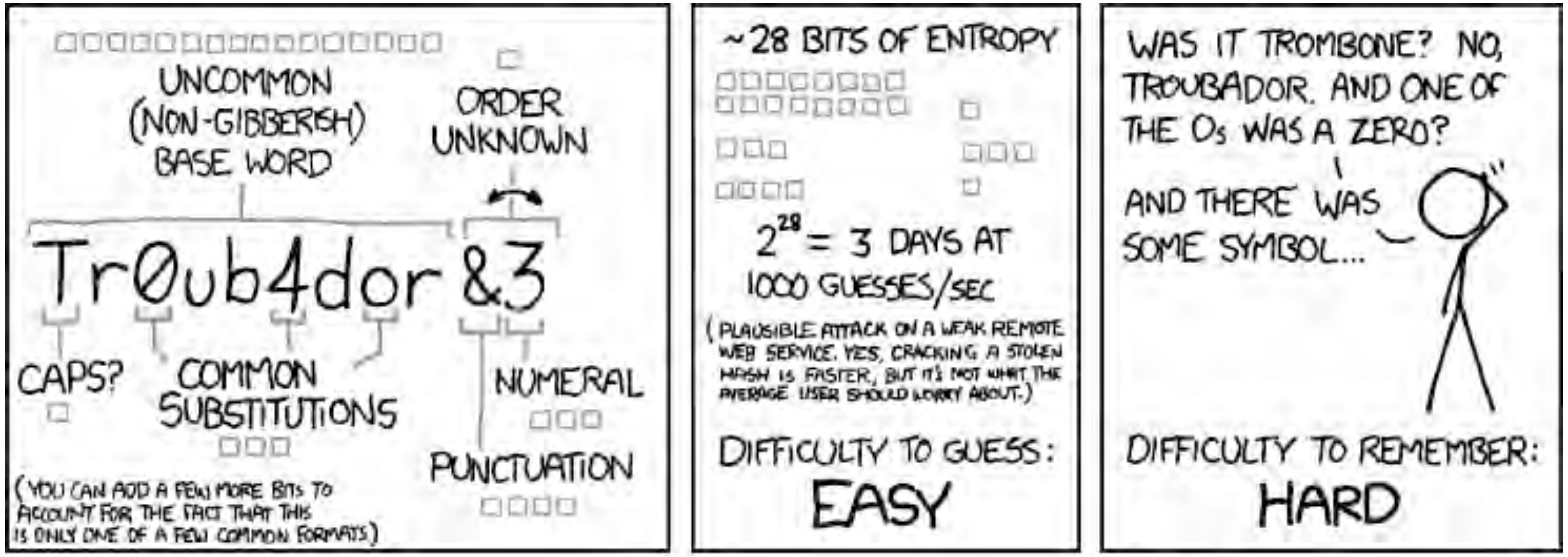
Creating and Managing Passwords

This has been the common method for a while now…..


UNCOMMON (NON-GIBBERISH) BASE WORD
ORDER UNKNOWN
Tr0ub4dor &3
CAPS?
COMMON SUBSTITUTIONS
NUMERAL
PUNCTUATION
(YOU CAN ADD A FEW MORE BITS TO ACCOUNT FOR THE FACT THAT THIS IS ONLY ONE OF A FEW COMMON FORMATS)
~28 BITS OF ENTROPY
2^28 = 3 DAYS AT 1000 GUESSES/SEC
(PLAUSIBLE ATTACK ON A WEAK REMOTE WEB SERVICE. YES, CRACKING A STOLEN HASH IS FASTER, BUT IT'S NOT WHAT THE AVERAGE USER SHOULD WORRY ABOUT.)
DIFFICULTY TO GUESS: EASY
WAS IT TROMBONE? NO, TROUBADOR. AND ONE OF THE Os WAS A ZERO?
AND THERE WAS SOME SYMBOL...
DIFFICULTY TO REMEMBER: HARD

xkcd.com/936/

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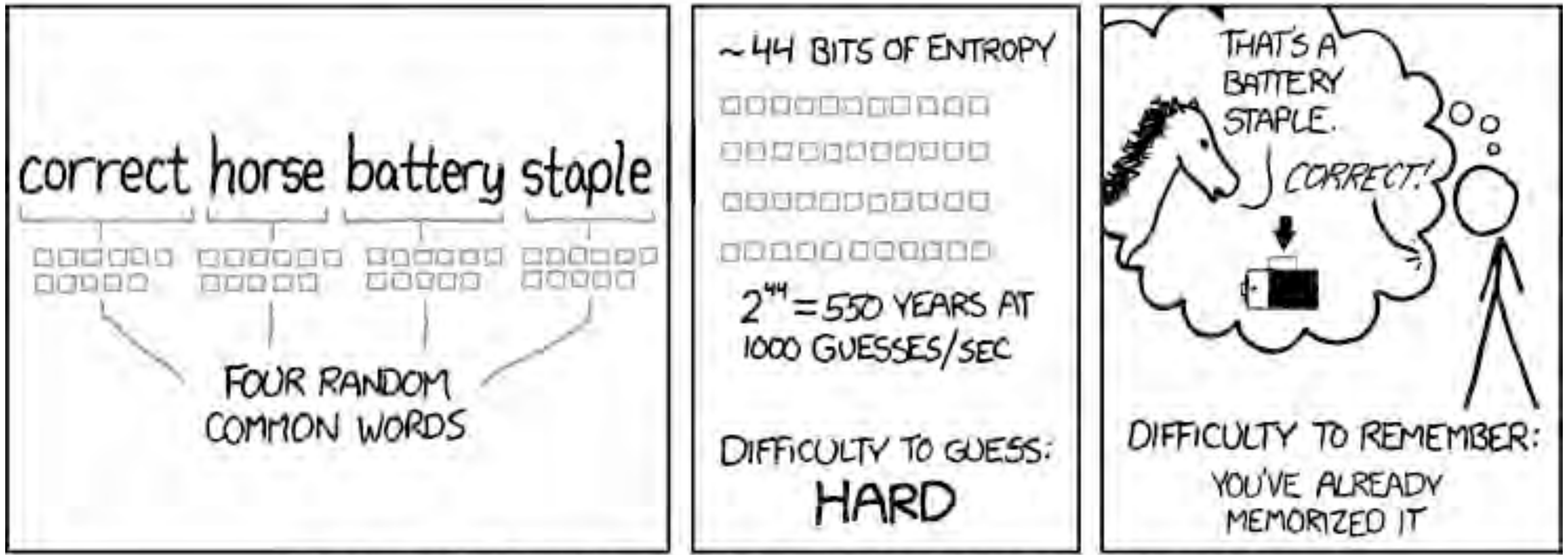
Creating and Managing Passwords

There is a better way!


correct horse battery staple
FOUR RANDOM COMMON WORDS
~44 BITS OF ENTROPY
2^44 = 550 YEARS AT 1000 GUESSES/SEC
DIFFICULTY TO GUESS: HARD
THAT'S A BATTERY STAPLE.
CORRECT!
DIFFICULTY TO REMEMBER: YOU'VE ALREADY MEMORIZED IT

xkcd.com/936/

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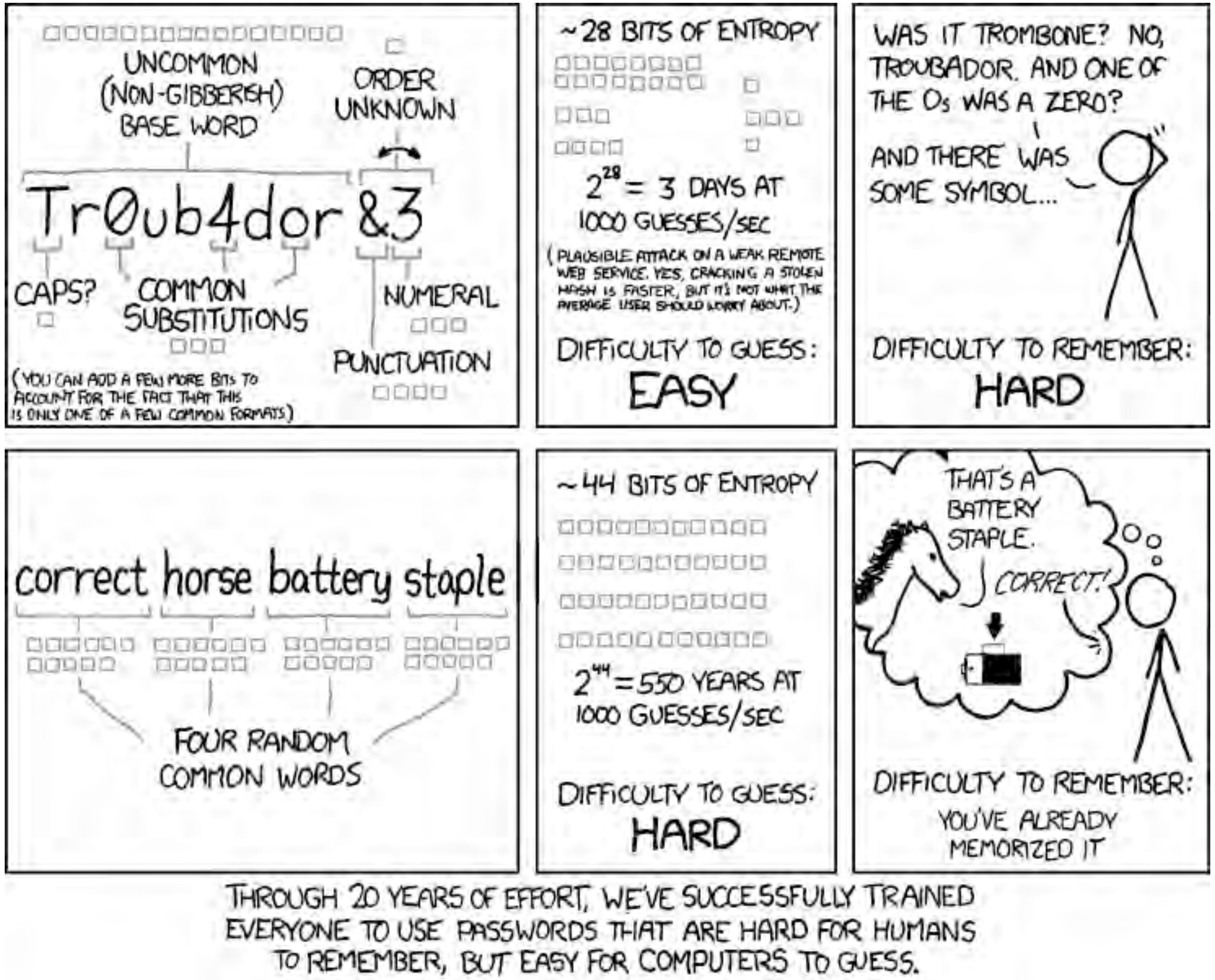
Creating and Managing Passwords


UNCOMMON (NON-GIBBERISH) BASE WORD
ORDER UNKNOWN
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DIFFICULTY TO GUESS: HARD
THAT'S A BATTERY STAPLE.
CORRECT!
DIFFICULTY TO REMEMBER: YOU'VE ALREADY MEMORIZED IT
THROUGH 20 YEARS OF EFFORT, WE'VE SUCCESSFULLY TRAINED EVERYONE TO USE PASSWORDS THAT ARE HARD FOR HUMANS TO REMEMBER, BUT EASY FOR COMPUTERS TO GUESS.

xkcd.com/936/

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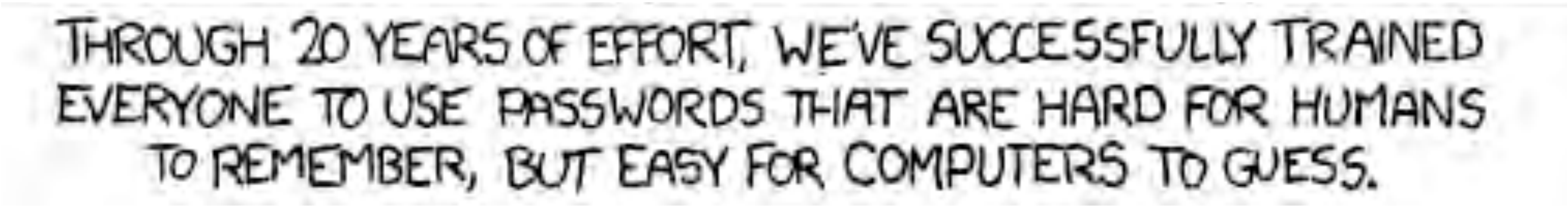
Creating and Managing Passwords



THROUGH 20 YEARS OF EFFORT, WE'VE SUCCESSFULLY TRAINED EVERYONE TO USE PASSWORDS THAT ARE HARD FOR HUMANS TO REMEMBER, BUT EASY FOR COMPUTERS TO GUESS.

xkcd.com/936/

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Creating and Managing Passwords

Joesmith

1444parkstreet

2006 requirements:
6 digit password
No Criteria!

March1934

fido123

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Creating and Managing Passwords

Numbers

Symbols

**2016 Requirements:
Strong and Unique
Passwords for EACH Site**

Uppercase

Lowercase

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Creating and Managing Passwords

Phrases

Random

2024 Requirements:
Unique and random passwords generated by software

Spaces

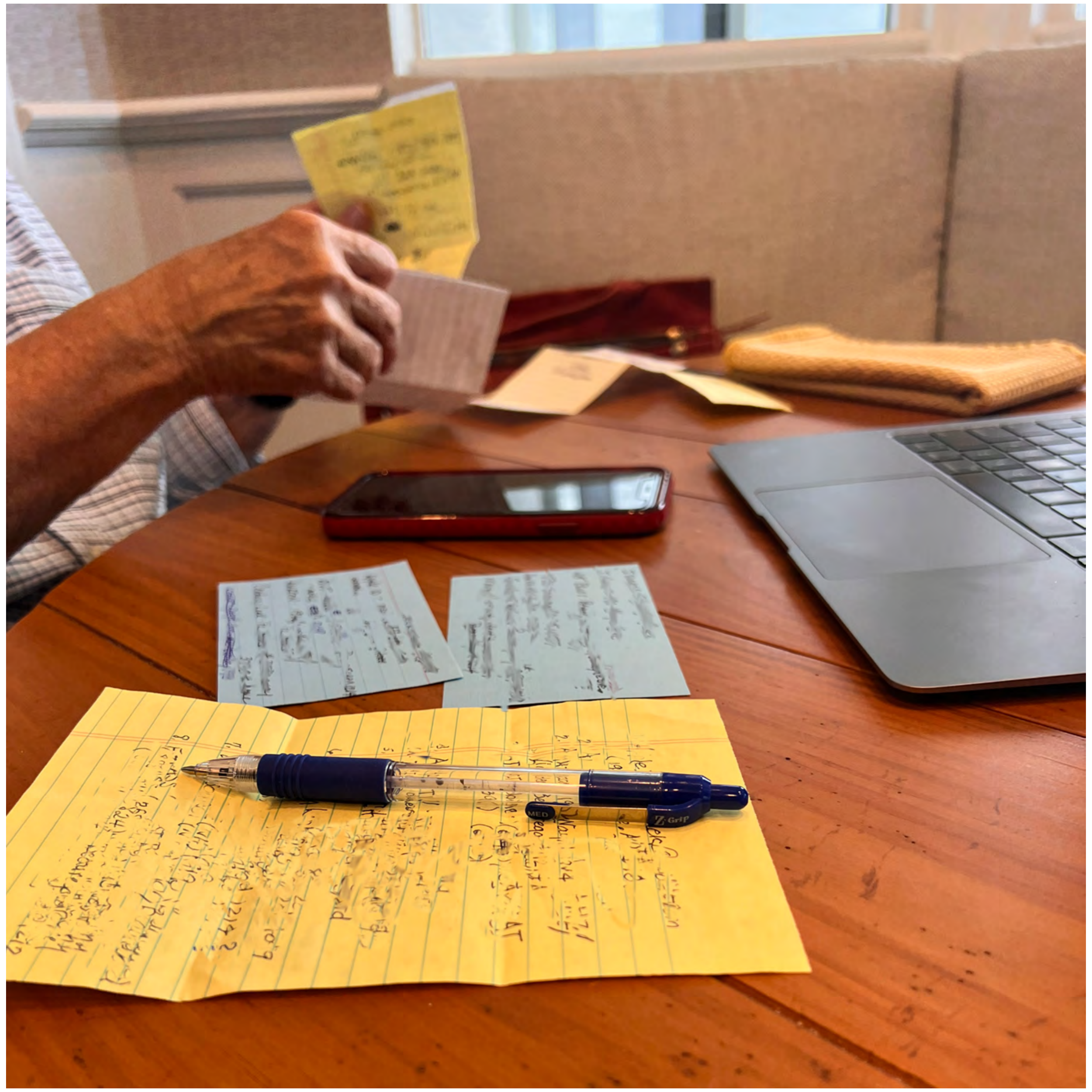
Symbols

Creating and Managing Passwords

This is an actual client looking for a password.

She said I could use the photo but not identify her.

Don’t let this be you.



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Getting Started with 1Password

What if you only had to remember one password?

Wouldn’t that be nice…..?

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Getting Started with 1Password

1Password uses a single Master Password to manage them all!

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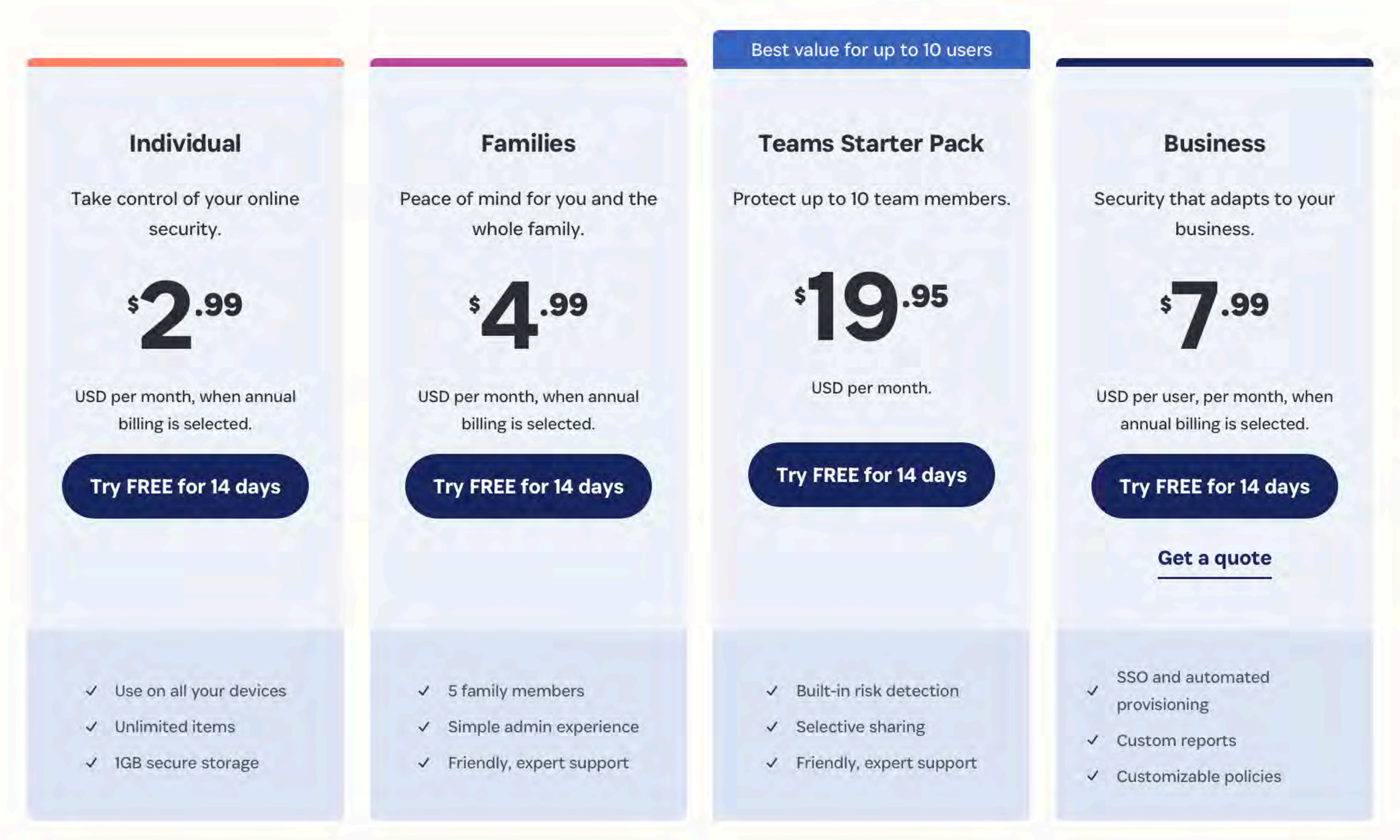
Getting Started with 1Password



Best value for up to 10 users

Individual

Take control of your online security.

$2.99

USD per month, when annual billing is selected.

Try FREE for 14 days

- ✓ Use on all your devices
- ✓ Unlimited items
- ✓ 1GB secure storage

Families

Peace of mind for you and the whole family.

$4.99

USD per month, when annual billing is selected.

Try FREE for 14 days

- ✓ 5 family members
- ✓ Simple admin experience
- ✓ Friendly, expert support

Teams Starter Pack

Protect up to 10 team members.

$19.95

USD per month.

Try FREE for 14 days

- ✓ Built-in risk detection
- ✓ Selective sharing
- ✓ Friendly, expert support

Business

Security that adapts to your business.

$7.99

USD per user, per month, when annual billing is selected.

Try FREE for 14 days

Get a quote

- ✓ SSO and automated provisioning
- ✓ Custom reports
- ✓ Customizable policies

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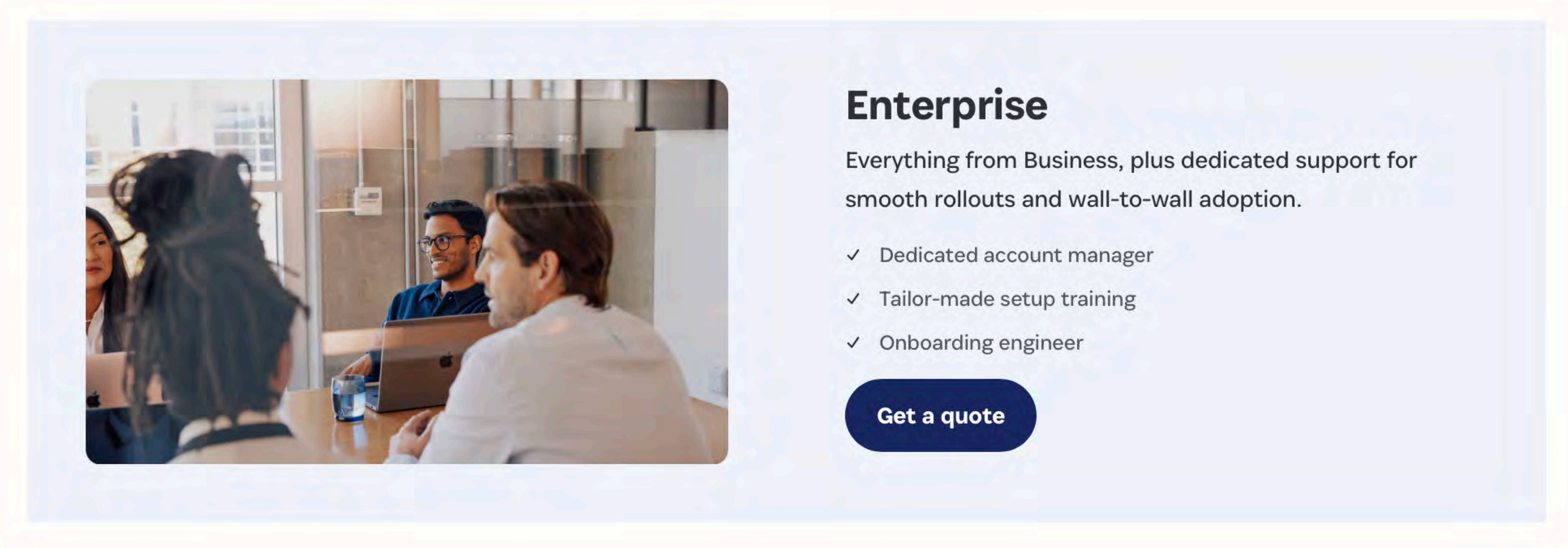
Getting Started with 1Password

Have a business? 1Password can help!



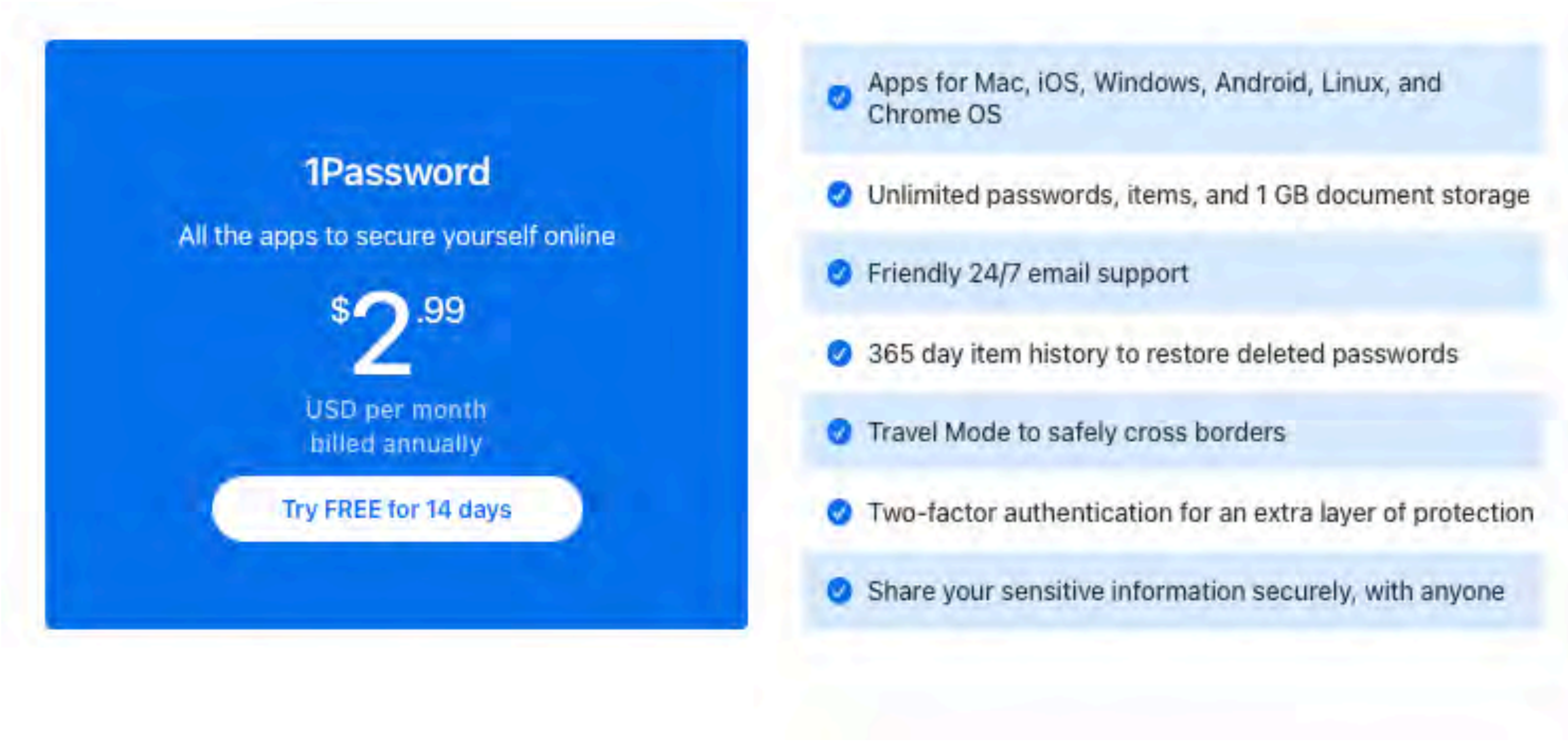
Enterprise

Everything from Business, plus dedicated support for smooth rollouts and wall-to-wall adoption.

- ✓ Dedicated account manager
- ✓ Tailor-made setup training
- ✓ Onboarding engineer

Security & Privacy

Getting Started with 1Password



1Password

All the apps to secure yourself online

$2.99

USD per month
billed annually

- ✓ Apps for Mac, iOS, Windows, Android, Linux, and Chrome OS
- ✓ Unlimited passwords, items, and 1 GB document storage
- ✓ Friendly 24/7 email support
- ✓ 365 day item history to restore deleted passwords
- ✓ Travel Mode to safely cross borders
- ✓ Two-factor authentication for an extra layer of protection
- ✓ Share your sensitive information securely, with anyone

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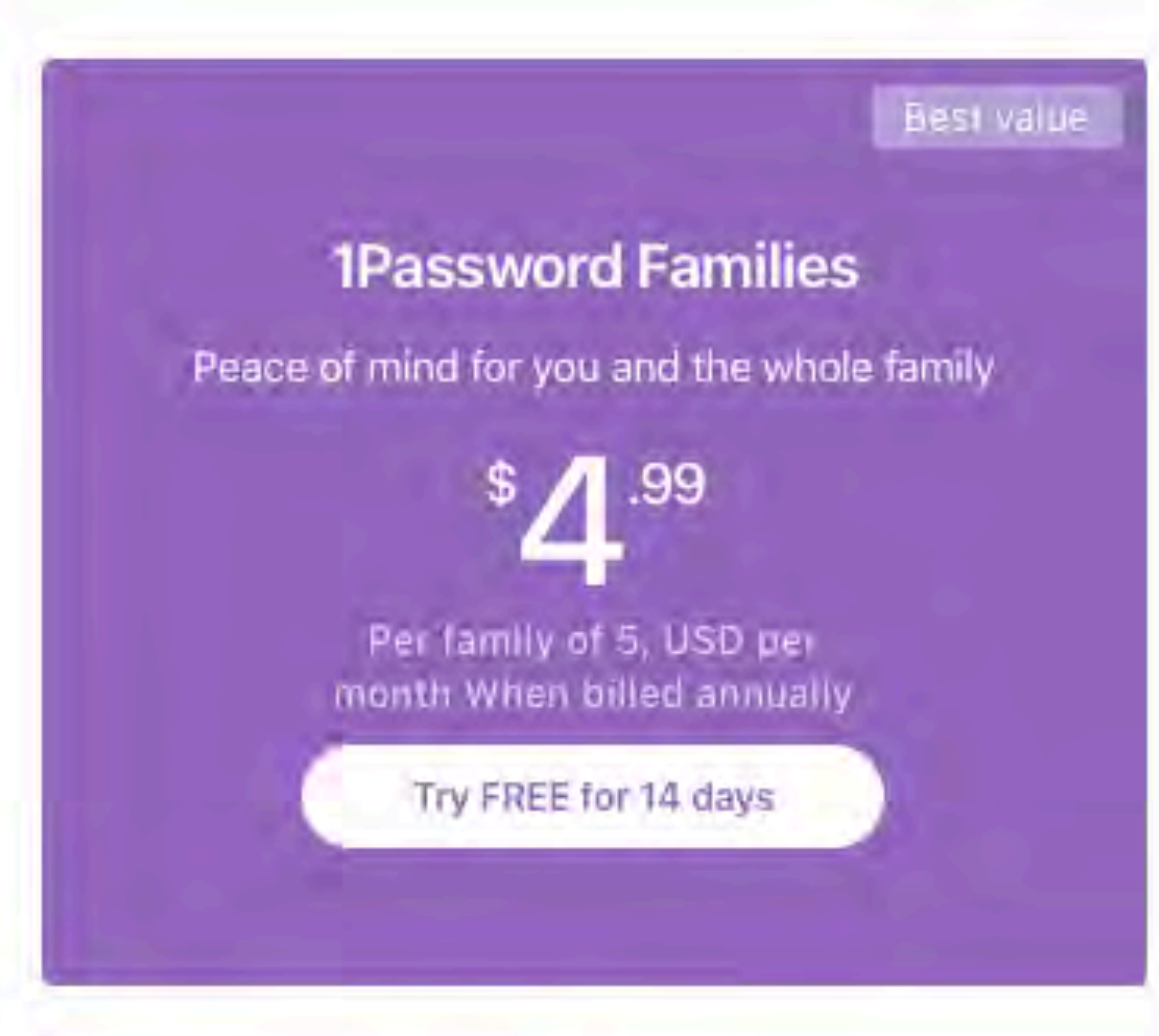
Getting Started with 1Password



Best value

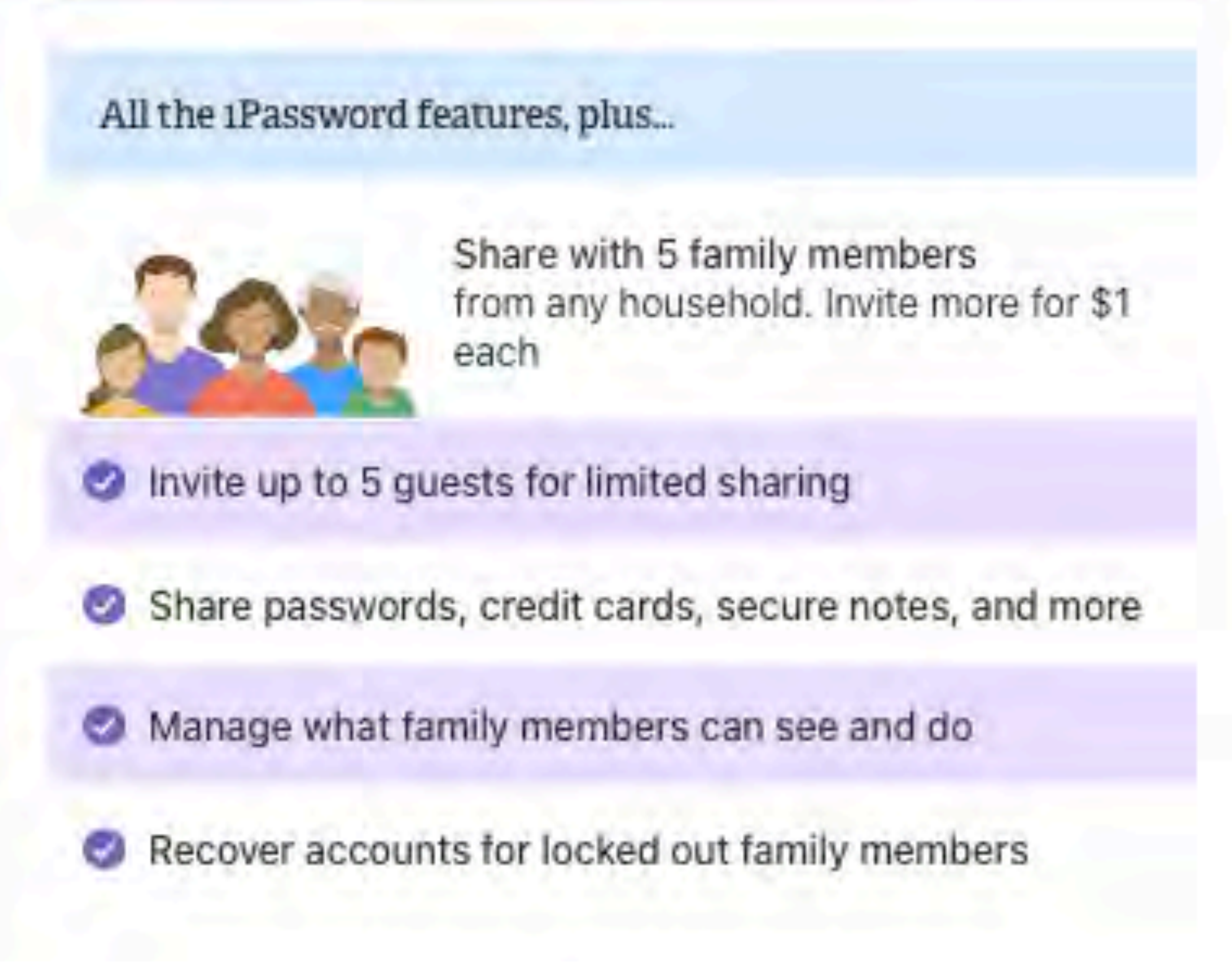
1Password Families

Peace of mind for you and the whole family

$ 4 .99

Per family of 5, USD per month When billed annually

Try FREE for 14 days



All the 1Password features, plus...

Share with 5 family members from any household. Invite more for $1 each

- Invite up to 5 guests for limited sharing
- Share passwords, credit cards, secure notes, and more
- Manage what family members can see and do
- Recover accounts for locked out family members

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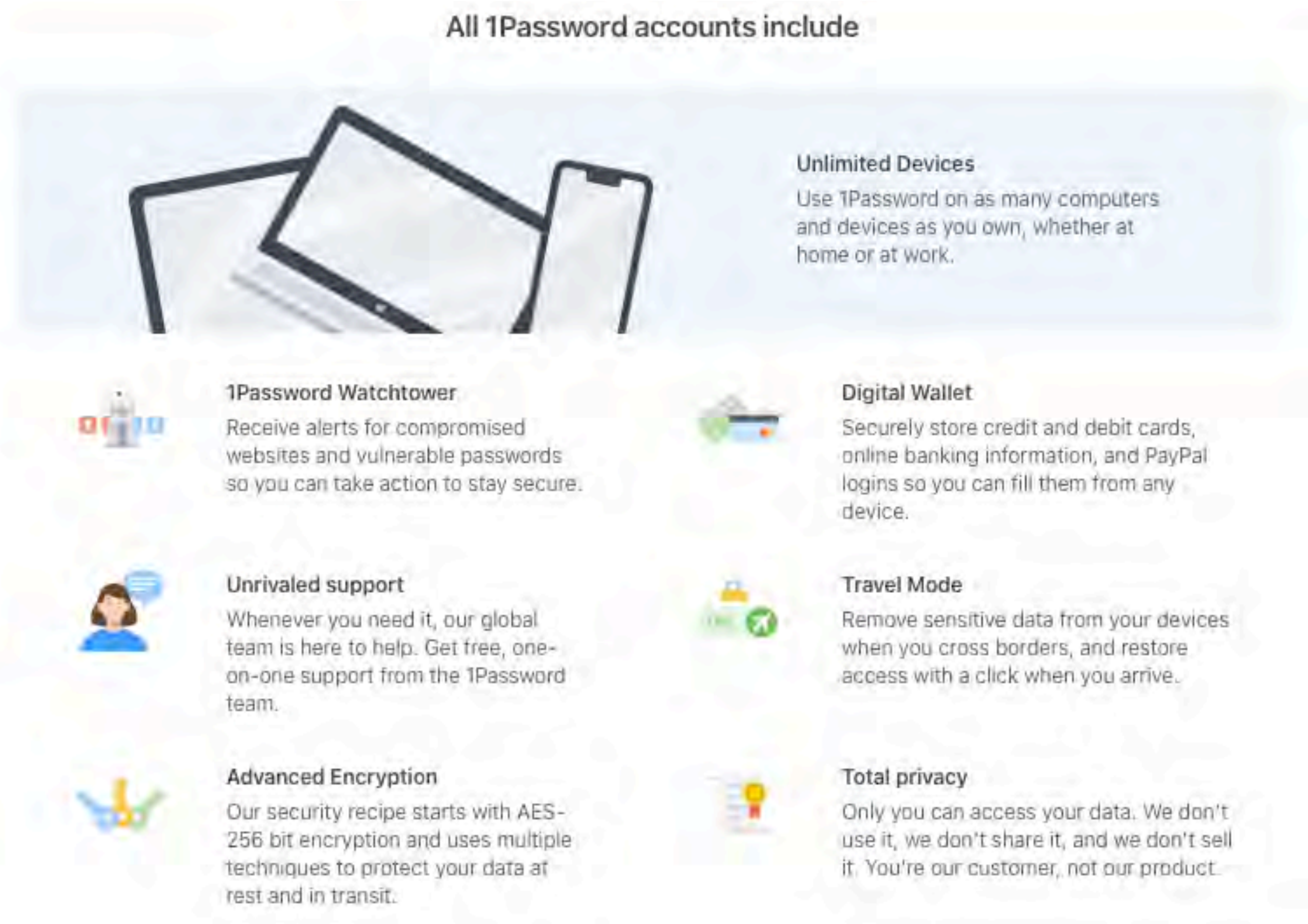
Getting Started with 1Password



All 1Password accounts include

Unlimited Devices

Use 1Password on as many computers and devices as you own, whether at home or at work.

1Password Watchtower

Receive alerts for compromised websites and vulnerable passwords so you can take action to stay secure.

Digital Wallet

Securely store credit and debit cards, online banking information, and PayPal logins so you can fill them from any device.

Unrivaled support

Whenever you need it, our global team is here to help. Get free, one-on-one support from the 1Password team.

Travel Mode

Remove sensitive data from your devices when you cross borders, and restore access with a click when you arrive.

Advanced Encryption

Our security recipe starts with AES-256 bit encryption and uses multiple techniques to protect your data at rest and in transit.

Total privacy

Only you can access your data. We don't use it, we don't share it, and we don't sell it. You're our customer, not our product.

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Getting Started with 1Password

1. Download 1Password
2. Install 1Password
3. Create Master Password

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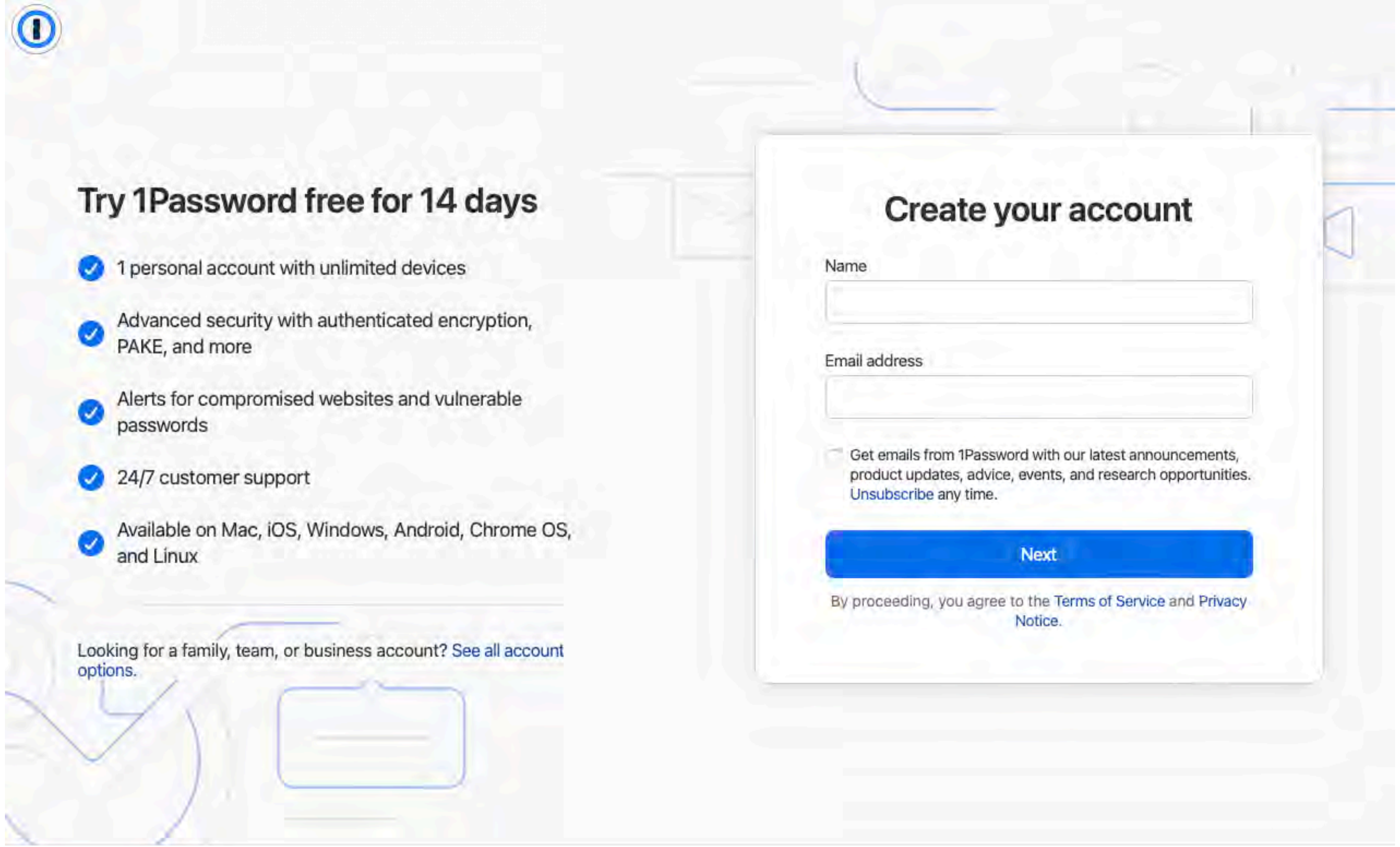
Getting Started with 1Password

1Password 8 is not yet in the App Store, you must get it from 1Password.com



Try 1Password free for 14 days

- ✓ 1 personal account with unlimited devices
- ✓ Advanced security with authenticated encryption, PAKE, and more
- ✓ Alerts for compromised websites and vulnerable passwords
- ✓ 24/7 customer support
- ✓ Available on Mac, iOS, Windows, Android, Chrome OS, and Linux

Looking for a family, team, or business account? See all account options.

Create your account

Name

Email address

□ Get emails from 1Password with our latest announcements, product updates, advice, events, and research opportunities. Unsubscribe any time.

By proceeding, you agree to the Terms of Service and Privacy Notice.

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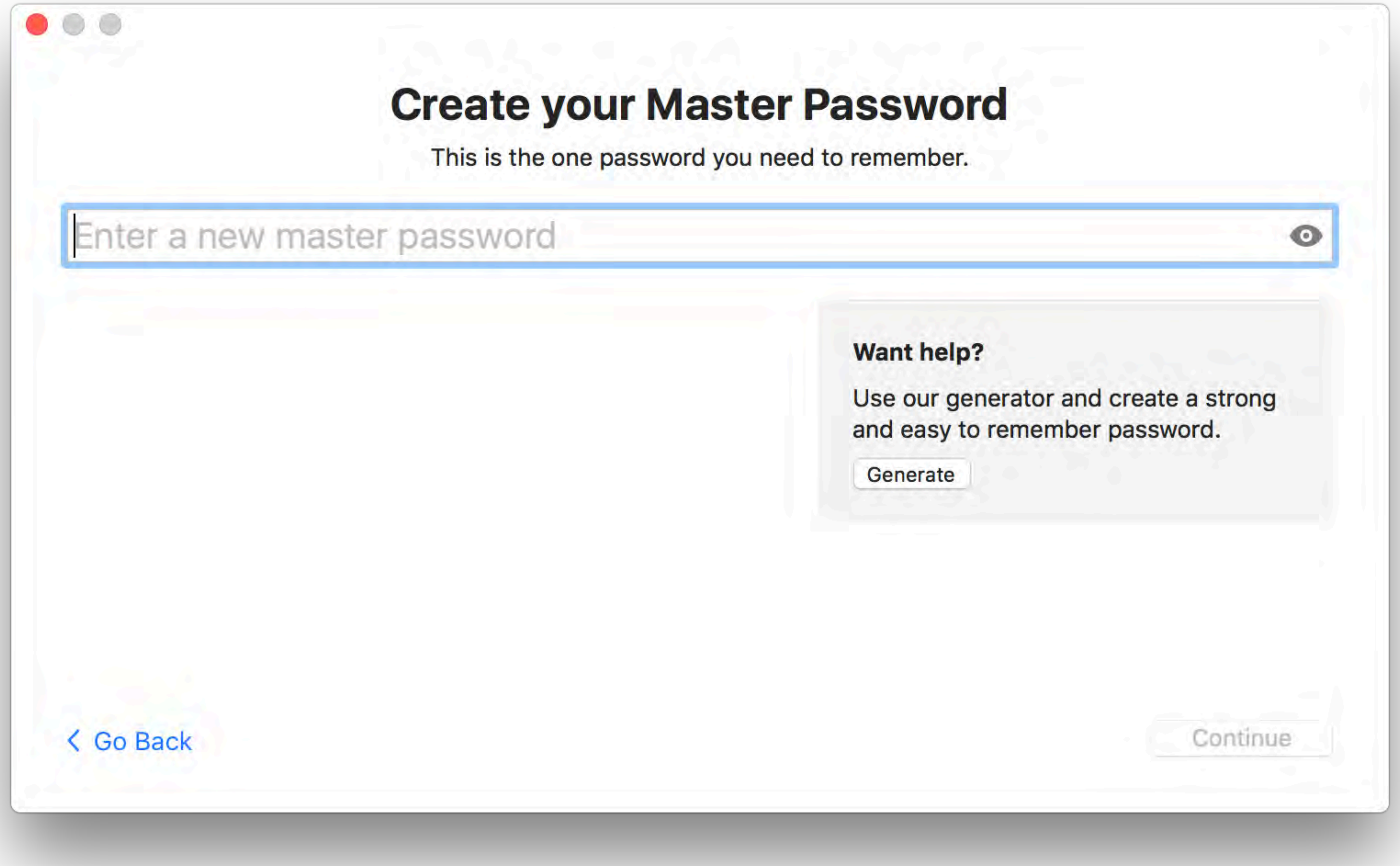
Getting Started with 1Password



Create your Master Password

This is the one password you need to remember.

Want help?

Use our generator and create a strong and easy to remember password.

Create your Master Password

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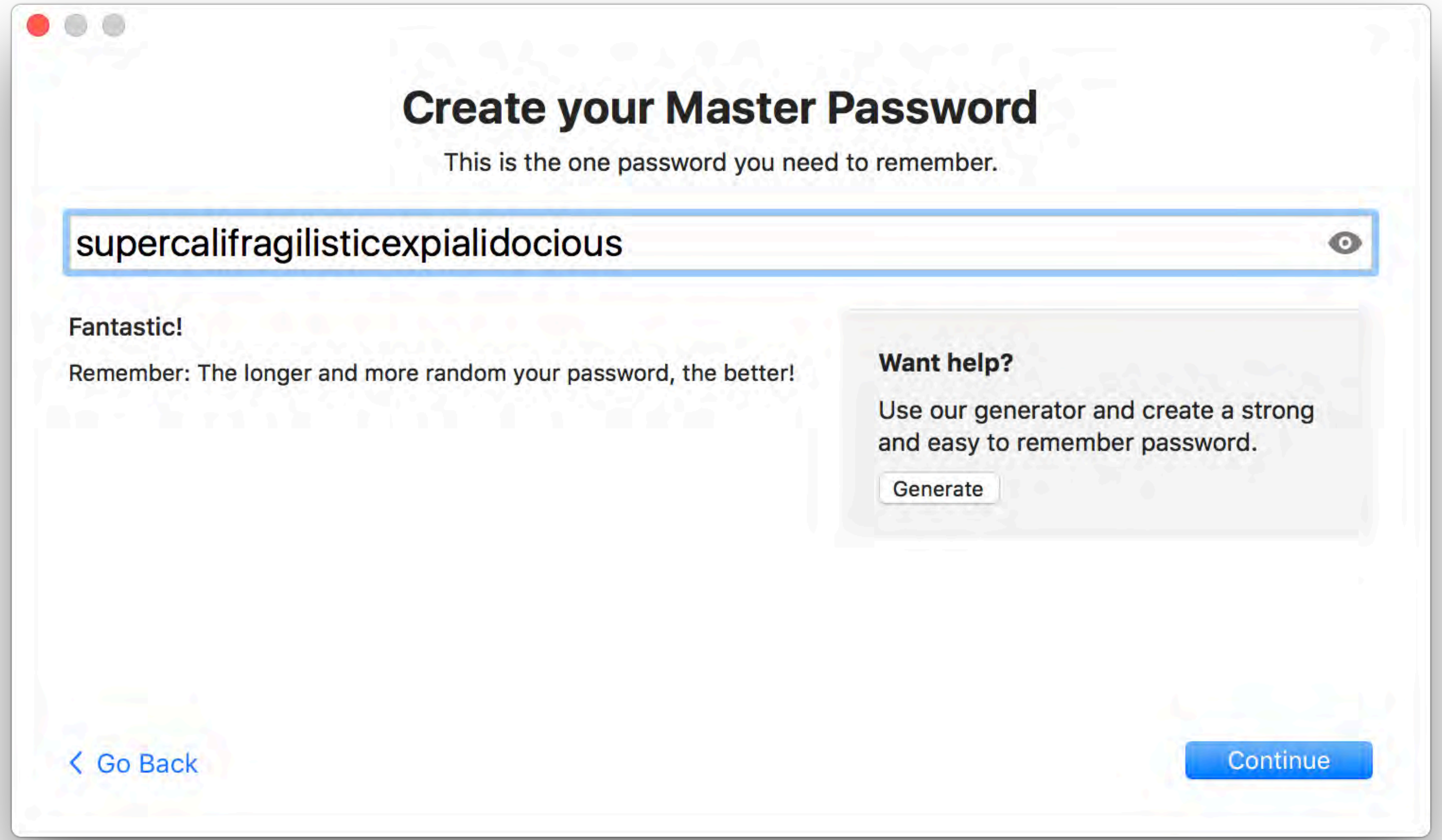
Getting Started with 1Password



Create your Master Password

This is the one password you need to remember.

supercalifragilisticexpialidocious

Fantastic!

Remember: The longer and more random your password, the better!

Want help?

Use our generator and create a strong and easy to remember password.

Create your Master Password

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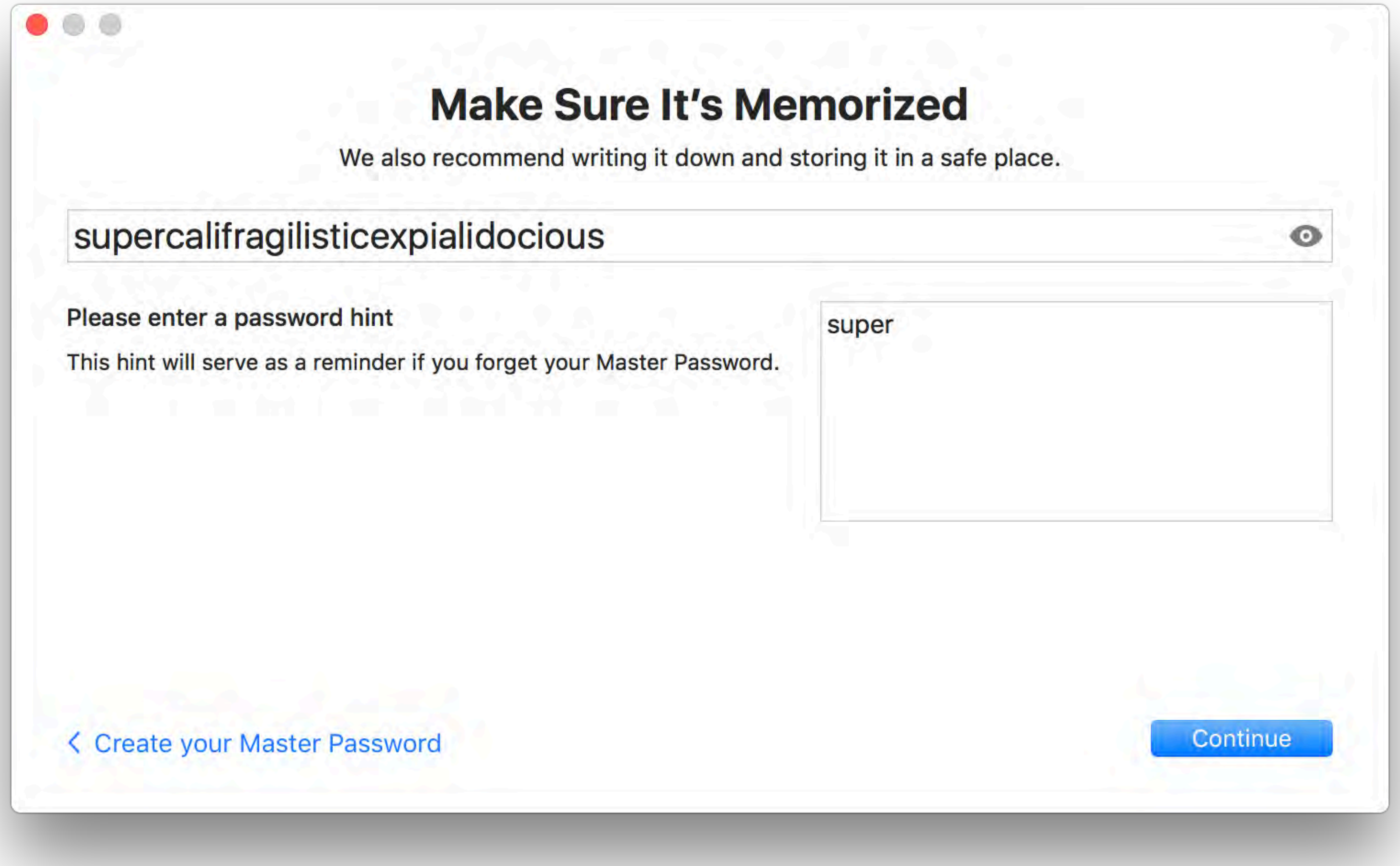
Getting Started with 1Password



Make Sure It's Memorized

We also recommend writing it down and storing it in a safe place.

supercalifragilisticexpialidocious

Please enter a password hint

This hint will serve as a reminder if you forget your Master Password.

super

Create your Master Password

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Getting Started with 1Password

- 1Password is great for generating strong random passwords for sites without you ever having to memorize (or even see) those passwords. But there are a few passwords that we all do need to remember. I have a small number (I wish I could say just one) high security passwords that I need to remember. One, of course, is my 1Password master password.
- It has to be memorable: it won't do any good if you can't remember it. You don't want to leave it out, easily accessible, so it MUST be something you can remember. It could be a full sentence and you can include spaces and punctuation in your 1Password master password. But, it would be much better if the sentence doesn't make logical sense; so, you could make a sentence of unconnected words, like "Incredible squids calculate horrible wallpaper!" Or, another way to create a password is to create a sentence and then use the 1st letter of each word for the sentence, while adding a couple of digits and interspersing capitals and lower case letters.

Toward Better Master Passwords
by Jeffrey Goldberg
http://bit.ly/2n1t5y6

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Getting Started with 1Password

- Avoid predictability: this would include phrases like 1234; Larry, Moe & Curly; I love my husband, wife, dog, etc.;
- Identifiable info: don’t use phone number, address, year of birth, graduation, marriage, etc., etc.
- Don’t tell the truth: For once, you don’t have to be truthful and it’s better if you’re NOT! You might, for example, write some sentence that has your dog’s name or husband’s name or your child’s name but you could make up a name instead of putting the REAL names in.

Toward Better Master Passwords
by Jeffrey Goldberg
http://bit.ly/2n1t5y6

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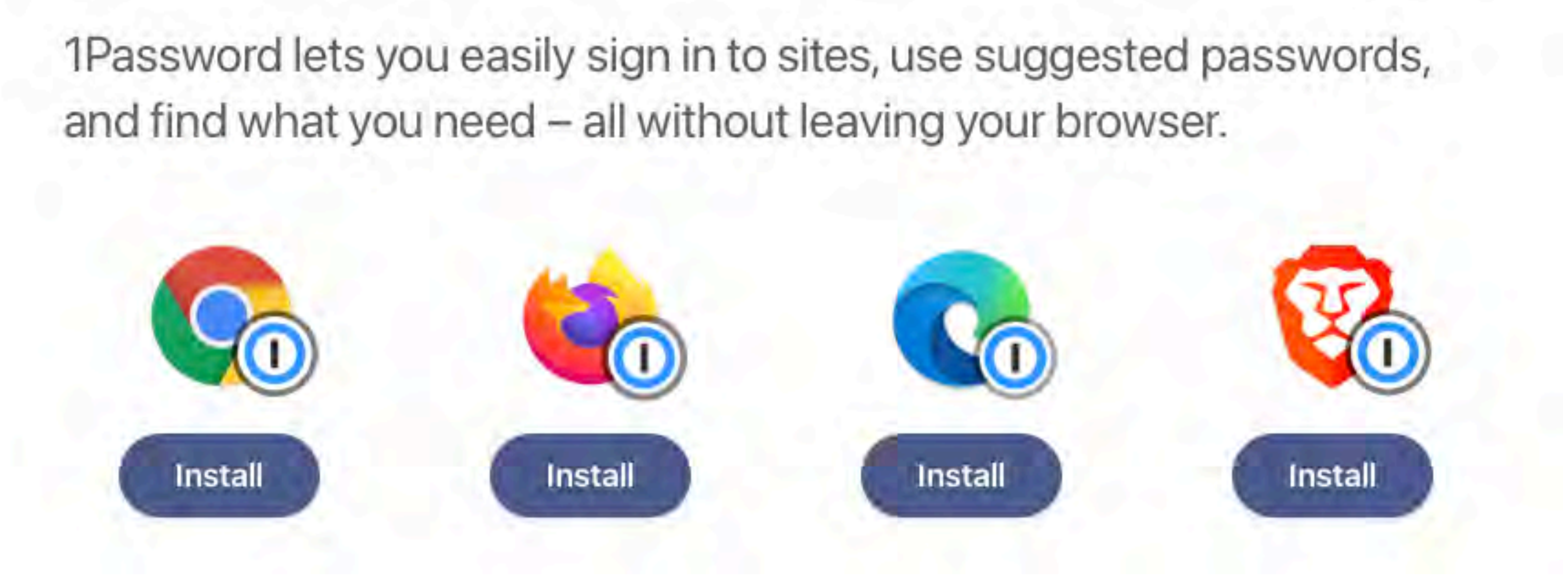
Getting Started with 1Password



1Password lets you easily sign in to sites, use suggested passwords, and find what you need – all without leaving your browser.

With 1Password 8, the Safari extension is installed through the App Store

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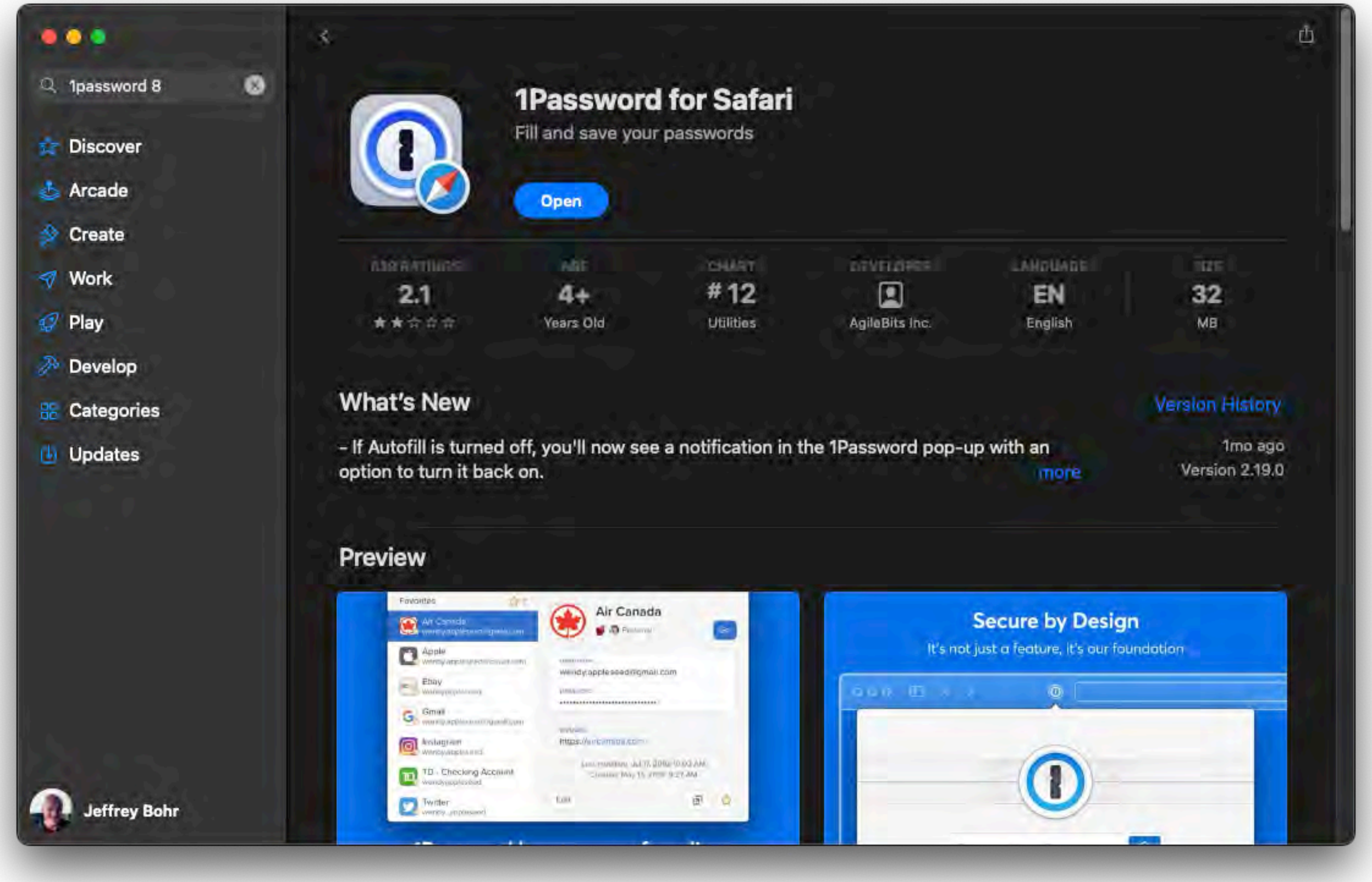
Getting Started with 1Password



1Password for Safari
Fill and save your passwords

138 RATINGS	AGE	CHART	DEVELOPER	LANGUAGE	SIZE
2.1 ★★☆☆☆	4+ Years Old	# 12 Utilities	AgileBits Inc.	EN English	32 MB

What's New

- If Autofill is turned off, you'll now see a notification in the 1Password pop-up with an option to turn it back on.

1mo ago
Version 2.19.0

With 1Password 8, the Safari extension is installed through the App Store

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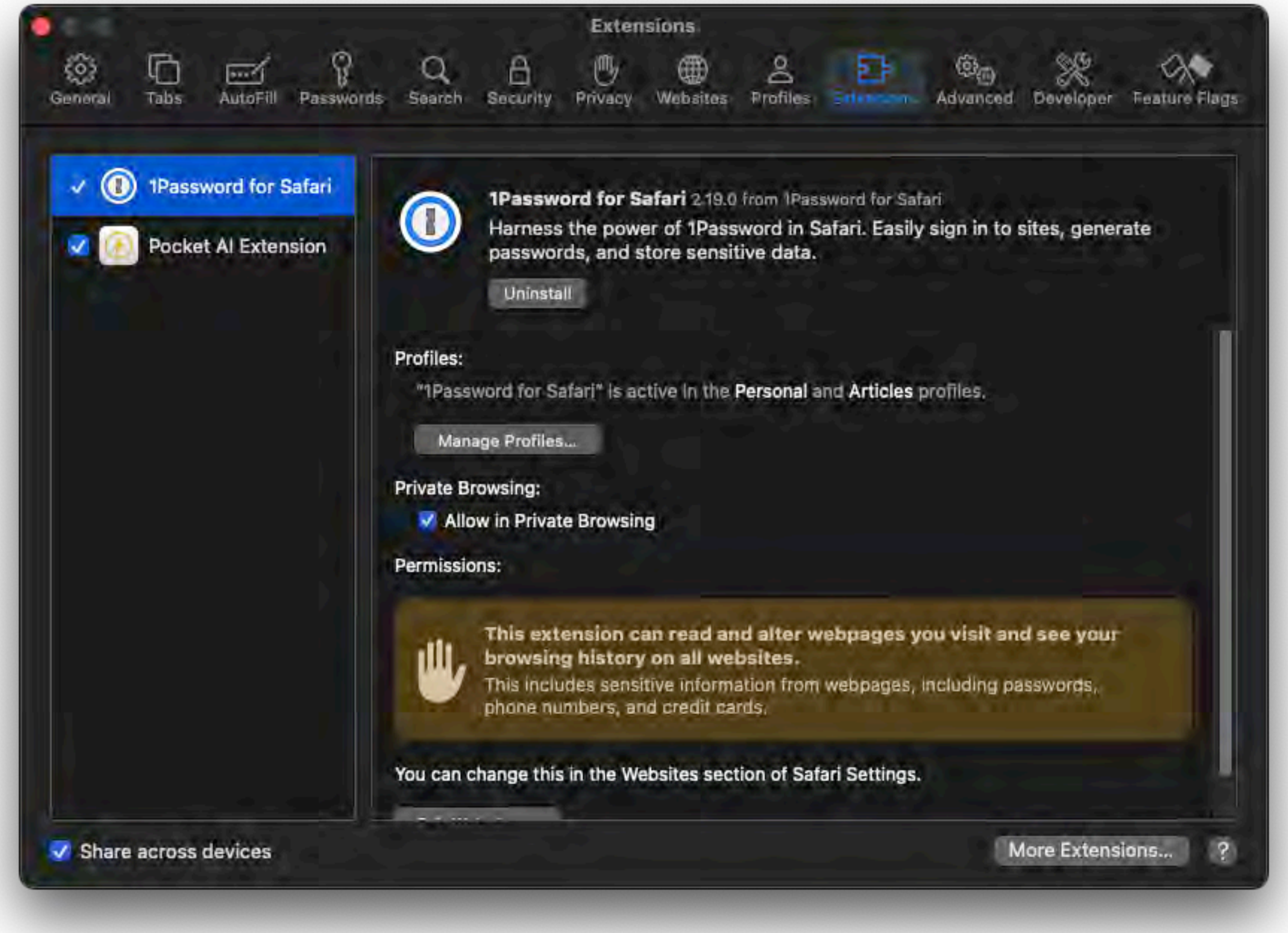
Getting Started with 1Password

- With 1Password 8, the Safari extension is installed via the App Store .
- Go to **Safari > Settings > Extensions** to enable the extension by checking the box in front of it.



☑ 1Password for Safari

☑ Pocket AI Extension

1Password for Safari 2.19.0 from 1Password for Safari
Harness the power of 1Password in Safari. Easily sign in to sites, generate passwords, and store sensitive data.

Profiles:
"1Password for Safari" is active in the **Personal** and **Articles** profiles.

Private Browsing:
☑ Allow in Private Browsing

Permissions:

This extension can read and alter webpages you visit and see your browsing history on all websites.
This includes sensitive information from webpages, including passwords, phone numbers, and credit cards.

You can change this in the Websites section of Safari Settings.

☑ Share across devices

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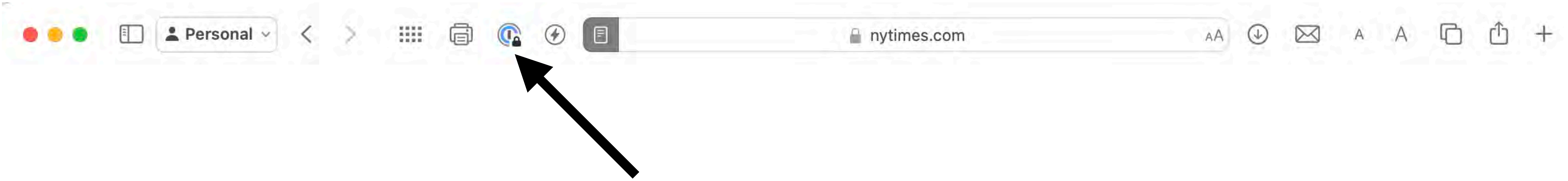
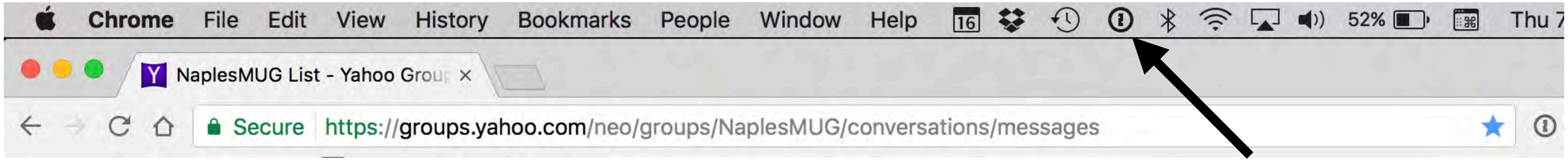
Getting Started with 1Password

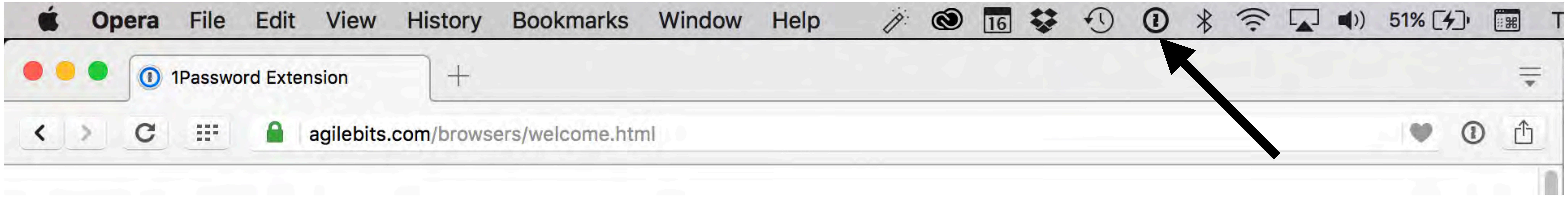
Once installed, the 1Password icon key should appear in your browser's toolbar. Here's what it looks like in Safari:



Chrome:


Chrome
File
Edit
View
History
Bookmarks
People
Window
Help
16
52%
Thu 7
NaplesMUG List - Yahoo Grou
Secure
https://groups.yahoo.com/neo/groups/NaplesMUG/conversations/messages

Opera



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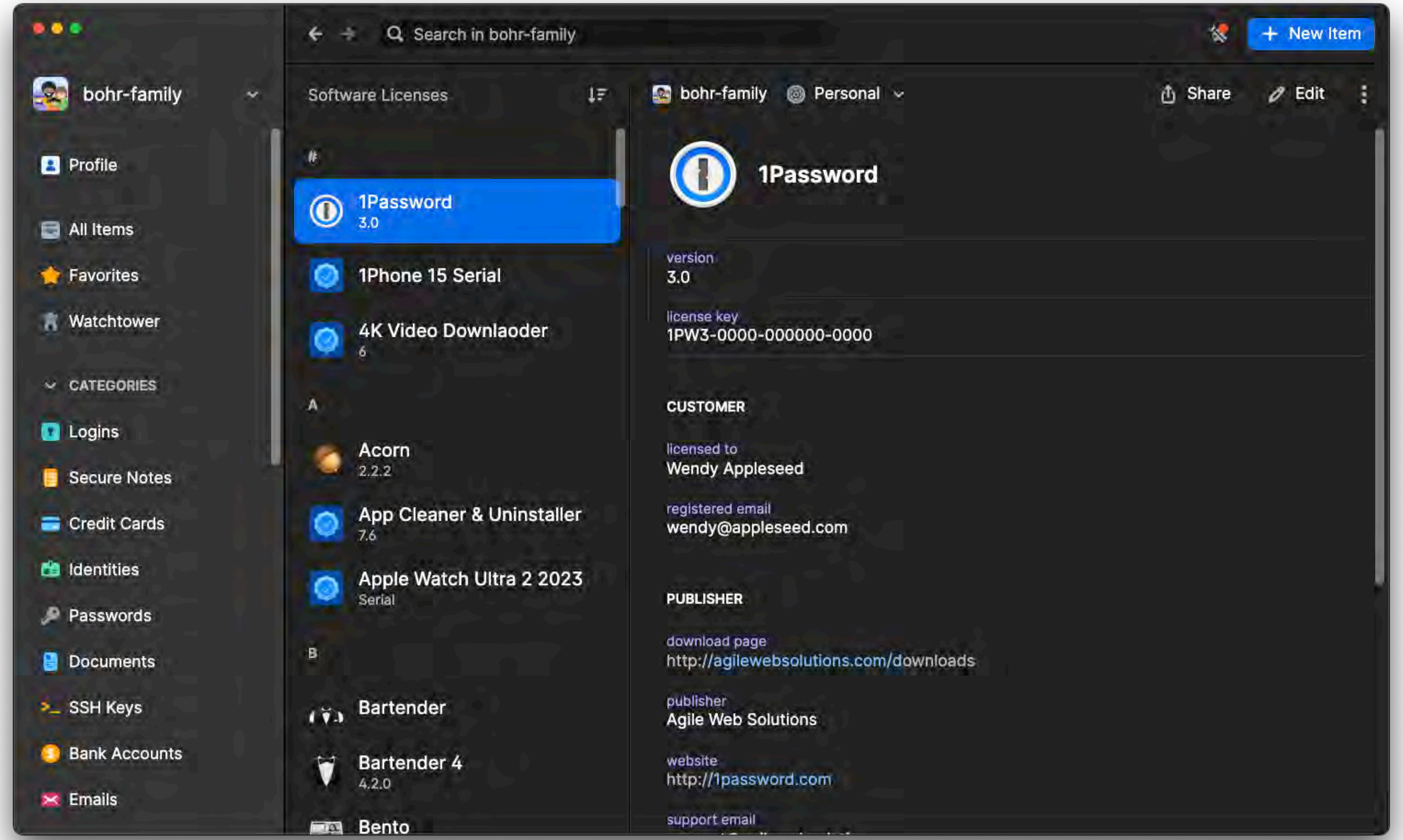
Getting Started with 1Password

- The 1Password Application



Search in bohr-family

+ New Item

bohr-family

- Profile
- All Items
- Favorites
- Watchtower

CATEGORIES

- Logins
- Secure Notes
- Credit Cards
- Identities
- Passwords
- Documents
- SSH Keys
- Bank Accounts
- Emails

Software Licenses

#

- 1Password
  3.0
- 1Phone 15 Serial
- 4K Video Downlaoder
  6

A

- Acorn
  2.2.2
- App Cleaner & Uninstaller
  7.6
- Apple Watch Ultra 2 2023
  Serial

B

- Bartender
- Bartender 4
  4.2.0
- Bento

bohr-family Personal

Share Edit

1Password

version
3.0

license key
1PW3-0000-000000-0000

CUSTOMER

licensed to
Wendy Appleseed

registered email
wendy@appleseed.com

PUBLISHER

download page
http://agilewebsolutions.com/downloads

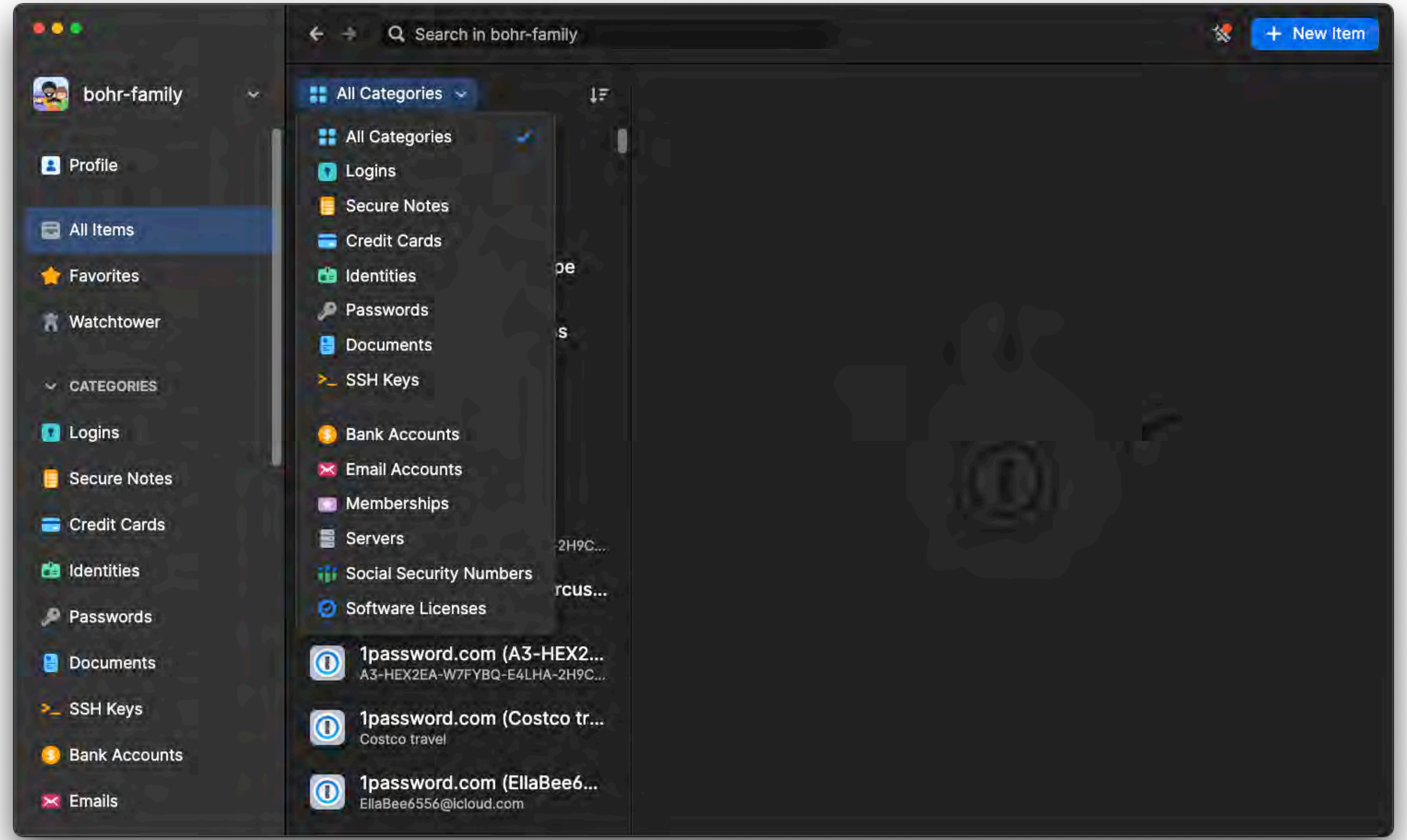
publisher
Agile Web Solutions

website
http://1password.com

support email

Getting Started with 1Password

- The 1Password Application



Security & Privacy

Getting Started with 1Password

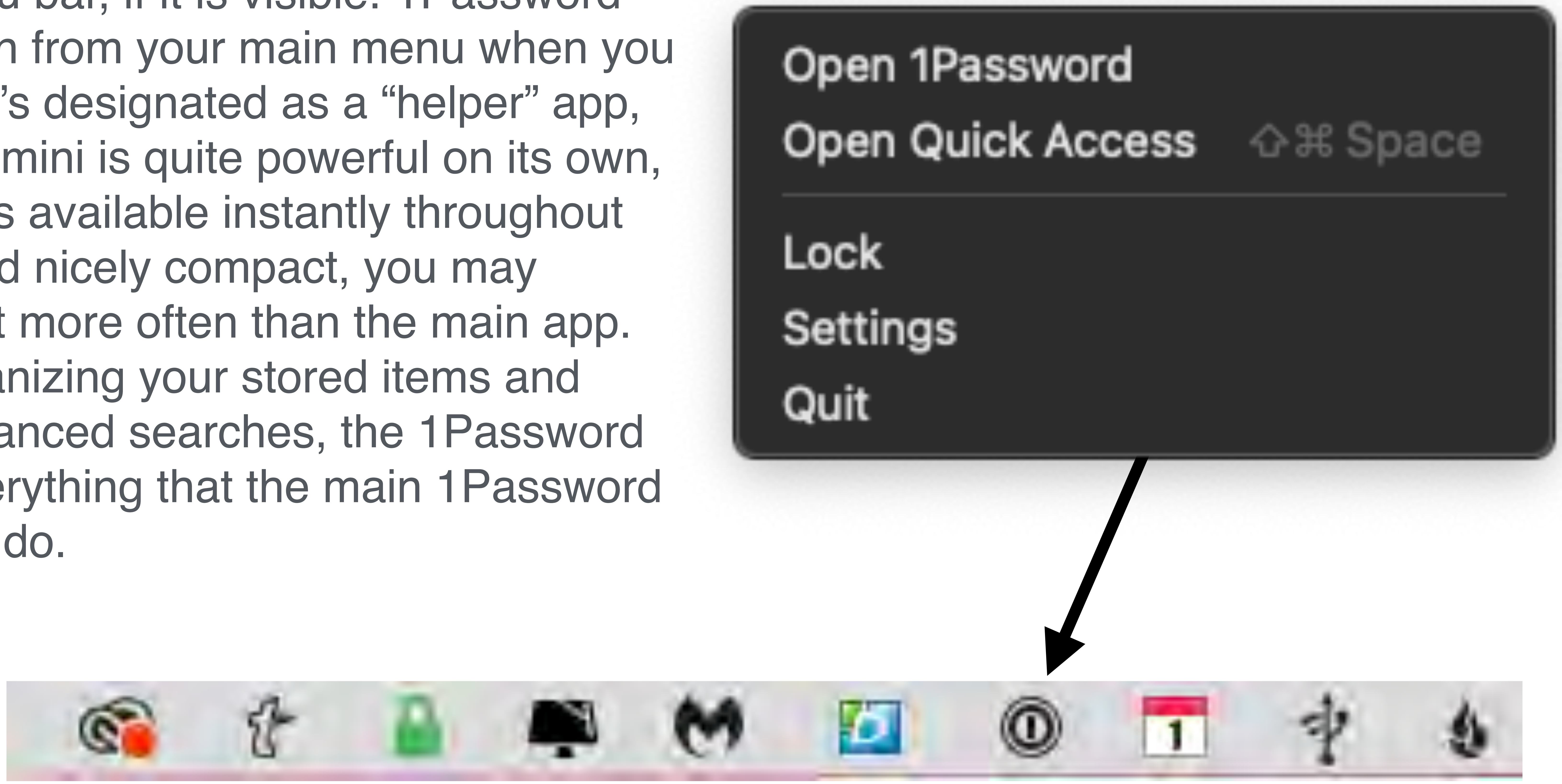
- **The 1Password Application**

- The main 1Password app shows all your data and provides numerous ways to organize, edit, and search it. It’s also where you’ll go to configure preferences, check for updates, and carry out other housekeeping tasks.

- Tip: Passwords are hidden by default in the main 1Password app — you’ll see only bullet characters. On a Mac, you can temporarily display a password without changing this setting or opening an item for editing—simply press the Option key!

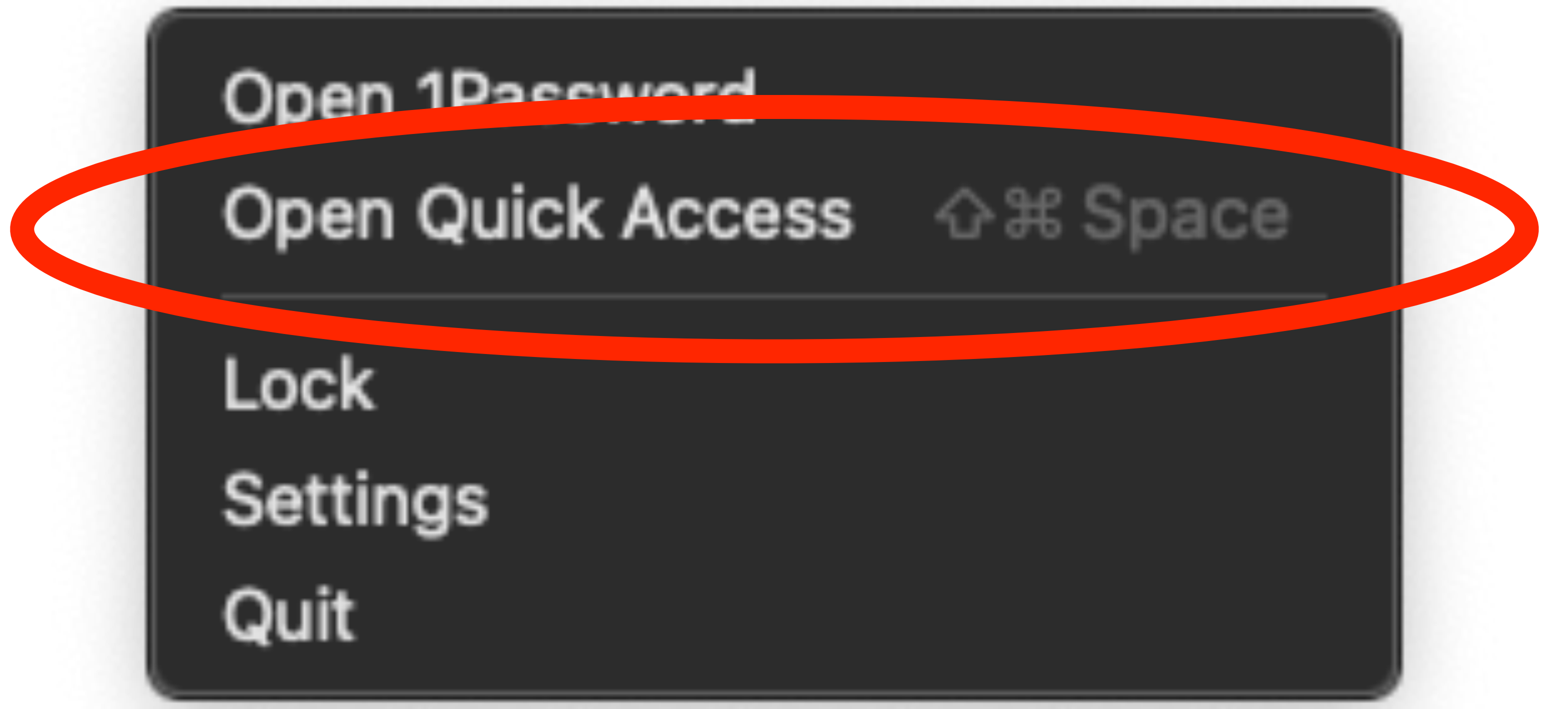
Getting Started with 1Password

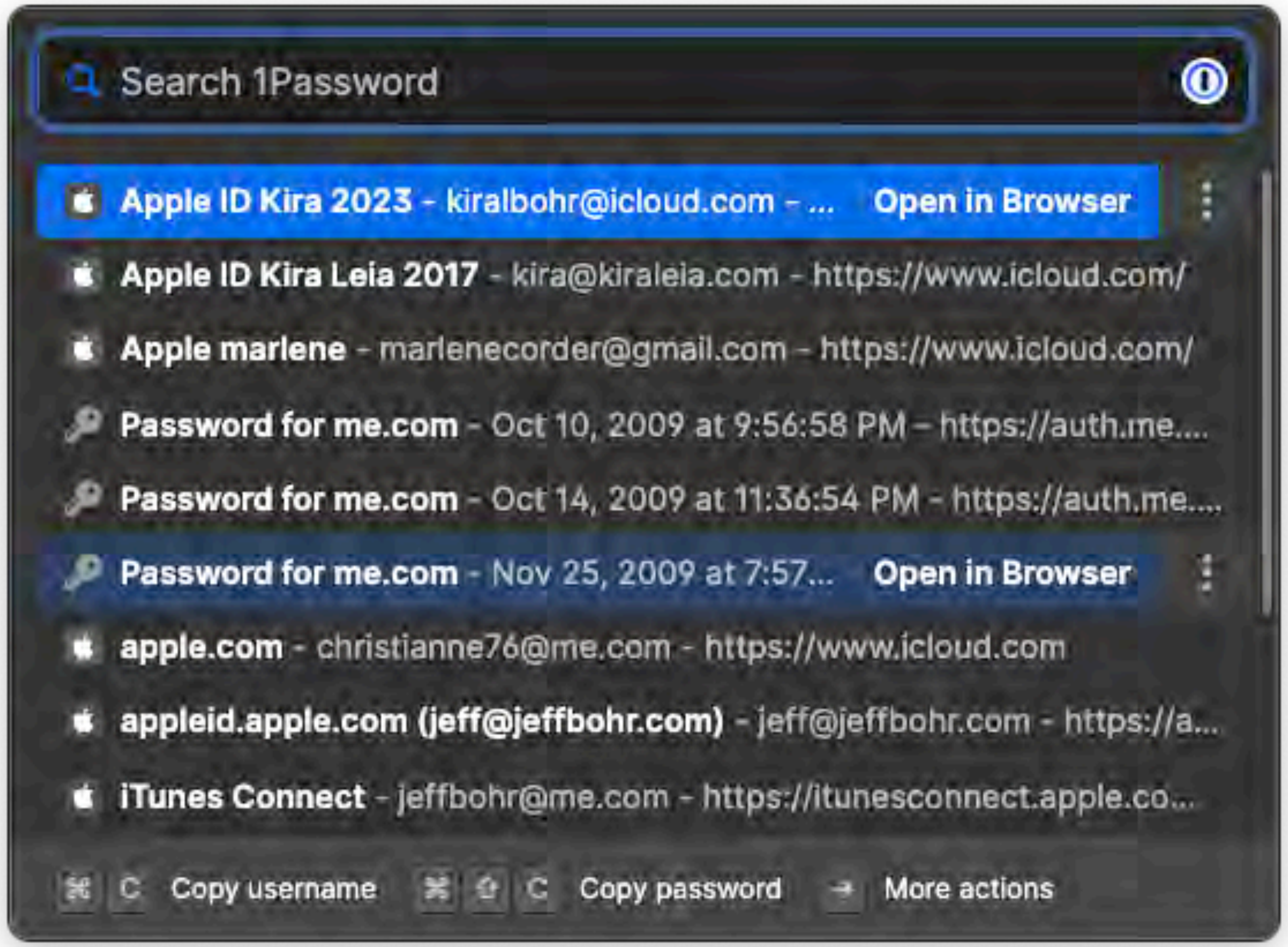
- **1Password Mini**
- You can display it by clicking the 1Password key icon in the menu bar, if it is visible. 1Password mini drops down from your main menu when you click the icon. It's designated as a "helper" app, but 1Password mini is quite powerful on its own, and because it's available instantly throughout your system and nicely compact, you may choose to use it more often than the main app. Other than organizing your stored items and performing advanced searches, the 1Password Mini can do everything that the main 1Password application can do.



Security & Privacy

Getting Started with 1Password




Search 1Password

Apple ID Kira 2023 - kiralbohr@icloud.com - ... Open in Browser
Apple ID Kira Leia 2017 - kira@kiraleia.com - https://www.icloud.com/
Apple marlene - marlenecorder@gmail.com - https://www.icloud.com/
Password for me.com - Oct 10, 2009 at 9:56:58 PM - https://auth.me....
Password for me.com - Oct 14, 2009 at 11:36:54 PM - https://auth.me....
Password for me.com - Nov 25, 2009 at 7:57... Open in Browser
apple.com - christianne76@me.com - https://www.icloud.com
appleid.apple.com (jeff@jeffbohr.com) - jeff@jeffbohr.com - https://a...
iTunes Connect - jeffbohr@me.com - https://itunesconnect.apple.co...

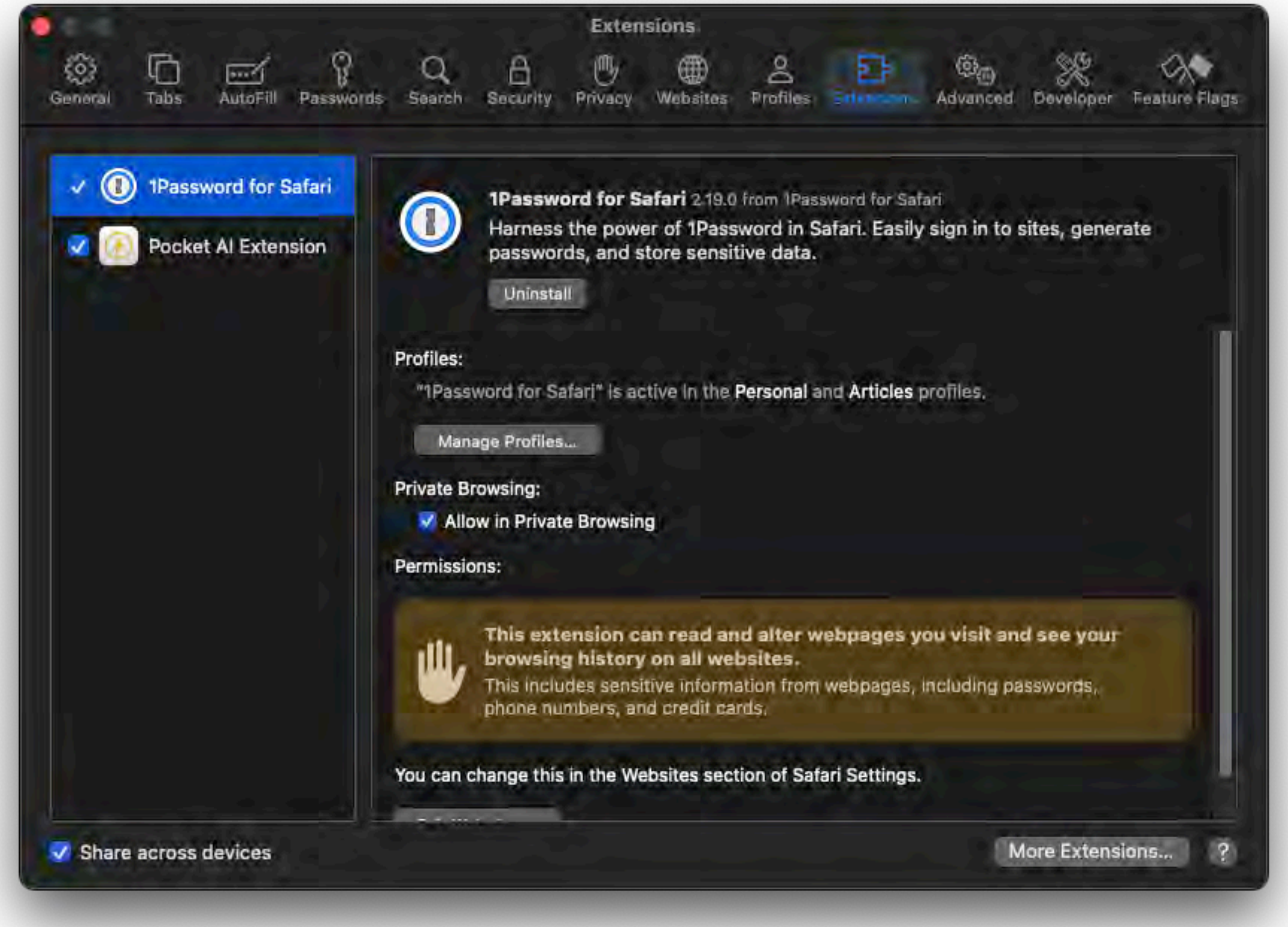
⌘ C Copy username ⌘ ⇧ C Copy password → More actions

The new Quick Access lets you see recent and frequently uses passwords, and it is searchable!

Security & Privacy

Getting Started with 1Password

- **1Password Browser Extensions**
- The next component that we have already talked a bit about are the browser extensions. In order for 1Password to perform tricks like filling in Web forms and automatically saving the credentials that you enter on Web pages, it needs low-level access to your browser.



☑ 1Password for Safari

☑ Pocket AI Extension

1Password for Safari 2.19.0 from 1Password for Safari

Harness the power of 1Password in Safari. Easily sign in to sites, generate passwords, and store sensitive data.

Profiles:

"1Password for Safari" is active in the **Personal** and **Articles** profiles.

Private Browsing:

☑ Allow in Private Browsing

Permissions:

This extension can read and alter webpages you visit and see your browsing history on all websites.

This includes sensitive information from webpages, including passwords, phone numbers, and credit cards.

You can change this in the Websites section of Safari Settings.

☑ Share across devices

Security & Privacy

Getting Started with 1Password

- **How Logins work:**
- In 1Password, a login is a collection of information—
- Typically including a username, password, and URL among other things—that you can use to log in to a site or service. Although logins are most often used for Web sites where you have password-protected accounts, 1Password treats “login” as a generic term that can be used for almost any type of resource, even if you don’t technically use it to log in to anything.
- Most Web sites that require you to log in display a username field or email address, a password field, and a button or icon you click to submit your credentials.

Getting Started with 1Password

- **Setting Up a New Account Login with 1Password**

- If you don’t already have an account on a site and choose to sign up, you will see a form, which asks you to enter a username (often in the form of an email address), pick a password, and confirm that password. You’ll type your preferred username yourself, but then you can use 1Password’s built-in password generator to create a password and fill it into both password fields with a single click. Once you submit the form, 1Password prompts you to save that login. Click Save, and 1Password stores your new password (along with your username and the site’s URL) for you.

Getting Started with 1Password

- **Using An Existing Account Login with 1Password**

- First, you access a login screen on a website, or you can click somewhere to enable a login.

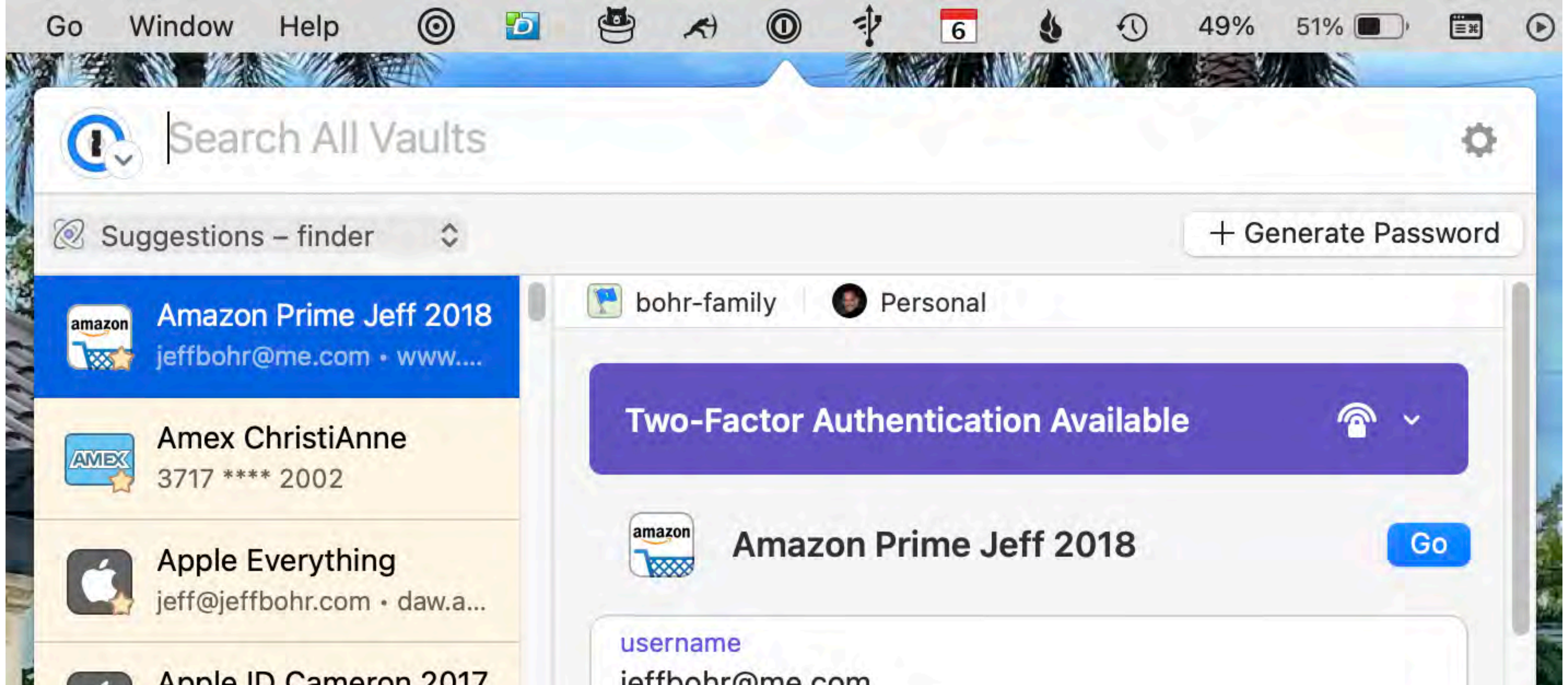
- Once you see the login window, you can automatically start the login by pressing the command key (⌘) and the back slash (\ ) key (which is just above the return key on your keyboard). This command alerts 1Password to enter the login information, including your password automatically. Also note that 1Password will ask for your master password first. It couldn’t be easier!

Security & Privacy

Getting Started with 1Password

- **Using An Existing Account Login with 1Password**

- An alternate way to login using 1Password in the browser is to access the information from the 1Password Mini app that is located up in your menubar. Its icon is the 1Password logo, a keyhole. This is what the 1Password Mini method would look like for my Amazon login. So, you can see here the keyhole icon in the menubar.

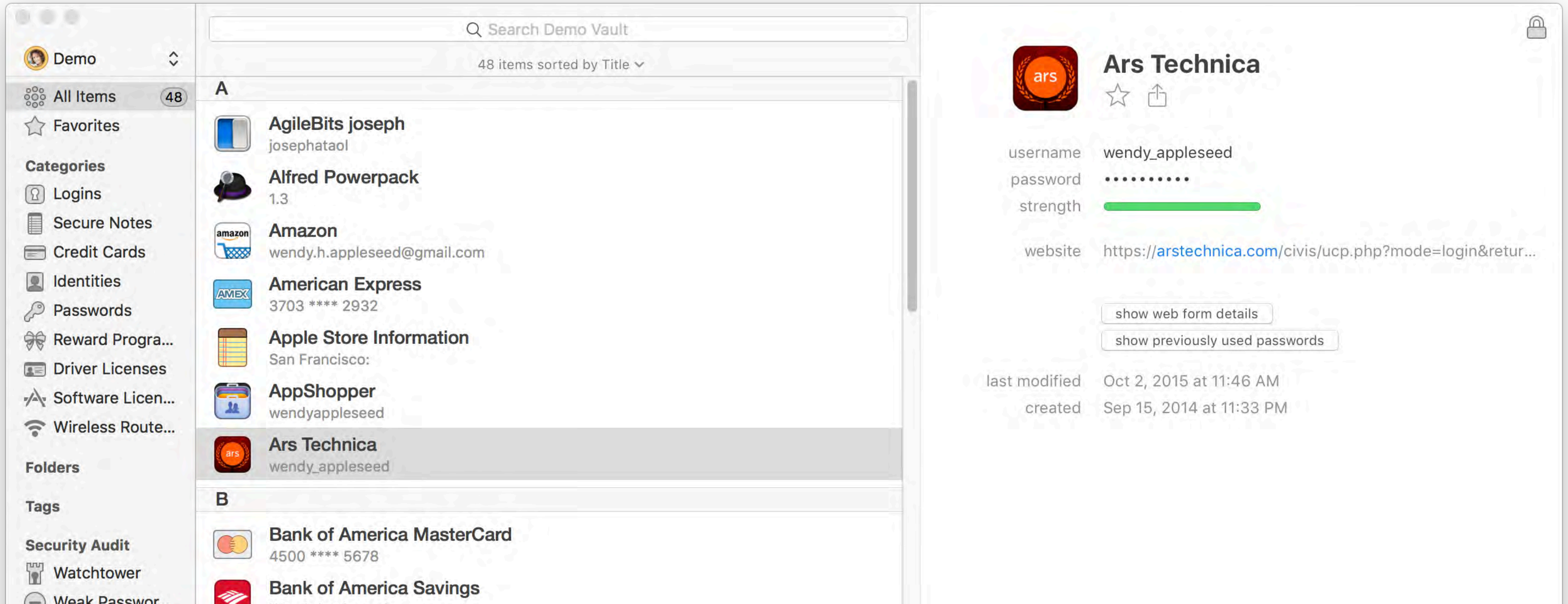


Security & Privacy

Getting Started with 1Password

- **Using An Existing Account Login with 1Password with 1Password Mini**

- App-centric approach, using the 1Password Application
  1. Enter your 1Password “Master” password to unlock 1Password
  2. Double-click on entry in 1Password



A

AgileBits joseph
josephataol

Alfred Powerpack
1.3

Amazon
wendy.h.appleseed@gmail.com

American Express
3703 **** 2932

Apple Store Information
San Francisco:

AppShopper
wendyappleseed

Ars Technica
wendy_appleseed

B

Bank of America MasterCard
4500 **** 5678

Bank of America Savings

Ars Technica

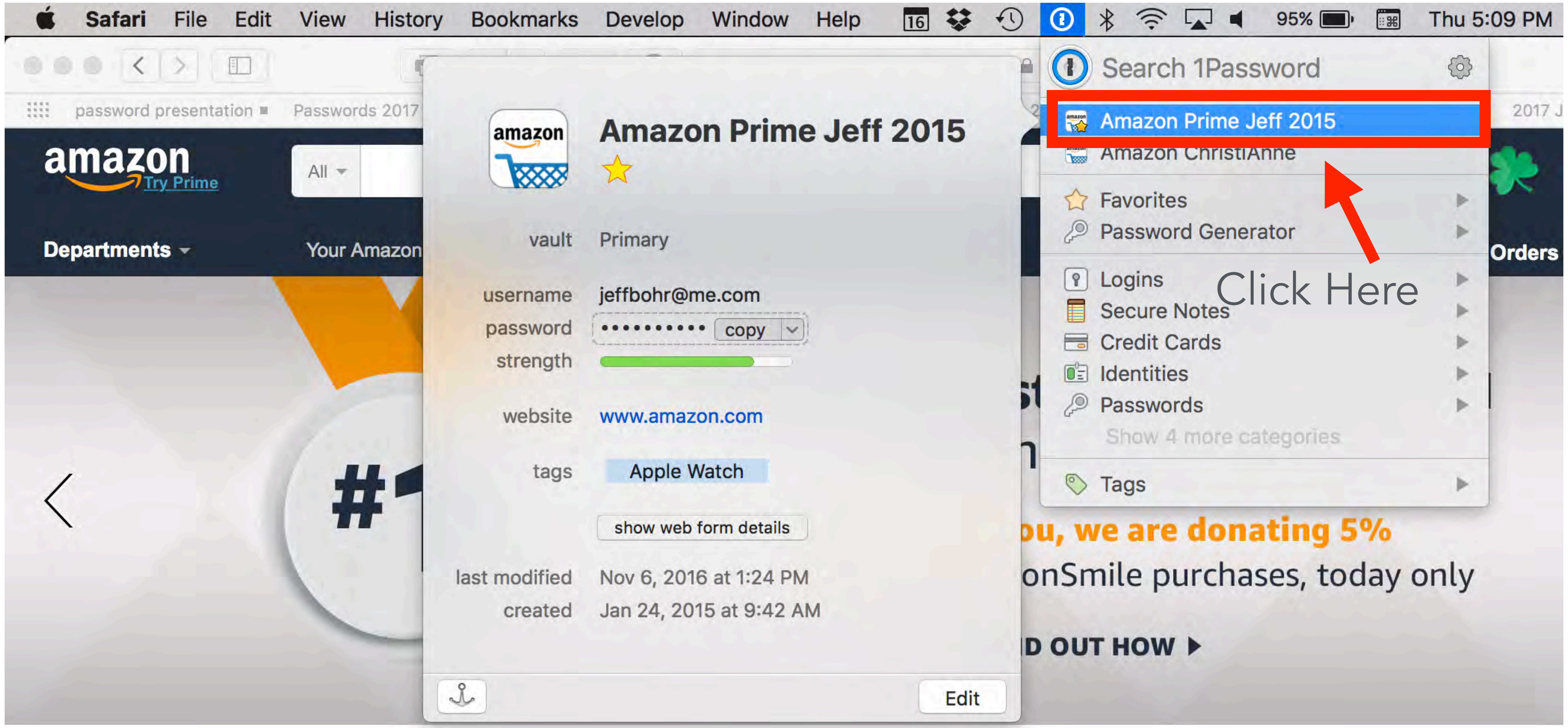
username wendy_appleseed
password ••••••••••
strength
website https://arstechnica.com/civis/ucp.php?mode=login&retur...

last modified Oct 2, 2015 at 11:46 AM
created Sep 15, 2014 at 11:33 PM

Security & Privacy

Getting Started with 1Password

- Using An Existing Account Login with 1Password with 1Password Mini



Amazon Prime Jeff 2015

vault Primary

username jeffbohr@me.com

password •••••••••• copy

strength

website www.amazon.com

tags Apple Watch

show web form details

last modified Nov 6, 2016 at 1:24 PM

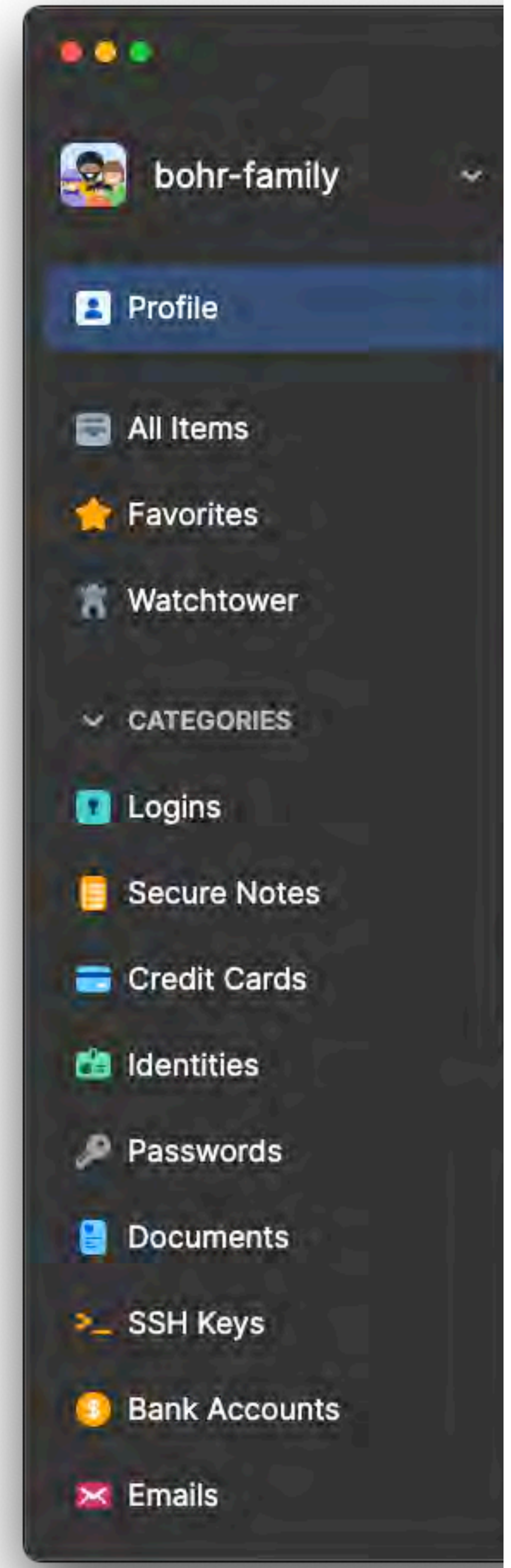
created Jan 24, 2015 at 9:42 AM

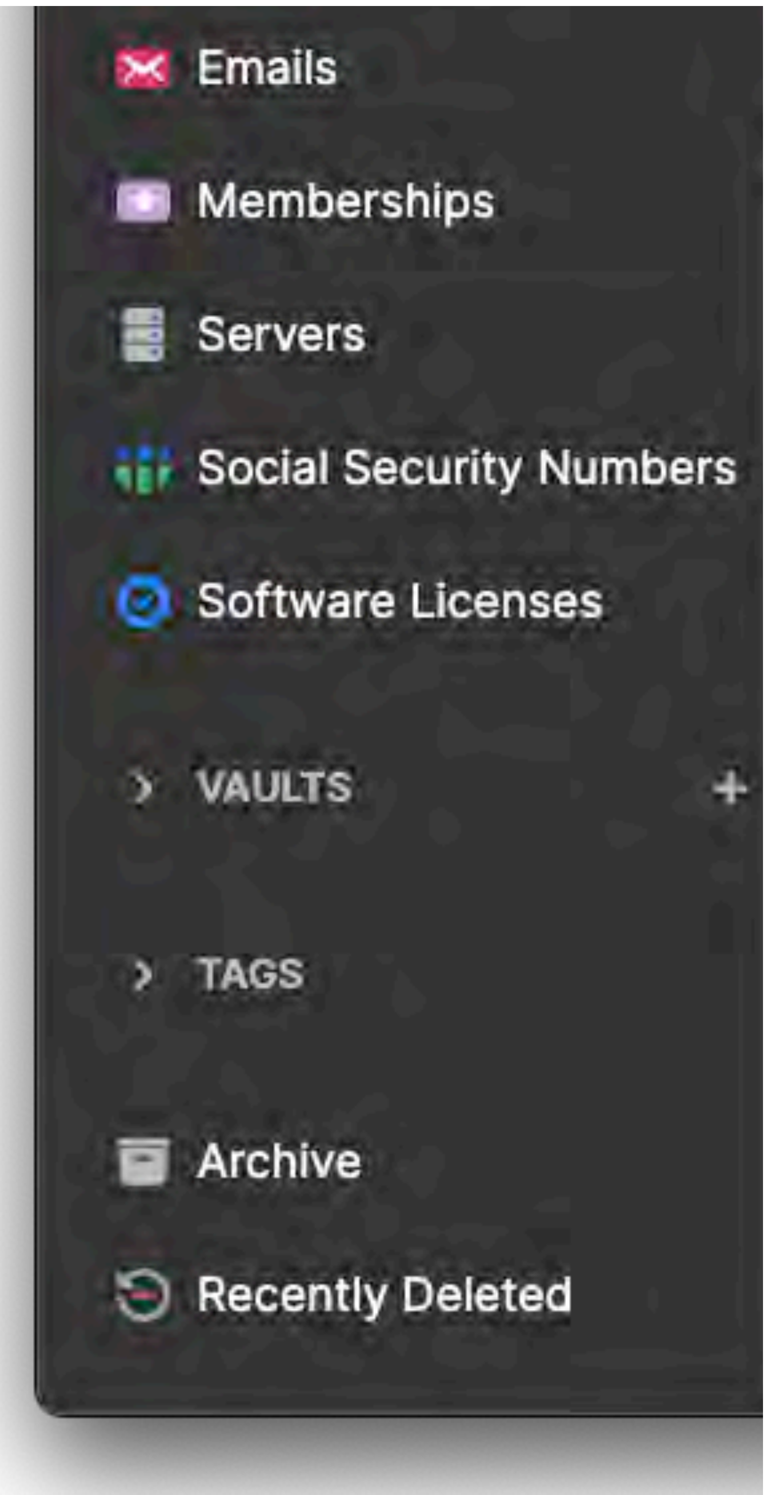
Click Here

Security & Privacy

Getting Started with 1Password

- **Using The 1Password Sidebar**
- Organized by Type
- Security Audit Section
- **Watchtower**
- Compromised websites
- Vulnerable passwords
- Reused passwords
- Weak passwords
- Unsecured websites
- Two-Factor Authentication
- Expiring

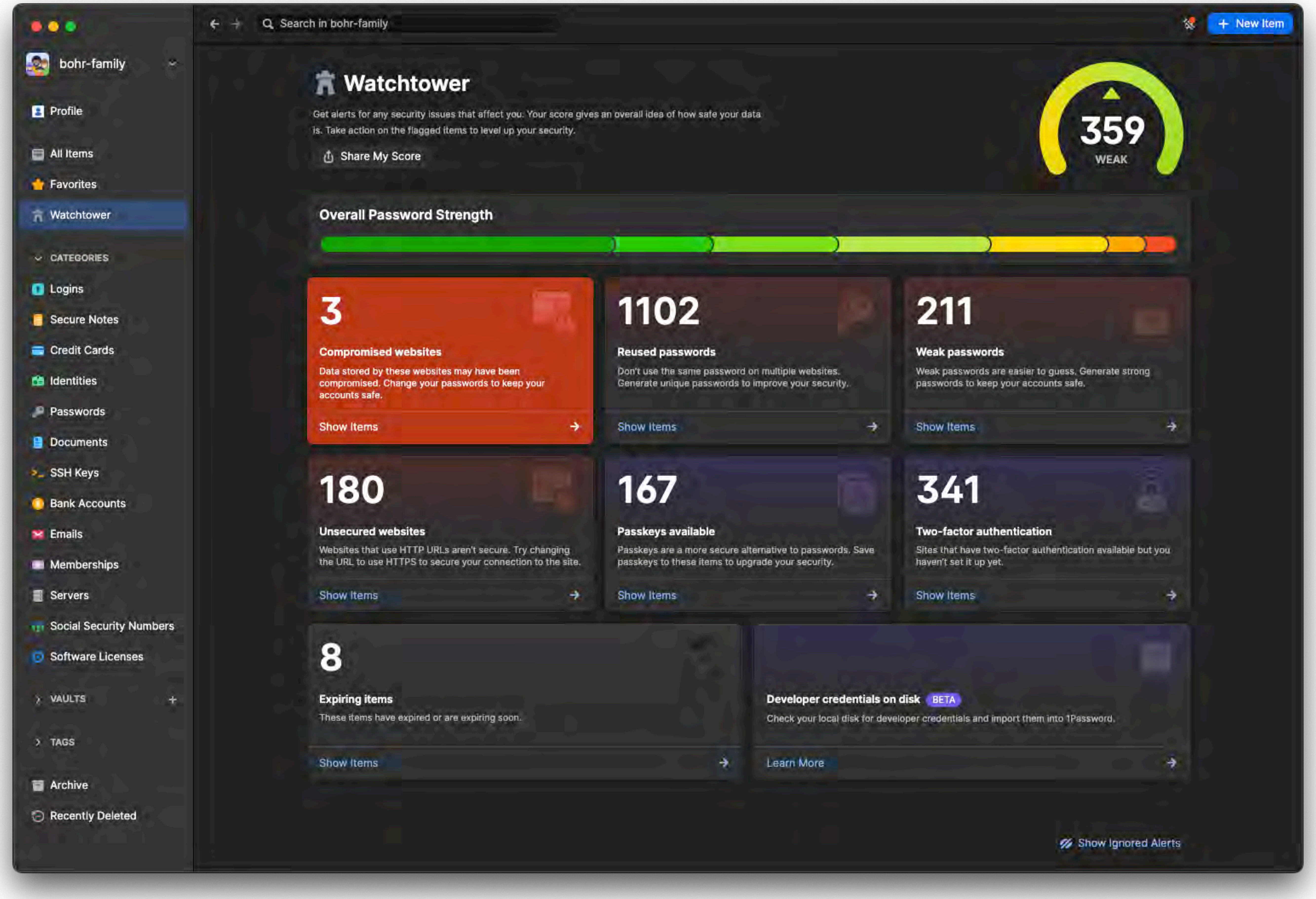




Security & Privacy

Getting Started with 1Password

- **Using The 1Password Sidebar**
- Organized by Type
- Security Audit Section
- **Watchtower**
- Compromised websites
- Vulnerable passwords
- Reused passwords
- Weak passwords
- Unsecured websites
- Two-Factor Authentication
- Expiring Items (credit cards, memberships, etc.)



Watchtower

Get alerts for any security issues that affect you. Your score gives an overall idea of how safe your data is. Take action on the flagged items to level up your security.

Overall Password Strength

3 Compromised websites — Data stored by these websites may have been compromised. Change your passwords to keep your accounts safe.

1102 Reused passwords — Don't use the same password on multiple websites. Generate unique passwords to improve your security.

211 Weak passwords — Weak passwords are easier to guess. Generate strong passwords to keep your accounts safe.

180 Unsecured websites — Websites that use HTTP URLs aren't secure. Try changing the URL to use HTTPS to secure your connection to the site.

167 Passkeys available — Passkeys are a more secure alternative to passwords. Save passkeys to these items to upgrade your security.

341 Two-factor authentication — Sites that have two-factor authentication available but you haven't set it up yet.

8 Expiring items — These items have expired or are expiring soon.

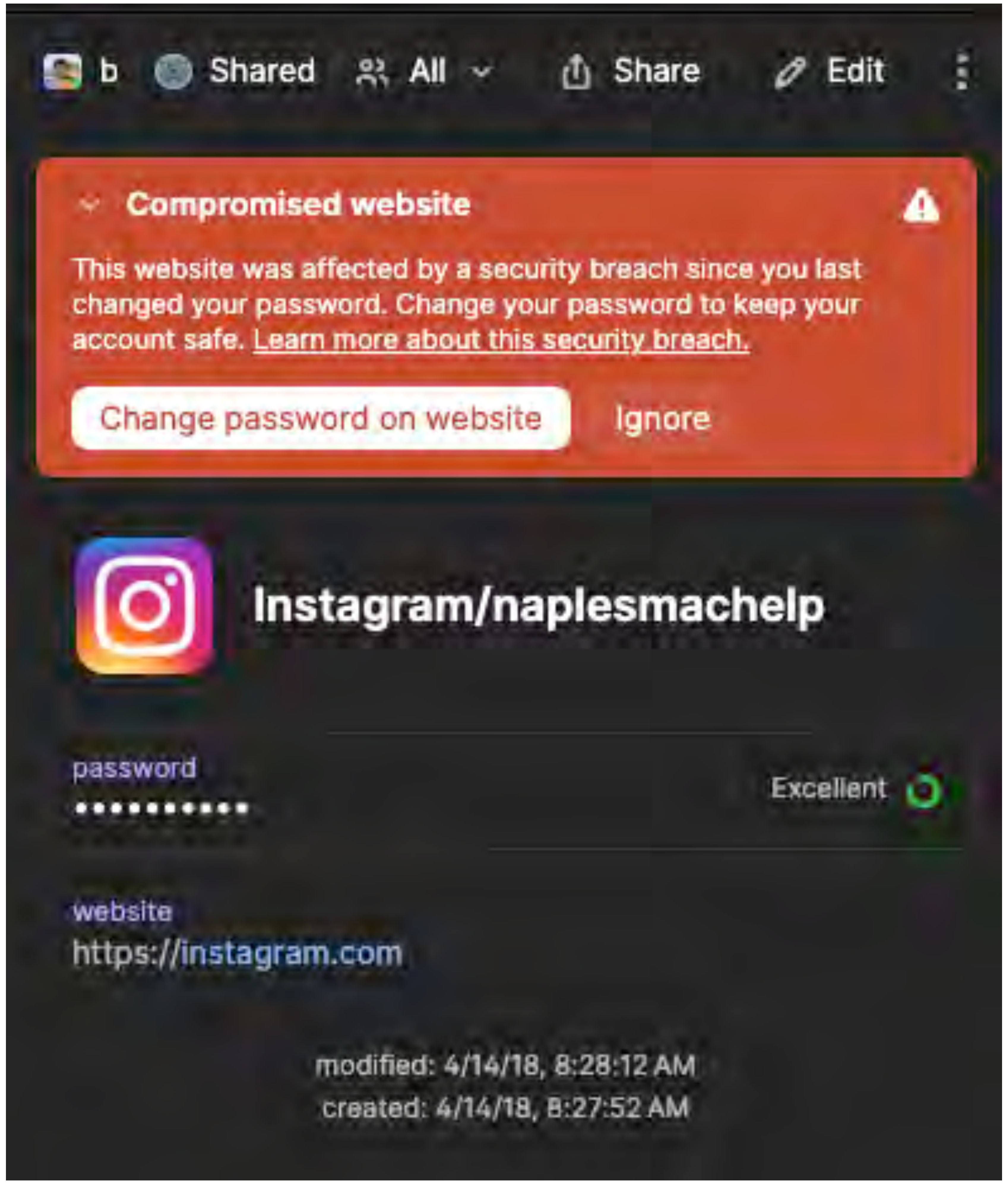
Developer credentials on disk — Check your local disk for developer credentials and import them into 1Password.

Security & Privacy

Getting Started with 1Password

- **Using The 1Password Sidebar**

- Watchtower notifies you if the website has been exposed to a security breach



Compromised website

This website was affected by a security breach since you last changed your password. Change your password to keep your account safe. Learn more about this security breach.

Instagram/naplesmachelp

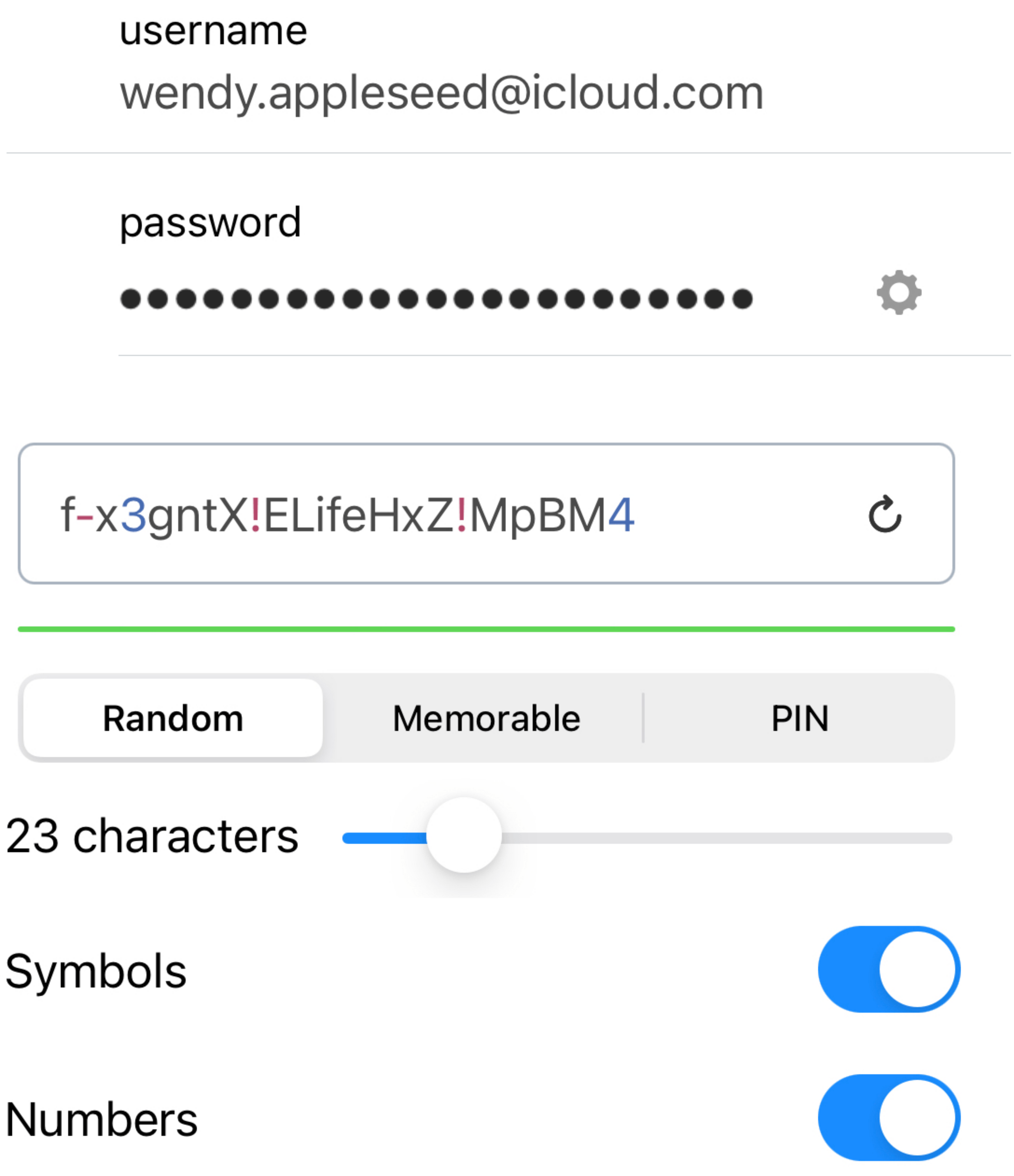
password
••••••••••• Excellent

website
https://instagram.com

modified: 4/14/18, 8:28:12 AM
created: 4/14/18, 8:27:52 AM

Getting Started with 1Password

- Using the password generator



username
wendy.appleseed@icloud.com

password
●●●●●●●●●●●●●●●●●●●●●●●

f-x3gntX!ELifeHxZ!MpBM4

23 characters

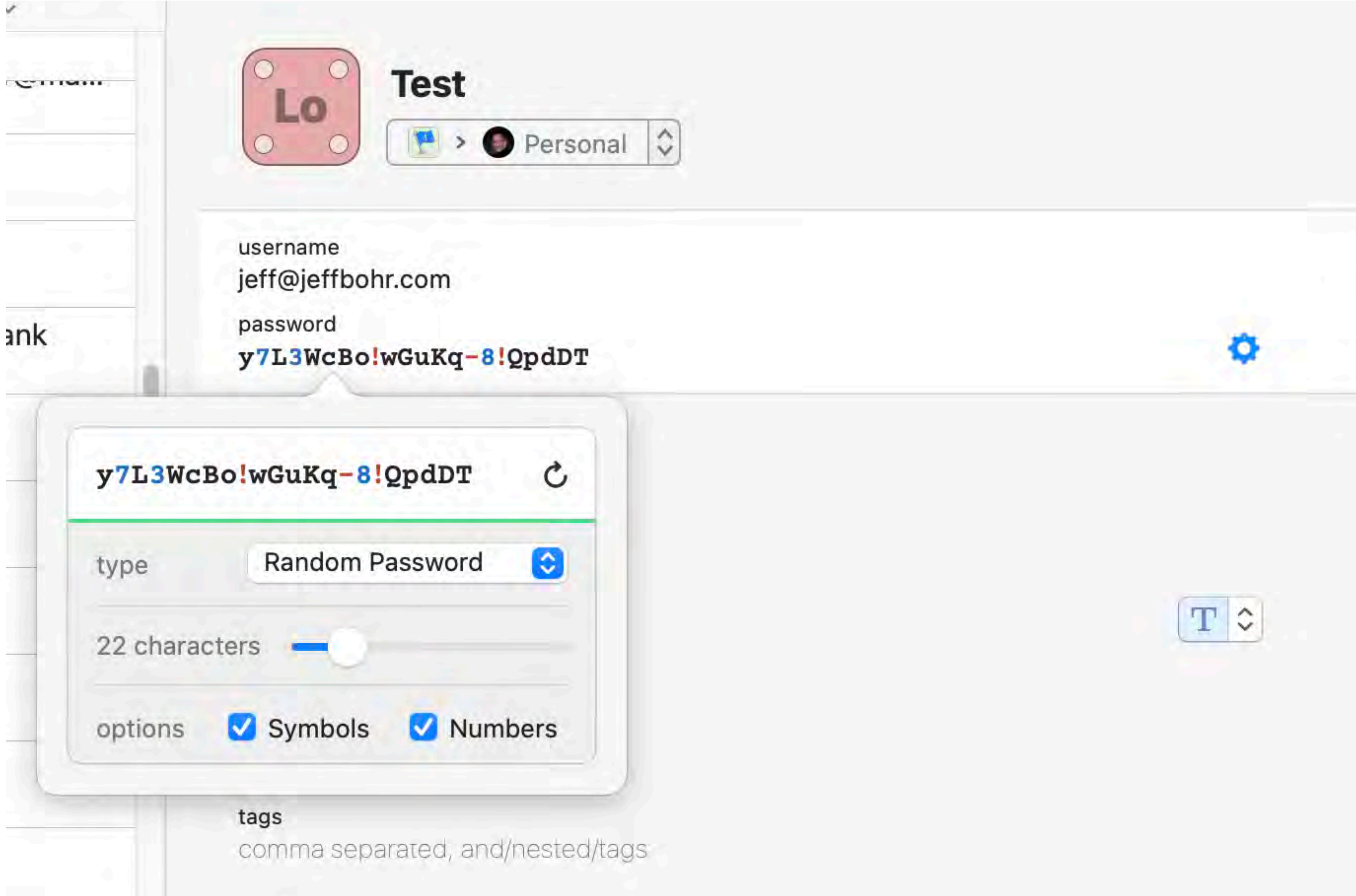
Symbols ●

Numbers ●

Security & Privacy

Getting Started with 1Password

- Using the password generator: random



Test

Personal

username
jeff@jeffbohr.com

password
y7L3WcBo!wGuKq-8!QpdDT

y7L3WcBo!wGuKq-8!QpdDT

type: Random Password

22 characters

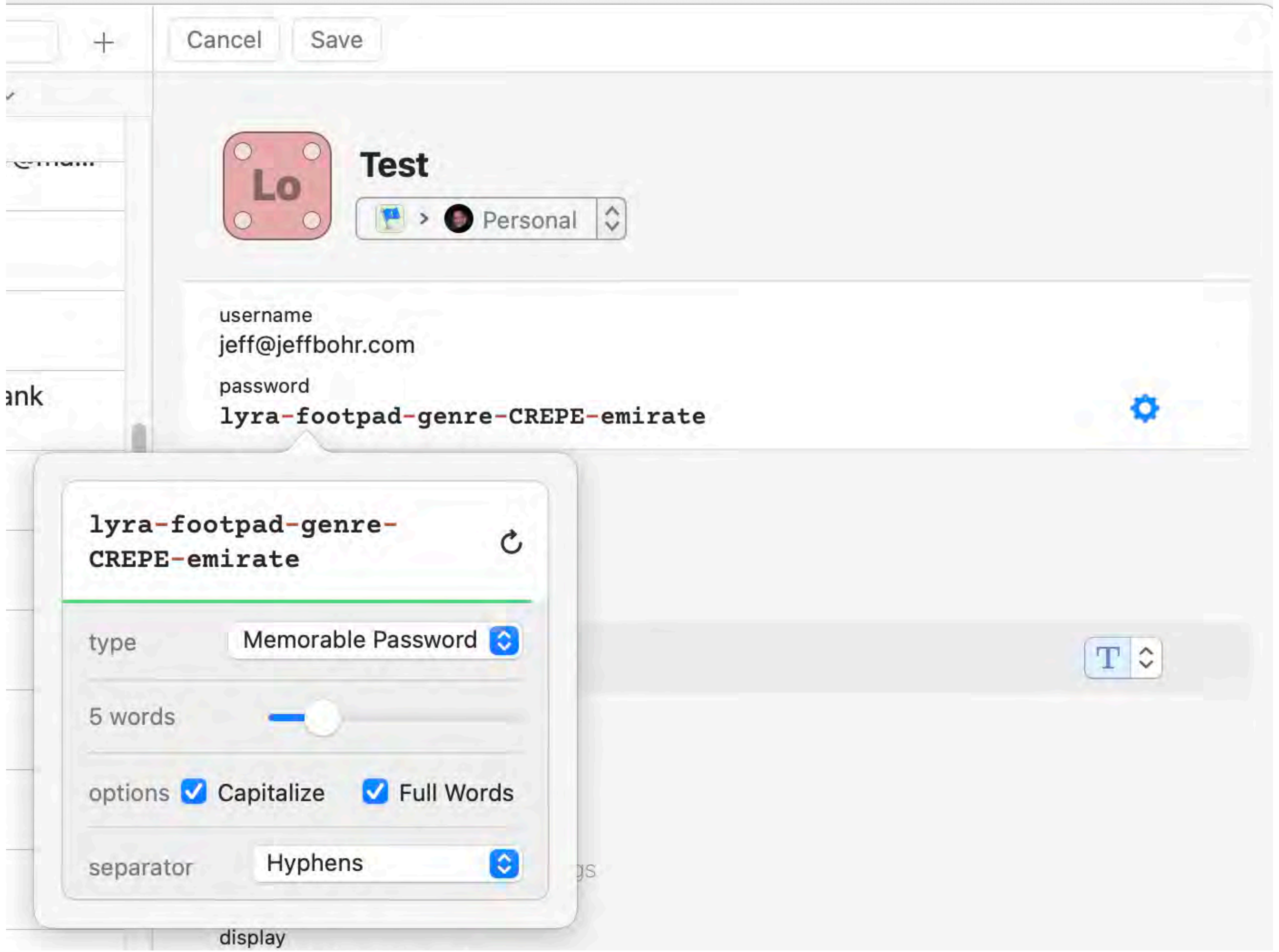
options: ☑ Symbols ☑ Numbers

tags
comma separated, and/nested/tags

Security & Privacy

Getting Started with 1Password

- Using the password generator: memorable



username
jeff@jeffbohr.com

password
lyra-footpad-genre-CREPE-emirate

lyra-footpad-genre-CREPE-emirate

type: Memorable Password

5 words

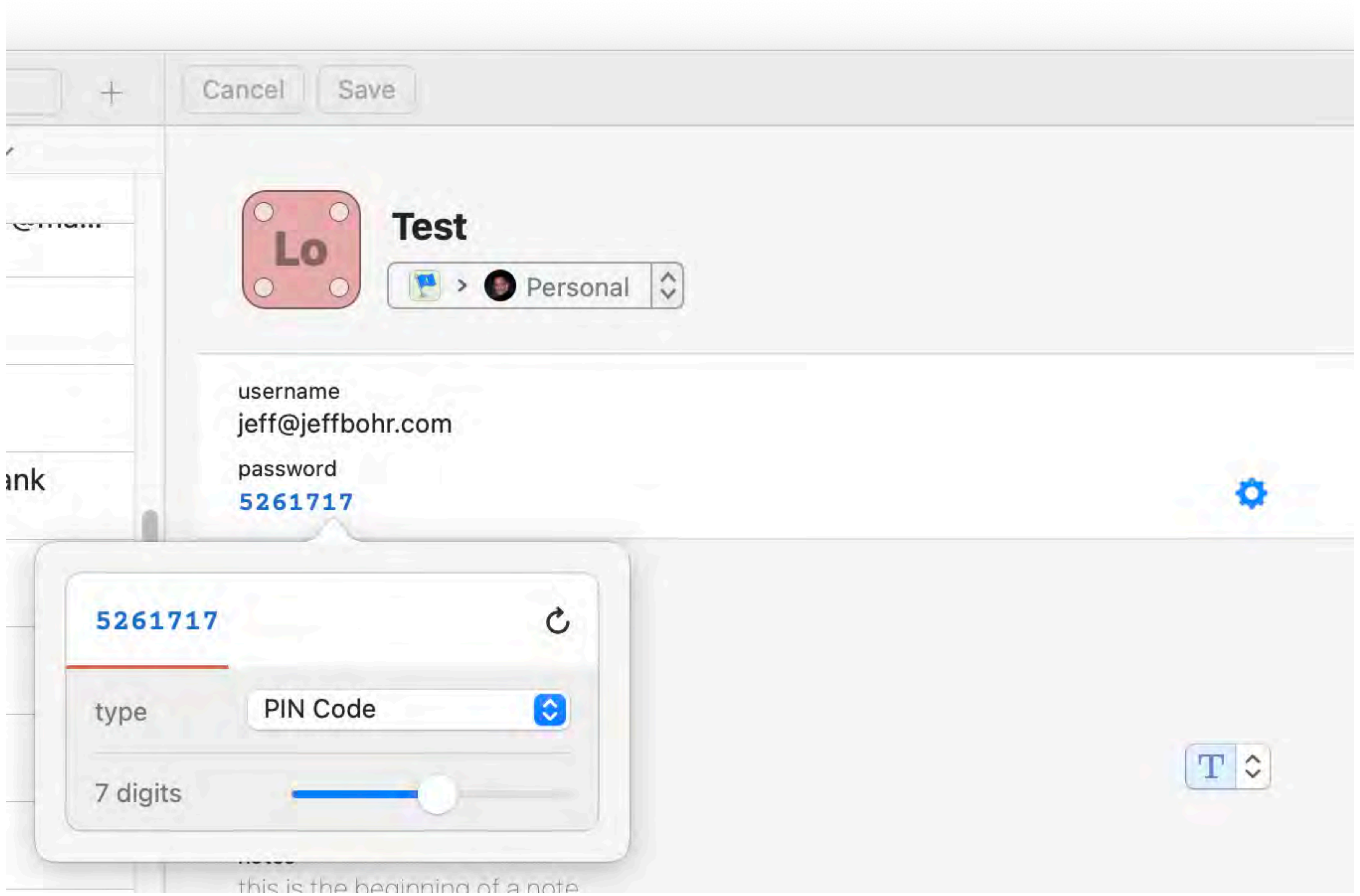
options ☑ Capitalize ☑ Full Words

separator: Hyphens

Security & Privacy

Getting Started with 1Password

- Using the password generator: PIN Code



Test

username
jeff@jeffbohr.com

password
5261717

5261717

type PIN Code

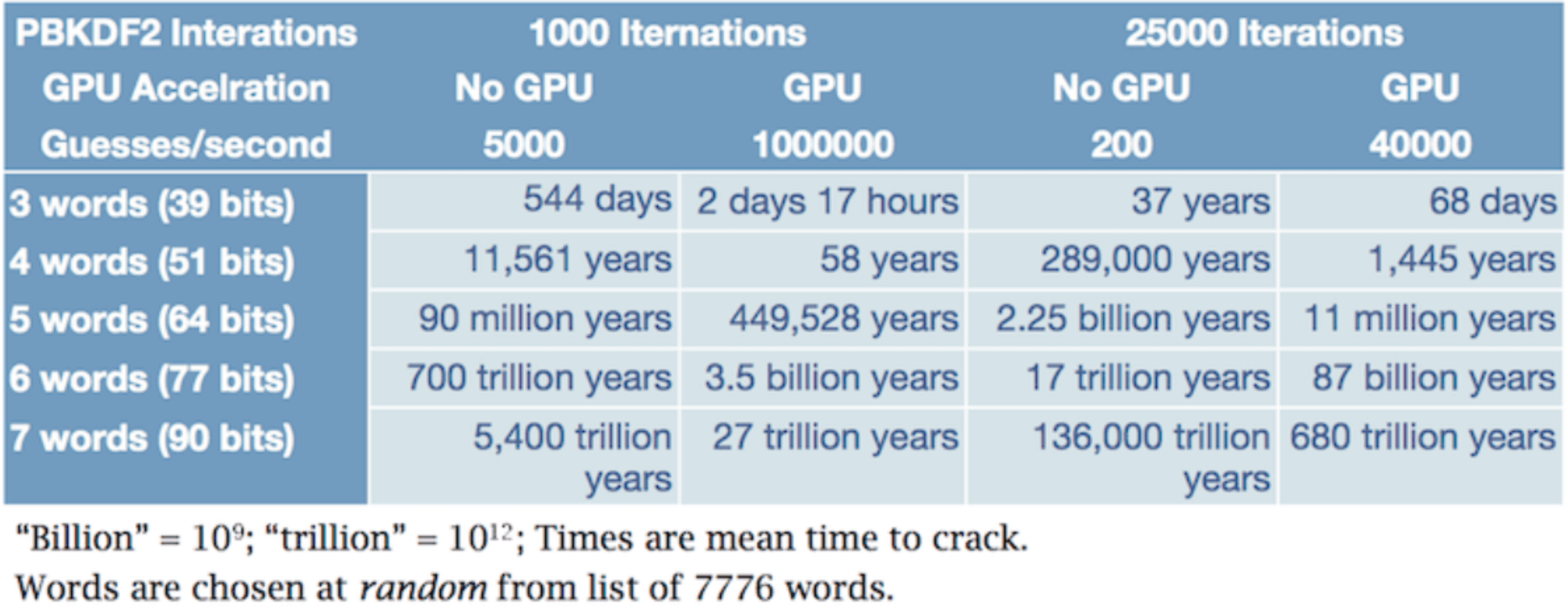
7 digits

this is the beginning of a note

Security & Privacy

Getting Started with 1Password

- Using the password generator



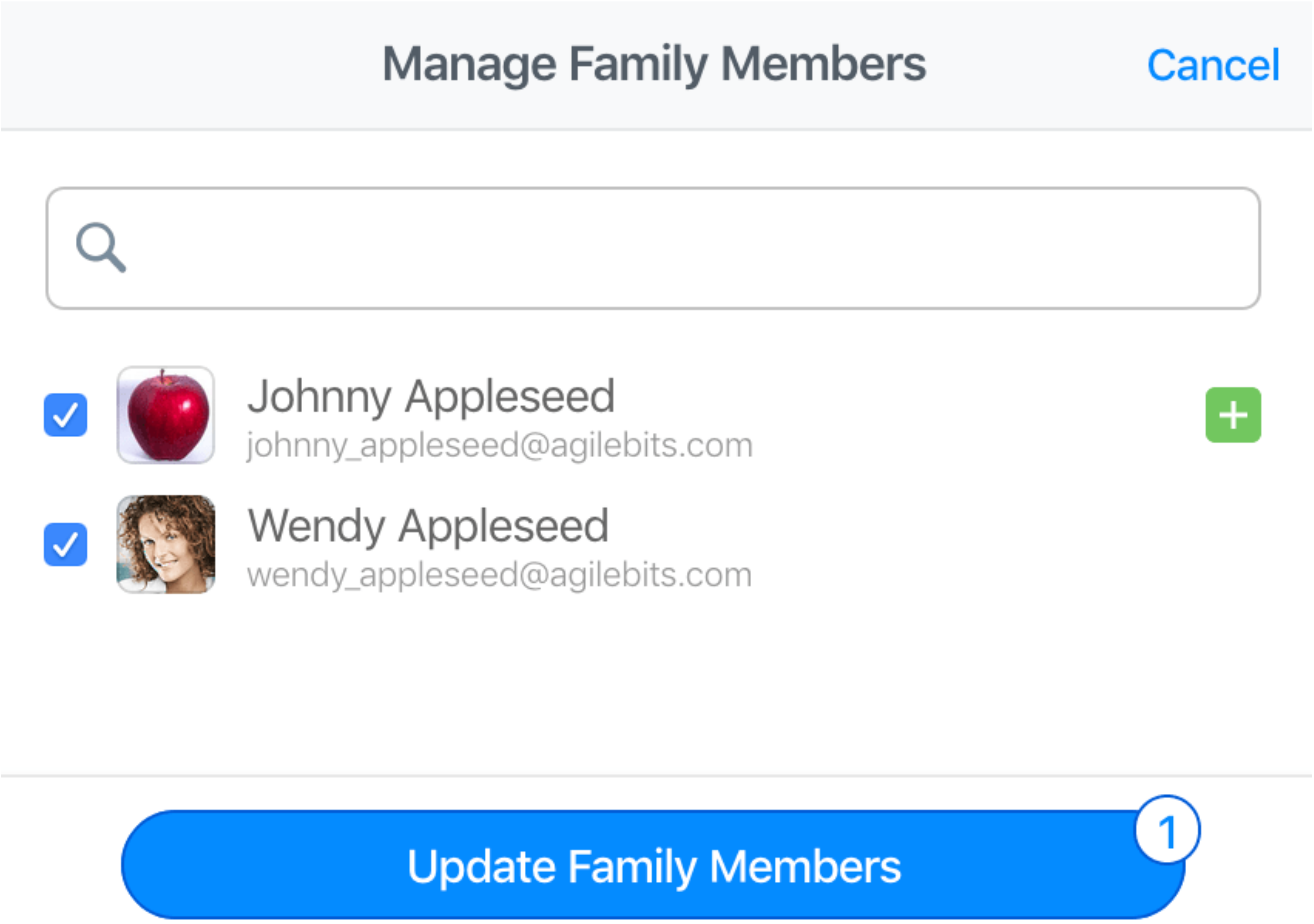
PBKDF2 Interations	1000 Iternations		25000 Iterations	
GPU Accelration	No GPU	GPU	No GPU	GPU
Guesses/second	5000	1000000	200	40000
3 words (39 bits)	544 days	2 days 17 hours	37 years	68 days
4 words (51 bits)	11,561 years	58 years	289,000 years	1,445 years
5 words (64 bits)	90 million years	449,528 years	2.25 billion years	11 million years
6 words (77 bits)	700 trillion years	3.5 billion years	17 trillion years	87 billion years
7 words (90 bits)	5,400 trillion years	27 trillion years	136,000 trillion years	680 trillion years

"Billion" = 10^9; "trillion" = 10^{12}; Times are mean time to crack.
Words are chosen at *random* from list of 7776 words.

Security & Privacy

Getting Started with 1Password

- **Sharing 1Password**
- Share passwords with your family
- Learn how to give everyone in your family access to the items they need, like wireless network passwords or shared credit cards.



Manage Family Members
Cancel

☑ Johnny Appleseed
johnny_appleseed@agilebits.com

☑ Wendy Appleseed
wendy_appleseed@agilebits.com

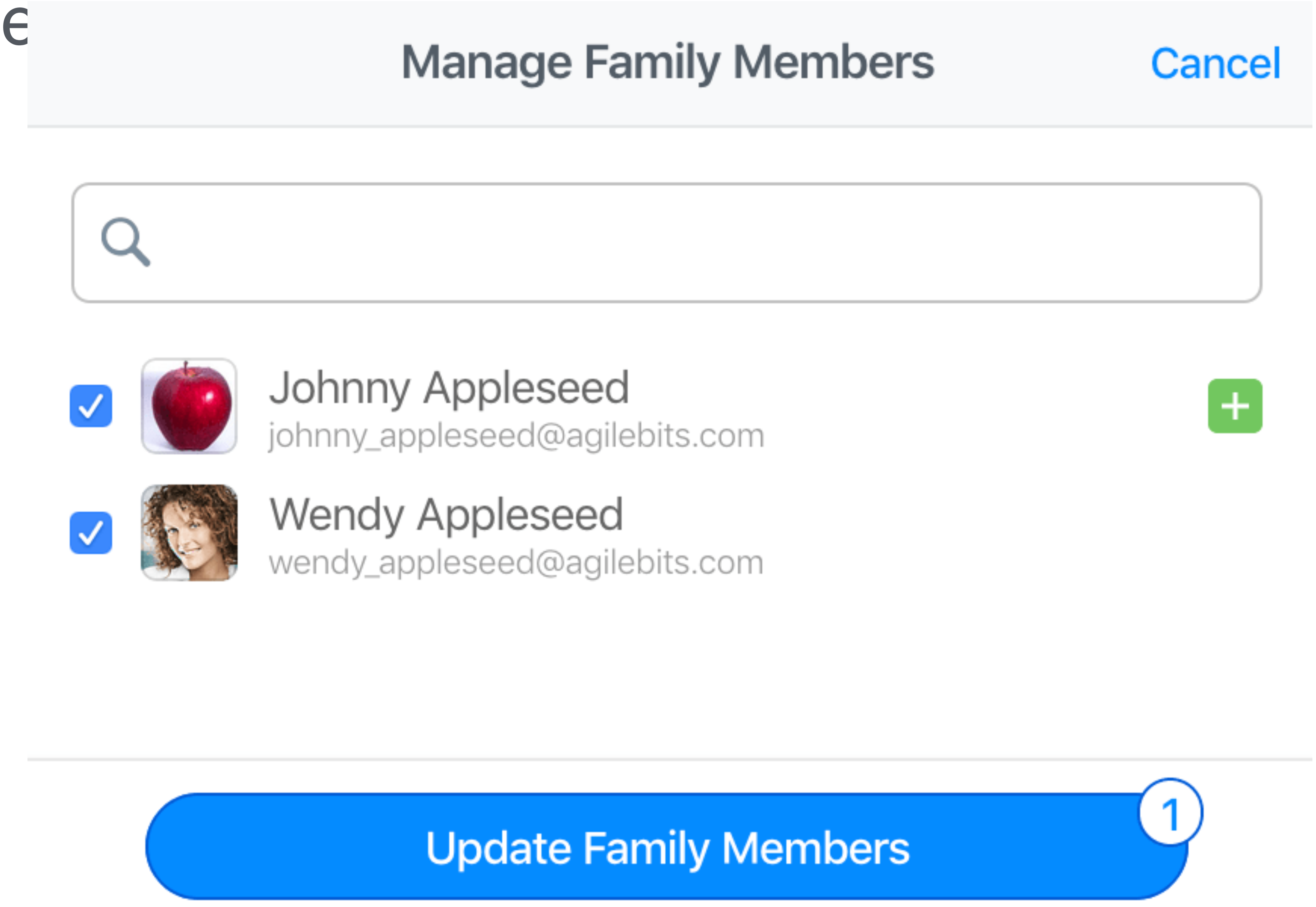
Security & Privacy

Getting Started with 1Password

- **Sharing 1Password**

- Your 1Password Families account includes a Shared vault that everyone in your family can use. Move passwords and other items to the Shared Vault to share them with your whole family:
- your wireless network password
- your Netflix password
- emergency credit cards
- passports
- anything your whole family needs access to

- Don’t have a family account? You can upgrade to one. Sign in on 1Password.com, click your name in the top right to open the menu, and choose Invite People.


Manage Family Members

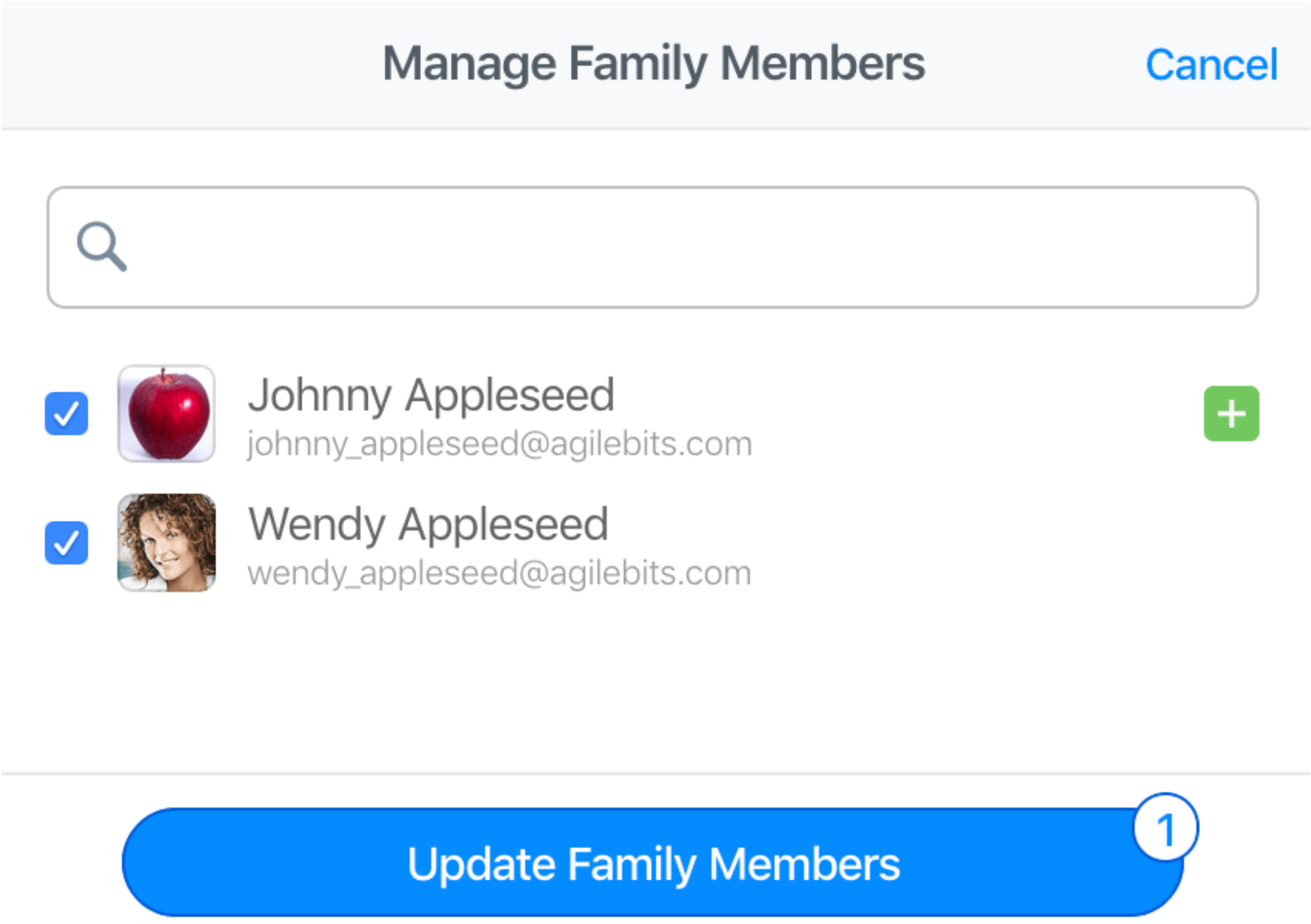
Cancel

☑ Johnny Appleseed
johnny_appleseed@agilebits.com

☑ Wendy Appleseed
wendy_appleseed@agilebits.com

Getting Started with 1Password

- **Sharing 1Password**
- Invite your family
- Before you can share with your family, you'll need to invite them:
  1. Sign in to your account on 1Password.com.
  2. Click your family name in the top right and choose Admin Console.
  3. Click Invitations and click
  4. Enter their email addresses, then click Send Invitations.
- After each account is set up, you'll receive an email notification. Click the link in the email to confirm each account.



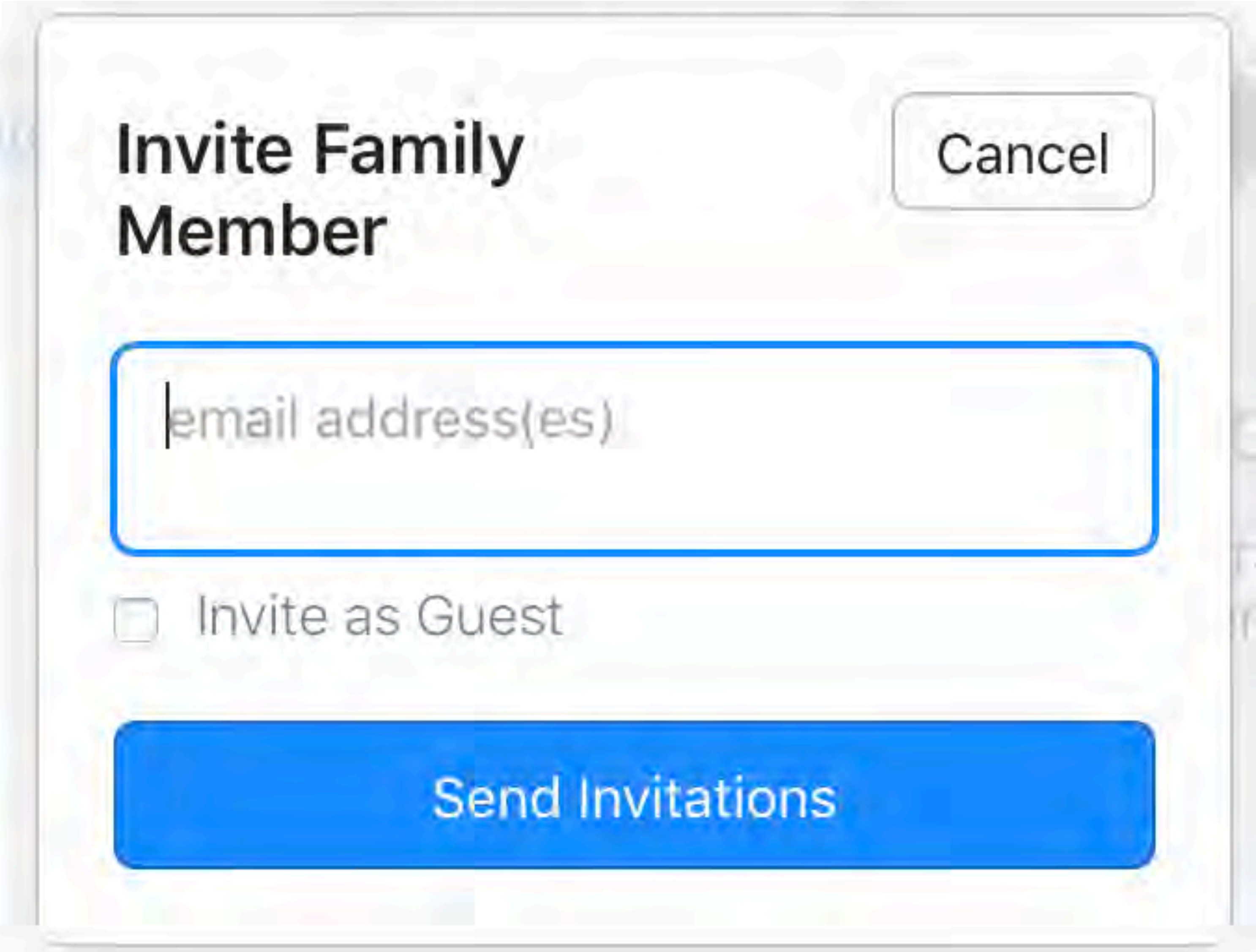
☑ Johnny Appleseed
johnny_appleseed@agilebits.com

☑ Wendy Appleseed
wendy_appleseed@agilebits.com

NMUG
naples macfriends user group worldwide
2024 CLASSES

Security & Privacy

Getting Started with 1Password



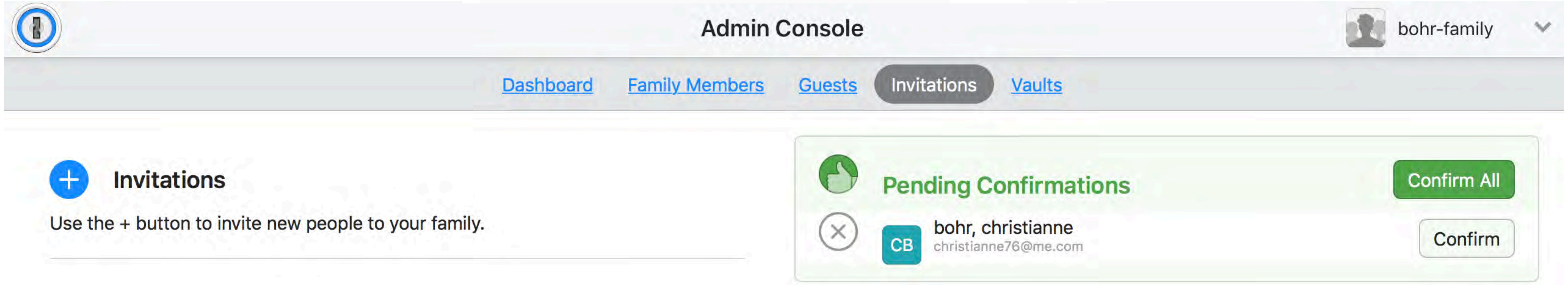
Invite Family Member

Cancel

email address(es)

□ Invite as Guest

Send Invitations



Admin Console

bohr-family

Dashboard | Family Members | Guests | Invitations | Vaults

Invitations

Use the + button to invite new people to your family.

Pending Confirmations

Confirm All

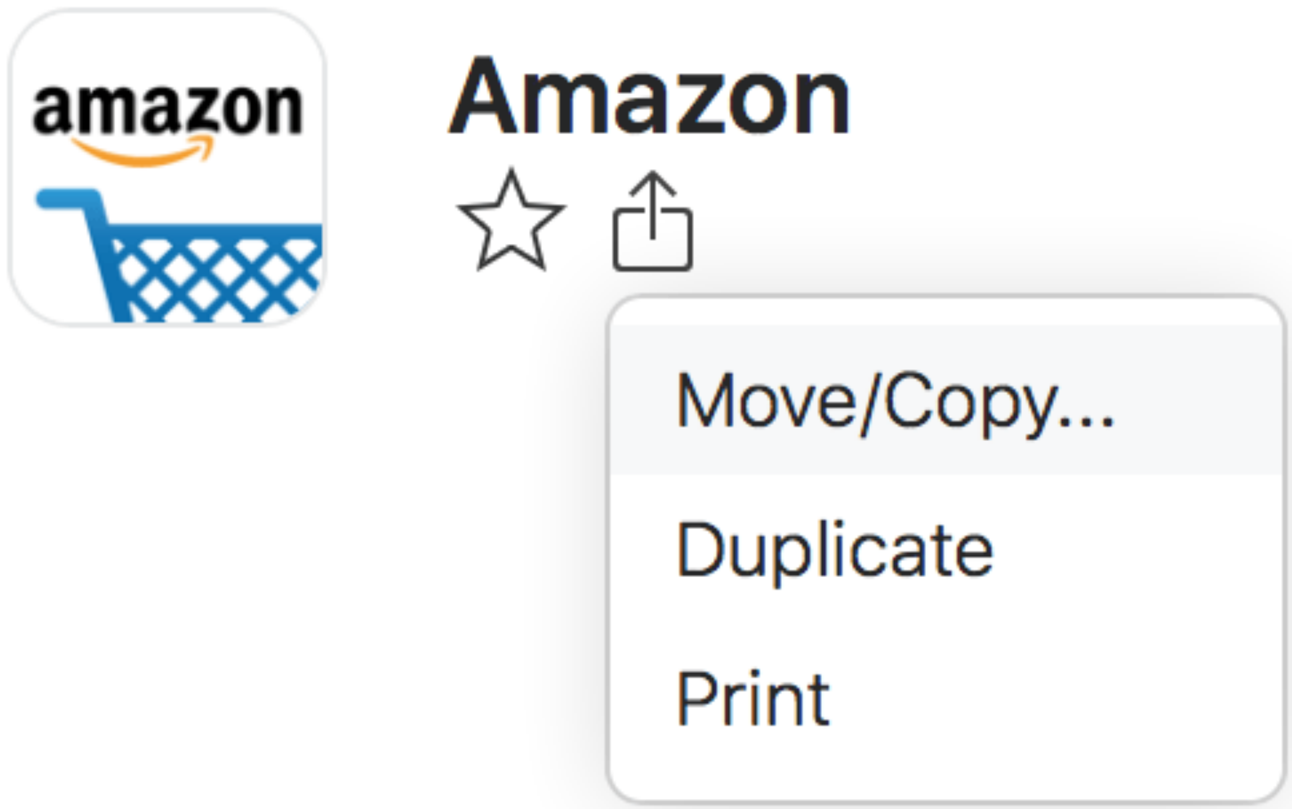
CB bohr, christianne
christianne76@me.com

Confirm

Getting Started with 1Password

- **Use the Shared vault**
- Once you’ve invited your family and confirmed their accounts, you can share items by moving them into the Shared vault:
  1. Sign in to your account on 1Password.com.
  2. Click to open a vault, then select the item you want to share.
  3. Click and choose Move/Copy.
  4. Click Move next to your Shared vault.

- To share items with individual family members, create a new vault and share it with them.

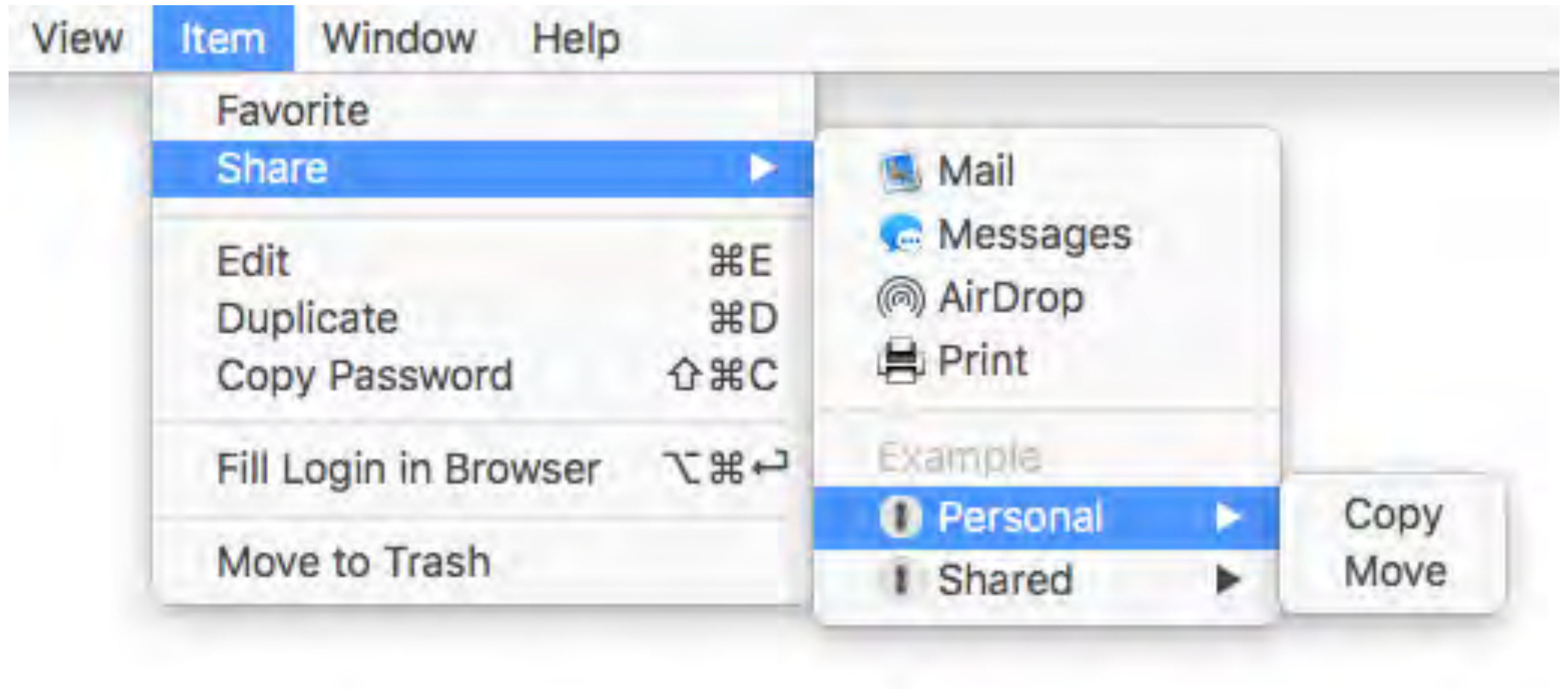


Security & Privacy

Getting Started with 1Password

- **Use the Shared vault**
- You can move multiple items at once in the 1Password app on your Mac.

1. Open and unlock 1Password.
2. Select an item. Select multiple items by holding down the Command key and selecting them. Select all items in a list by pressing Command-A.
3. Choose **Item > Share**.
4. Select your Shared vault, then choose Move.



Security & Privacy

Getting Started with 1Password

- **The 1Password Emergency Kit**
- Your Emergency Kit is a safety net for accessing your account.
- Your Emergency Kit is a PDF document with your account details and a place to write your Master Password. If you can’t sign in or if a family member needs to access your account in an emergency, it will provide access.

Getting Started with 1Password

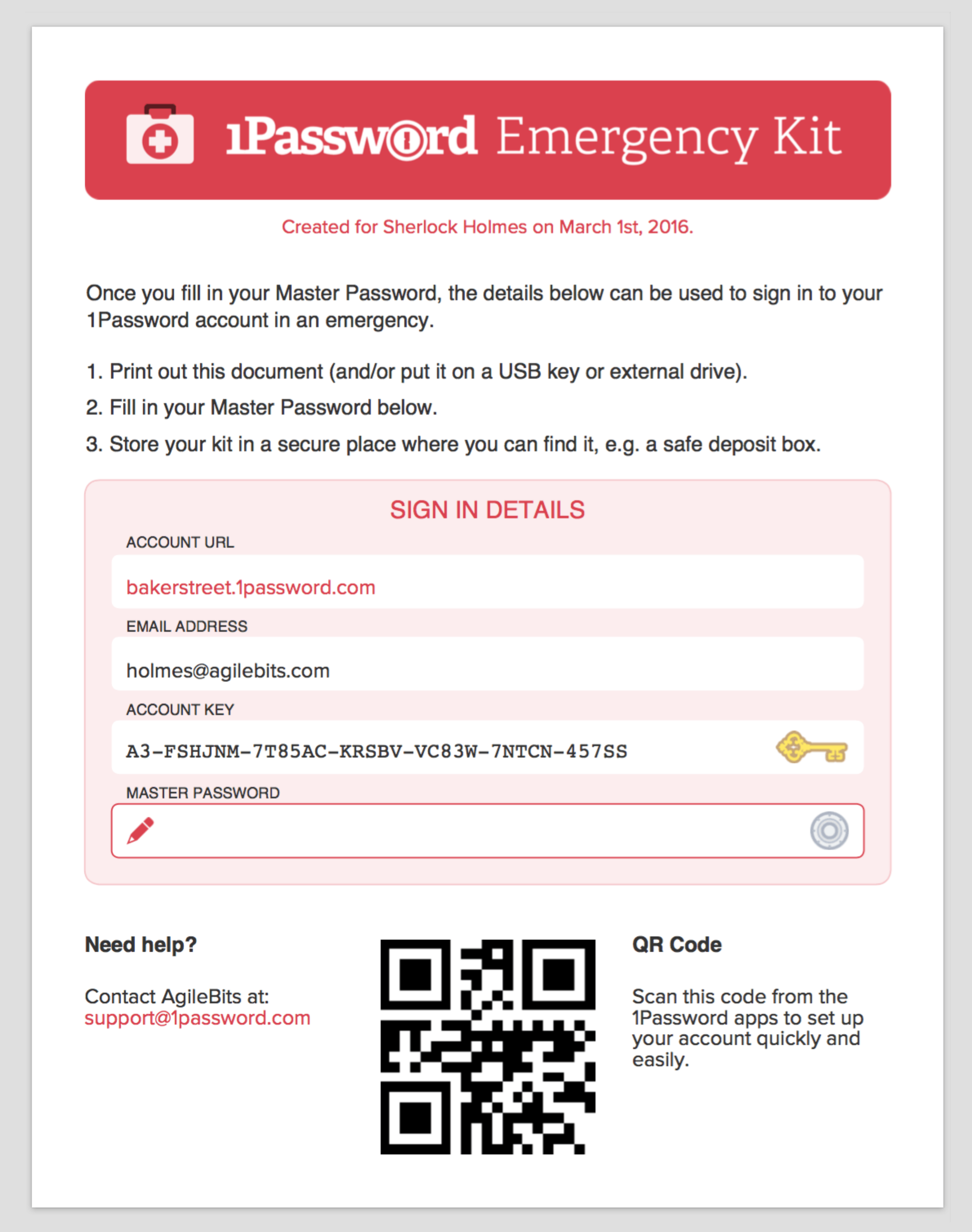
- **The 1Password Emergency Kit**

- Save your Emergency Kit

- 1Password prompts you to save your Emergency Kit when you create an account. Check your Downloads folder to see if you already have yours. To save a new copy of your Emergency Kit:
  1. Sign in to your account on 1Password.com.
  2. Click your account name in the top right and choose My Profile.
  3. Click Generate Emergency Kit and follow the on-screen instructions to save the PDF.

Security & Privacy

Getting Started with 1Password



1Password Emergency Kit

Created for Sherlock Holmes on March 1st, 2016.

Once you fill in your Master Password, the details below can be used to sign in to your 1Password account in an emergency.

1. Print out this document (and/or put it on a USB key or external drive).
2. Fill in your Master Password below.
3. Store your kit in a secure place where you can find it, e.g. a safe deposit box.

SIGN IN DETAILS

ACCOUNT URL
bakerstreet.1password.com

EMAIL ADDRESS
holmes@agilebits.com

ACCOUNT KEY
A3-FSHJNM-7T85AC-KRSBV-VC83W-7NTCN-457SS

MASTER PASSWORD

Need help?

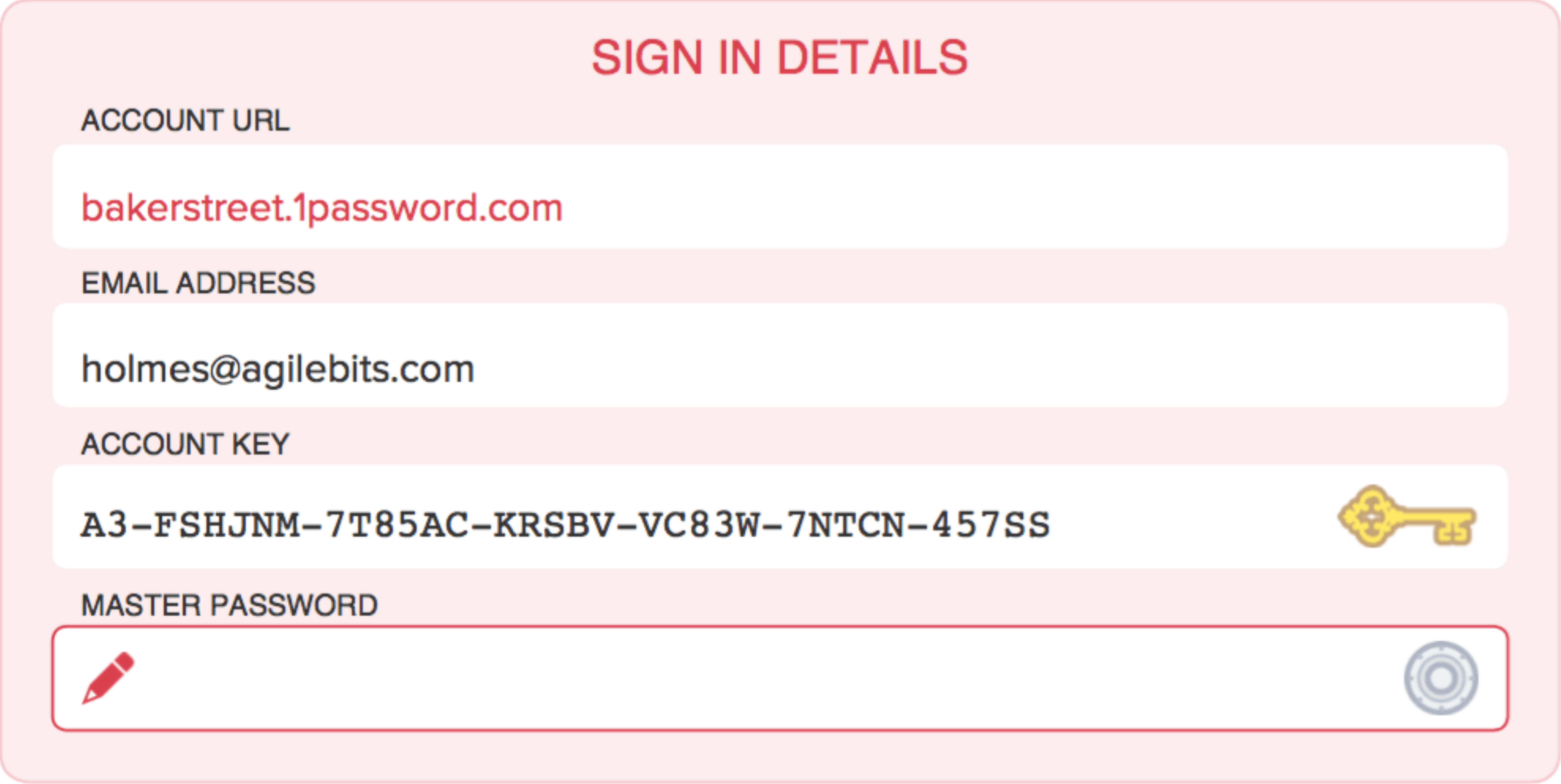
Contact AgileBits at:
support@1password.com

QR Code

Scan this code from the 1Password apps to set up your account quickly and easily.

Security & Privacy

Getting Started with 1Password



SIGN IN DETAILS

ACCOUNT URL

bakerstreet.1password.com

EMAIL ADDRESS

holmes@agilebits.com

ACCOUNT KEY

A3-FSHJNM-7T85AC-KRSBV-VC83W-7NTCN-457SS

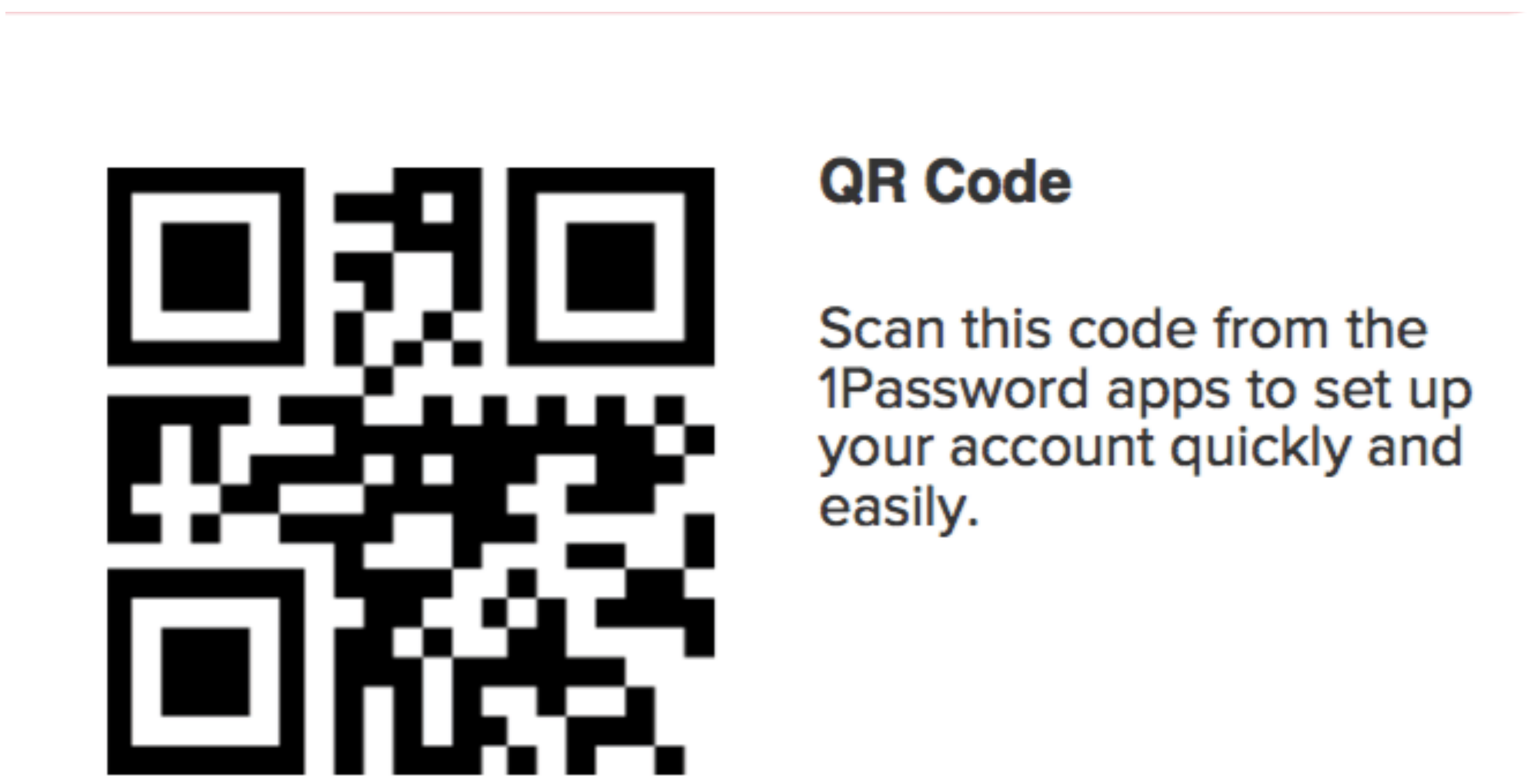
MASTER PASSWORD

Security & Privacy

Getting Started with 1Password

- **The 1Password Emergency Kit**

- Your Emergency Kit contains everything needed to sign in to your account on 1Password.com, or in the apps:
- Sign-in address. The web address you use to sign in to your account.
- Email address. The email address you used to create your account.
- Account Key. A unique code which protects your data.
- Master Password. A place to record your Master Password.
- Account code. A square barcode that makes it convenient to sign in on new devices.



QR Code

Scan this code from the 1Password apps to set up your account quickly and easily.

Getting Started with 1Password

- **1Password Encryption**

- 1Password security begins with your Master Password. It’s used to encrypt your data so no one but you can read it, and it’s also used to decrypt your data when you need to use it. Your Master Password is never shared with anyone, even us at AgileBits, which means that you’re the only person who can unlock your 1Password vaults and access your information. Here’s how 1Password secures your data – and the Master Password used to protect it – from all kinds of attacks:

Security & Privacy

Getting Started with 1Password

- **1Password Encryption**

- End-to-end encryption.

- 1Password never saves decrypted data to disk, and whether you use a 1Password account or sync your data via iCloud or Dropbox, everything is end-to-end encrypted – in transit, at rest, and on the server. This makes it impossible for someone to learn anything by intercepting your data while it’s in transit.

Security & Privacy

Getting Started with 1Password

- **1Password Encryption**

- **256-bit AES encryption.**
- Your 1Password data is kept safe by AES-GCM-256 authenticated encryption. The data you entrust to 1Password is effectively impossible to decrypt.

- **Secure random numbers.**
- Encryption keys, initialization vectors, and nonces are all generated using cryptographically secure pseudorandom number generators.

- **PBKDF2 key strengthening.**
- 1Password uses PBKDF2-HMAC-SHA256 for key derivation which makes it harder for someone to repeatedly guess your Master Password. A strong Master Password could take decades to crack. Learn more about how PBKDF2 strengthens your Master Password.

Security & Privacy

Getting Started with 1Password

- **1Password Encryption**

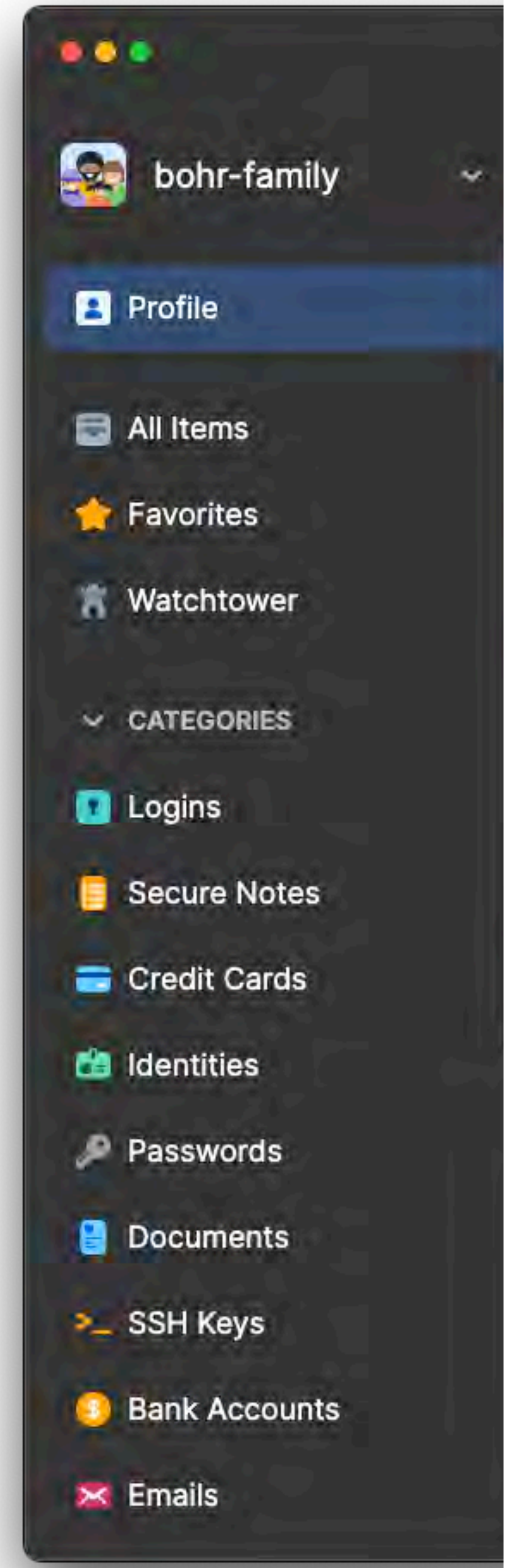
- **A secret Master Password.**
- Your Master Password is never stored alongside your 1Password data, or anywhere at all. Taking this precaution is a bit like making sure the key to a safe isn't kept right next to it: Keeping the two separate makes everything more secure. The same principle applies here.

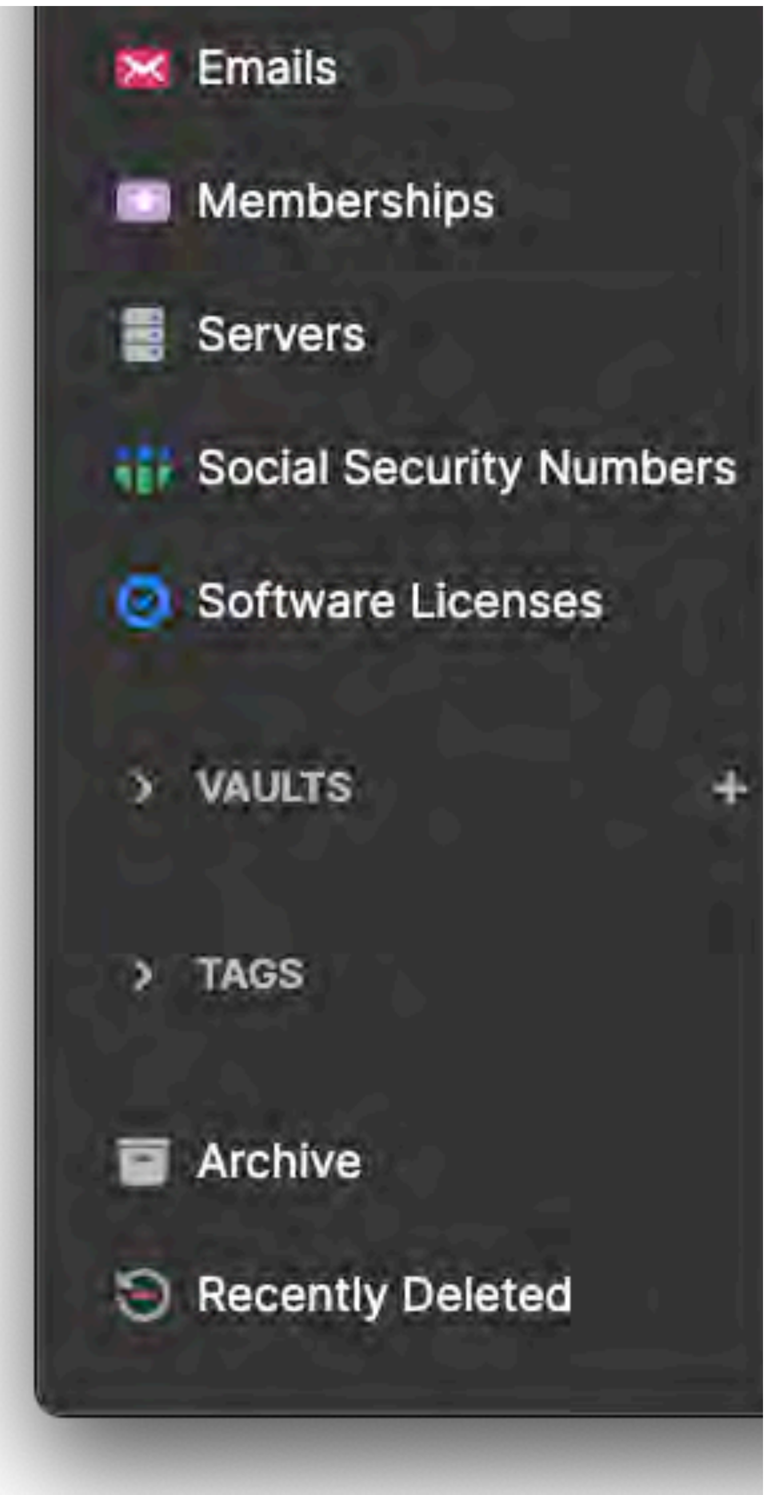
- **Secret Key.**
- The data in your 1Password account is protected by a 128-bit string of random characters called the Account Key, which is combined with your Master Password to encrypt your data.

Security & Privacy

Getting Started with 1Password

- **Other types of data kept safe with 1Password**
- Secure Notes
- Credit Cards
- Identities
- Documents
- SSH Keys
- Bank Accounts
- Emails
- Memberships
- Servers
- Software Licenses


bohr-family
Profile
All Items
Favorites
Watchtower
CATEGORIES
Logins
Secure Notes
Credit Cards
Identities
Passwords
Documents
SSH Keys
Bank Accounts
Emails


Emails
Memberships
Servers
Social Security Numbers
Software Licenses
VAULTS +
TAGS
Archive
Recently Deleted

Security & Privacy

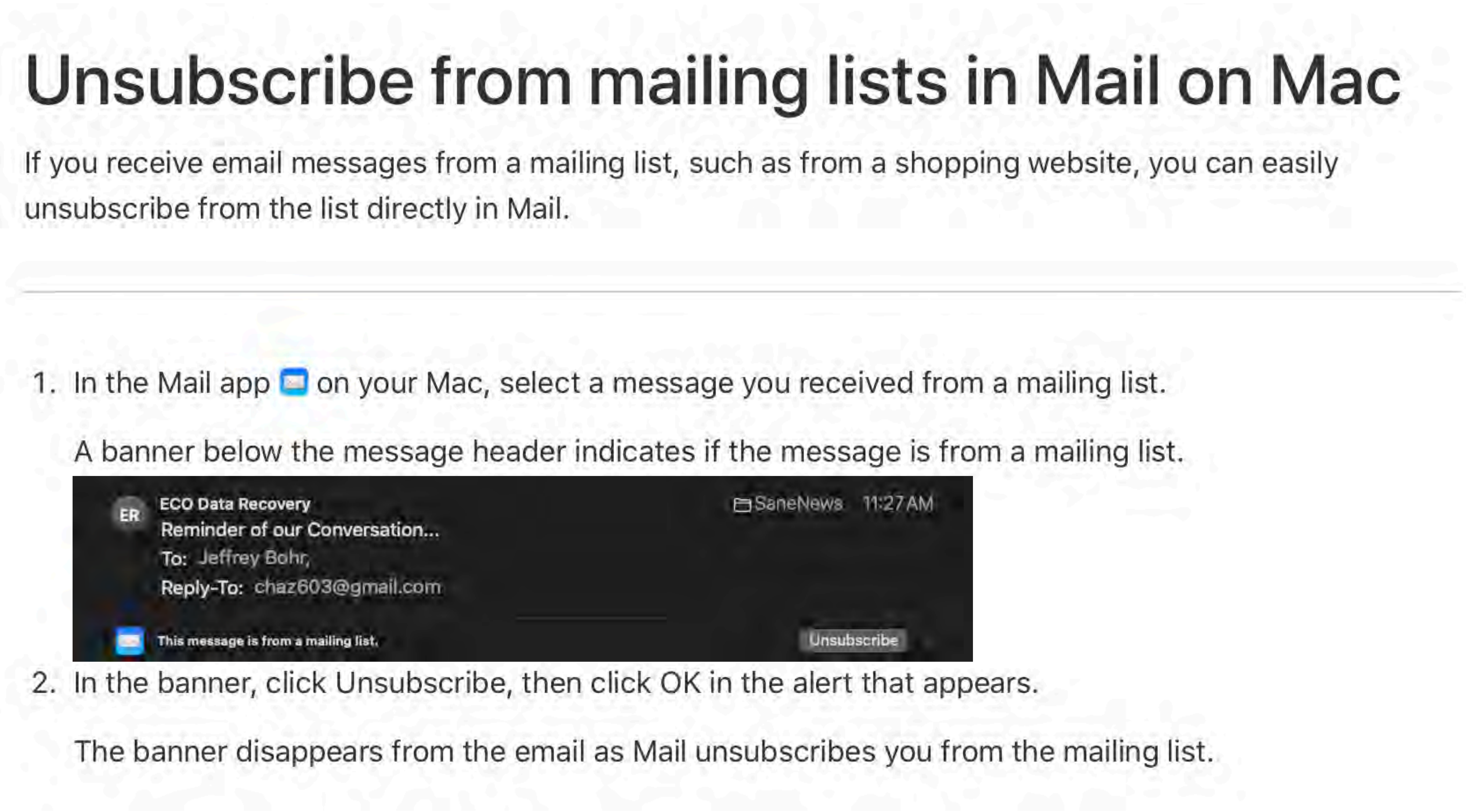
Getting Started with 1Password

- Ready to start? Here’s a good way to begin:

- Clean up your existing bookmarks
- Identify the sites you actually use and login into
- Buy and Install 1Password
- Create a great master password
- As you visit your existing sites, use 1Password to create great new passwords!

Security & Privacy

Easily unsubscribe from email



Unsubscribe from mailing lists in Mail on Mac

If you receive email messages from a mailing list, such as from a shopping website, you can easily unsubscribe from the list directly in Mail.

1. In the Mail app on your Mac, select a message you received from a mailing list.

   A banner below the message header indicates if the message is from a mailing list.

   ER ECO Data Recovery
   Reminder of our Conversation...
   To: Jeffrey Bohr,
   Reply-To: chaz603@gmail.com
   SaneNews 11:27 AM
   This message is from a mailing list.

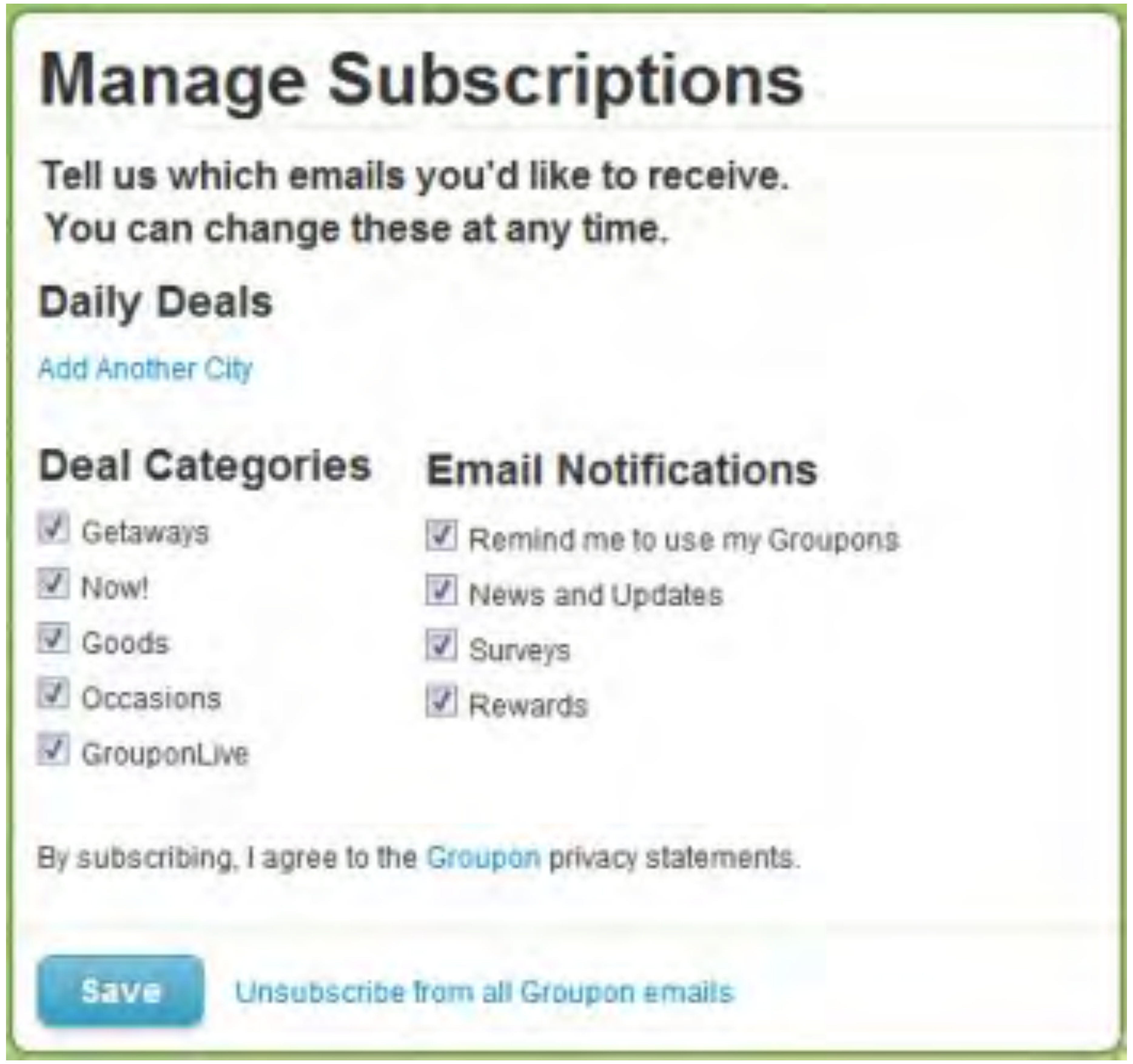
2. In the banner, click Unsubscribe, then click OK in the alert that appears.

   The banner disappears from the email as Mail unsubscribes you from the mailing list.

Security & Privacy

Easily unsubscribe from email

- Or go to the website of sender, sign in and unsubscribe. Also remember that sometimes you may need to repeat the process.



Manage Subscriptions

Tell us which emails you'd like to receive.
You can change these at any time.

Daily Deals

Add Another City

Deal Categories

☑ Getaways
☑ Now!
☑ Goods
☑ Occasions
☑ GrouponLive

Email Notifications

☑ Remind me to use my Groupons
☑ News and Updates
☑ Surveys
☑ Rewards

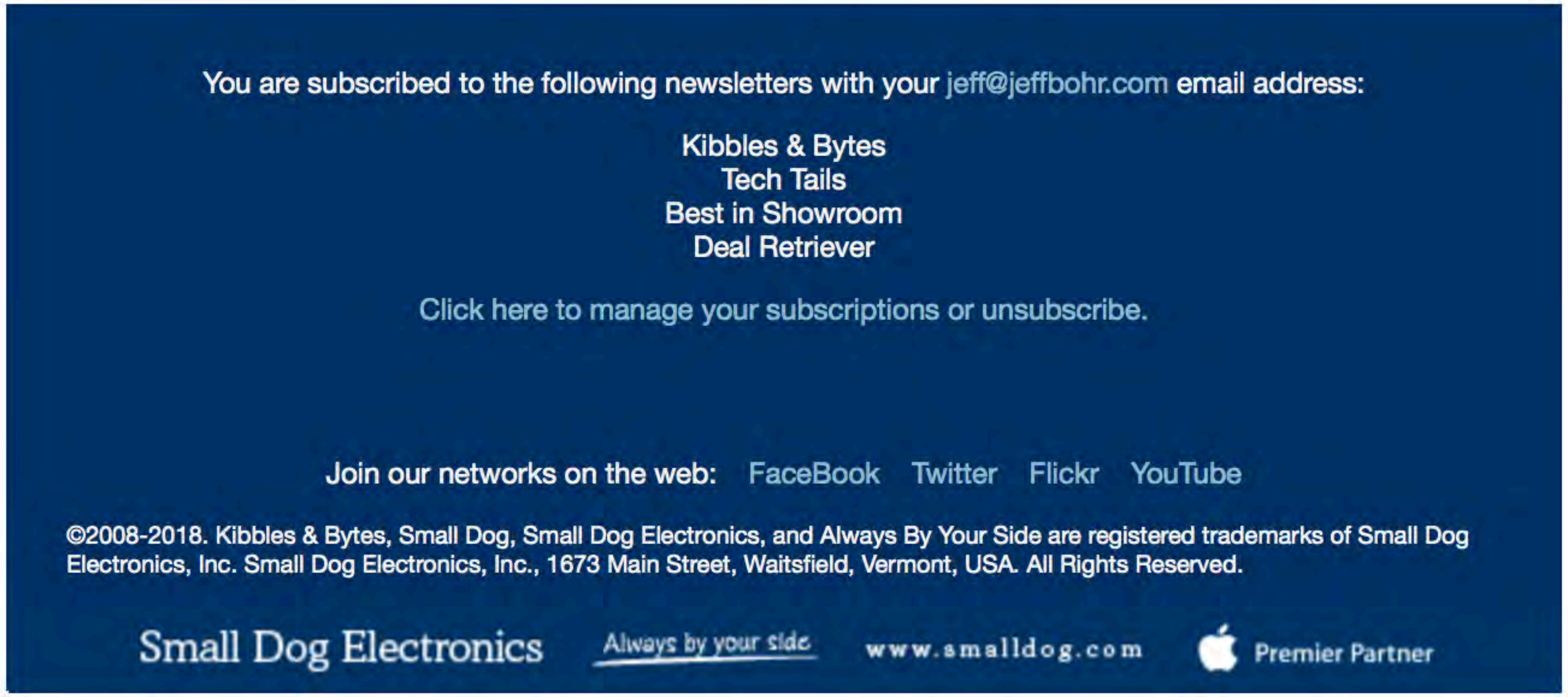
By subscribing, I agree to the Groupon privacy statements.

Save   Unsubscribe from all Groupon emails

Security & Privacy

Easily unsubscribe from email

- This is legitimate, it has your address and is something you signed up for



You are subscribed to the following newsletters with your jeff@jeffbohr.com email address:

Kibbles & Bytes
Tech Tails
Best in Showroom
Deal Retriever

Click here to manage your subscriptions or unsubscribe.

Join our networks on the web: FaceBook Twitter Flickr YouTube

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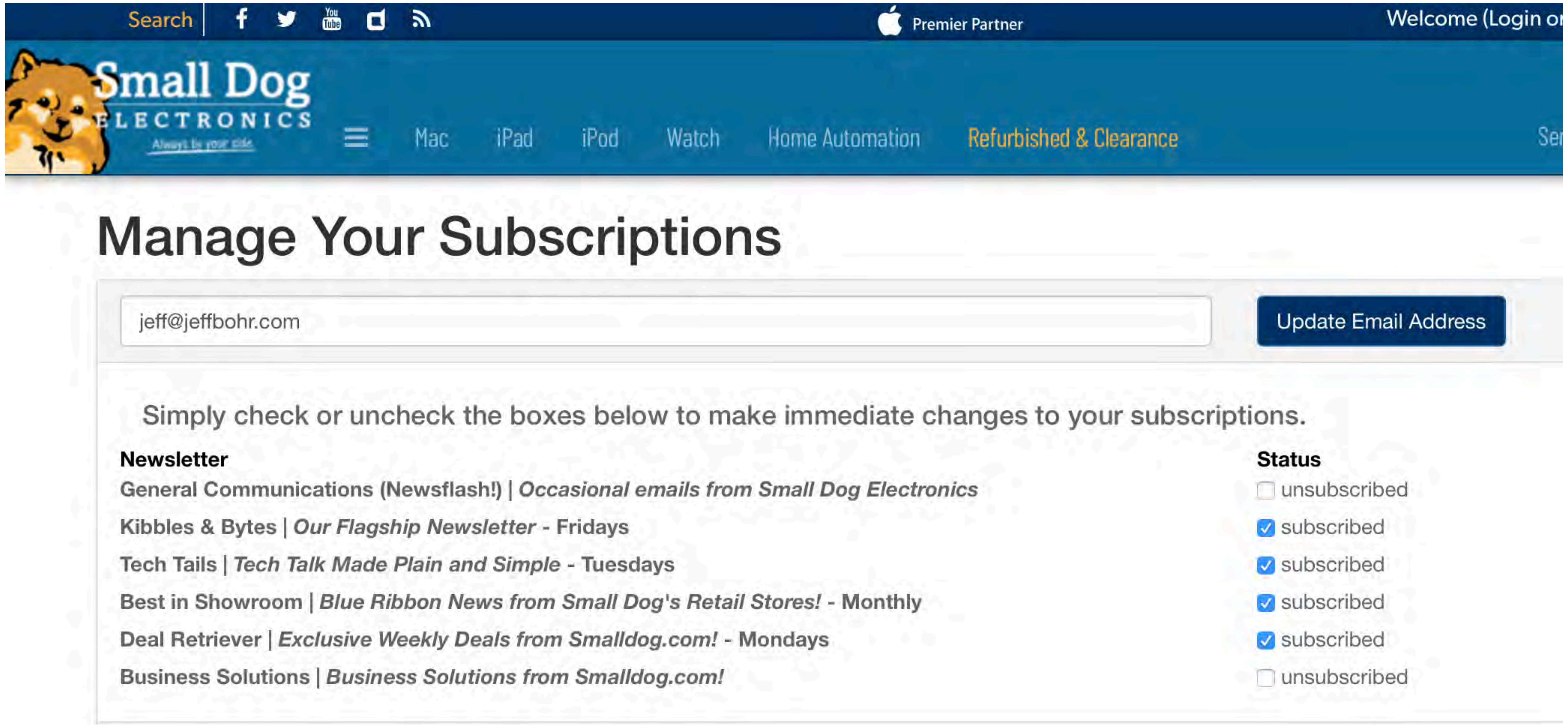
Security & Privacy

Easily unsubscribe from email

- They know who you are, and give you options.



Manage Your Subscriptions

jeff@jeffbohr.com

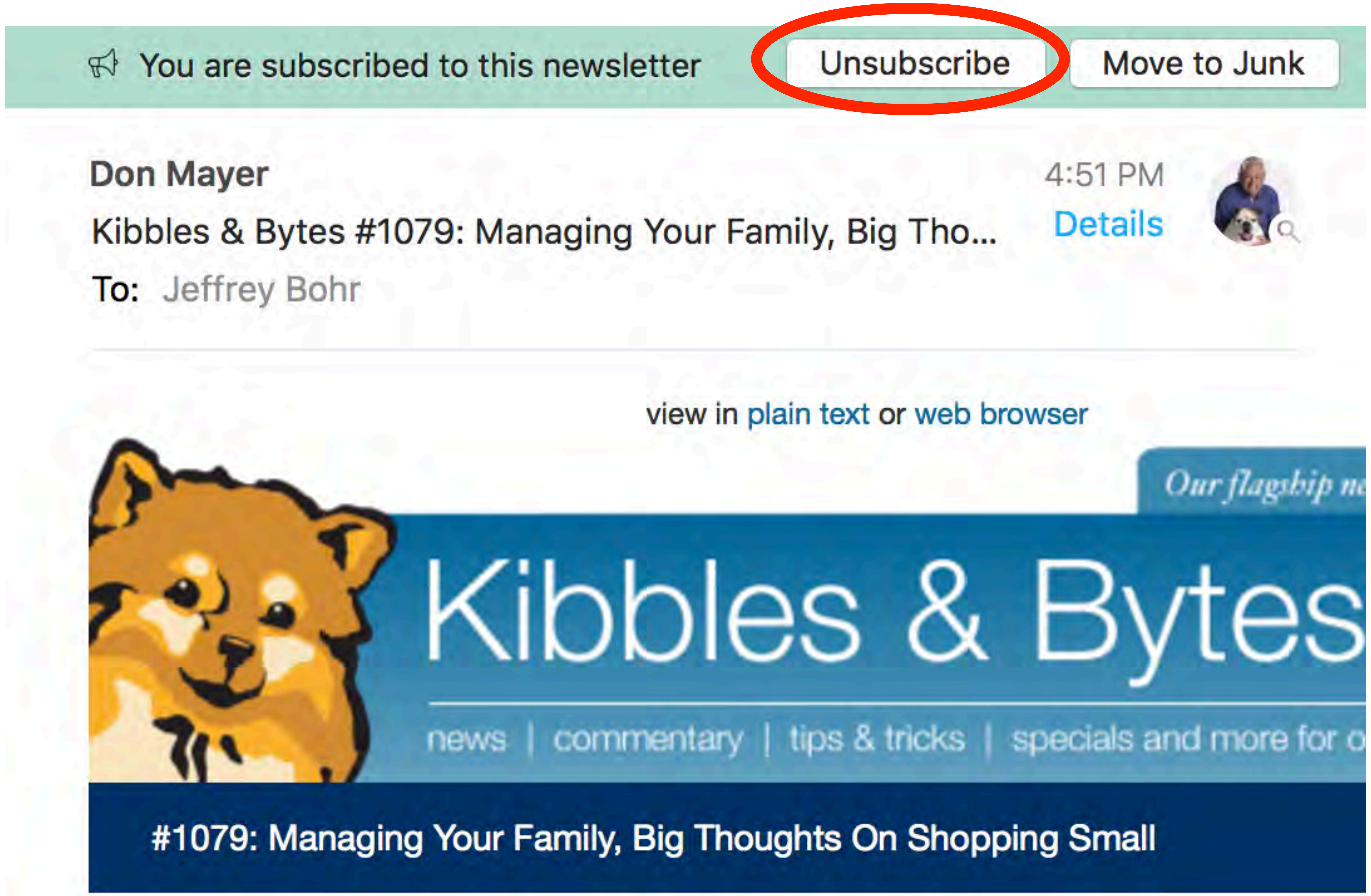
Update Email Address

Simply check or uncheck the boxes below to make immediate changes to your subscriptions.

Newsletter	Status
General Communications (Newsflash!) | *Occasional emails from Small Dog Electronics*	□ unsubscribed
Kibbles & Bytes | *Our Flagship Newsletter* - Fridays	☑ subscribed
Tech Tails | *Tech Talk Made Plain and Simple* - Tuesdays	☑ subscribed
Best in Showroom | *Blue Ribbon News from Small Dog's Retail Stores!* - Monthly	☑ subscribed
Deal Retriever | *Exclusive Weekly Deals from Smalldog.com!* - Mondays	☑ subscribed
Business Solutions | *Business Solutions from Smalldog.com!*	□ unsubscribed

Security & Privacy

Easily unsubscribe from email



You are subscribed to this newsletter

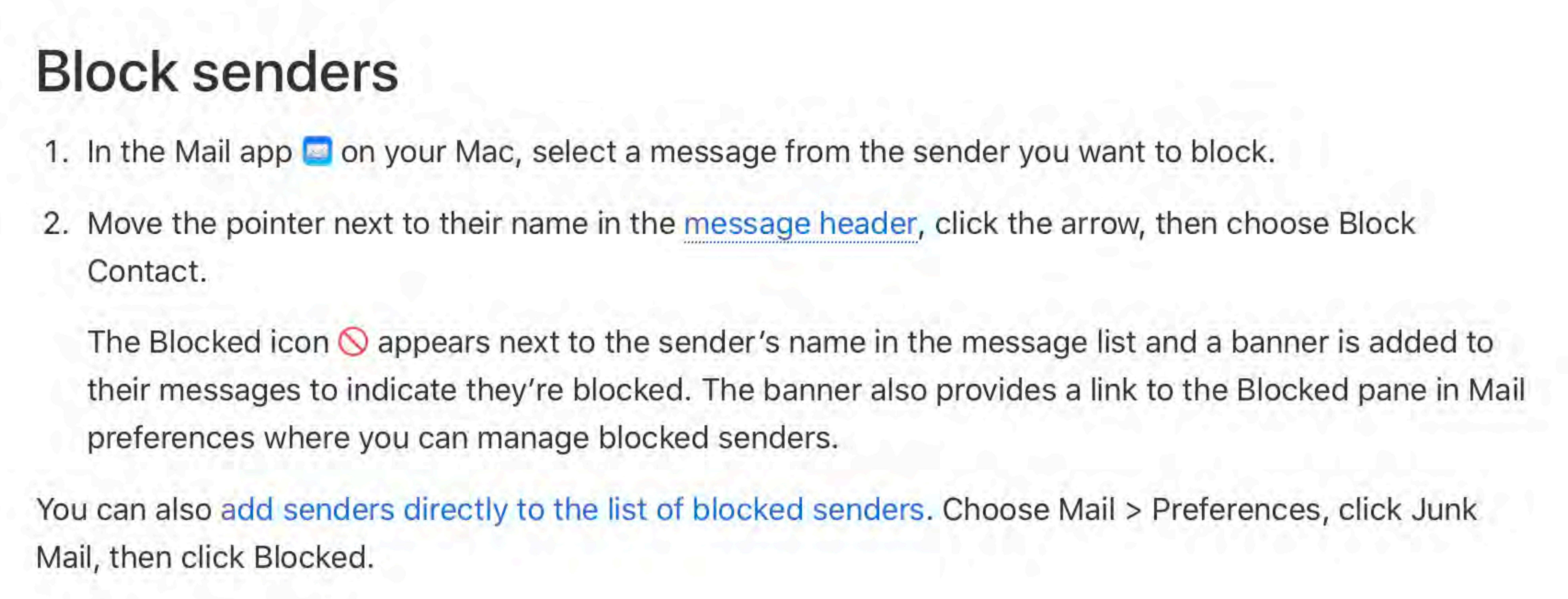
Don Mayer
4:51 PM
Kibbles & Bytes #1079: Managing Your Family, Big Tho...
Details
To: Jeffrey Bohr

view in plain text or web browser

#1079: Managing Your Family, Big Thoughts On Shopping Small

Security & Privacy

How to block a sender in Mail



Block senders

1. In the Mail app ✉ on your Mac, select a message from the sender you want to block.
2. Move the pointer next to their name in the message header, click the arrow, then choose Block Contact.

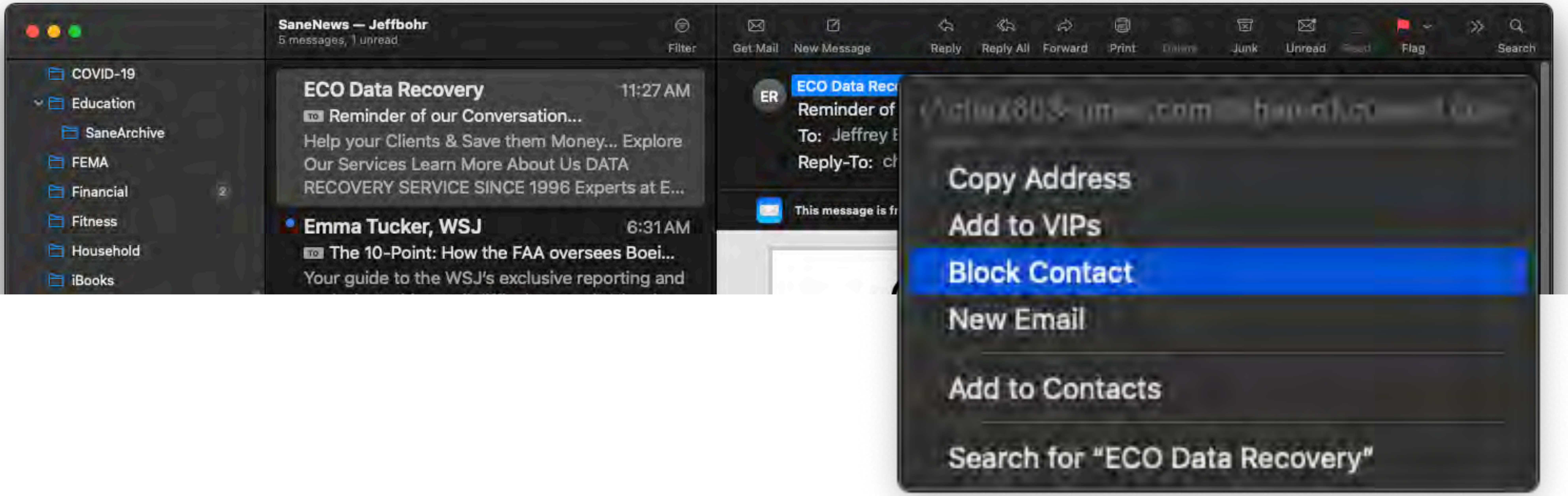
   The Blocked icon ⊘ appears next to the sender's name in the message list and a banner is added to their messages to indicate they're blocked. The banner also provides a link to the Blocked pane in Mail preferences where you can manage blocked senders.

You can also add senders directly to the list of blocked senders. Choose Mail > Preferences, click Junk Mail, then click Blocked.

NMUG
naples macfriends user group worldwide
2024 CLASSES

Security & Privacy

How to block a sender in Mail



SaneNews — Jeffbohr
5 messages, 1 unread

COVID-19
Education
SaneArchive
FEMA
Financial 2
Fitness
Household
iBooks

ECO Data Recovery 11:27 AM
Reminder of our Conversation...
Help your Clients & Save them Money... Explore Our Services Learn More About Us DATA RECOVERY SERVICE SINCE 1996 Experts at E...

Emma Tucker, WSJ 6:31 AM
The 10-Point: How the FAA oversees Boei...
Your guide to the WSJ's exclusive reporting and

ER ECO Data Reco
Reminder of
To: Jeffrey B
Reply-To: cl

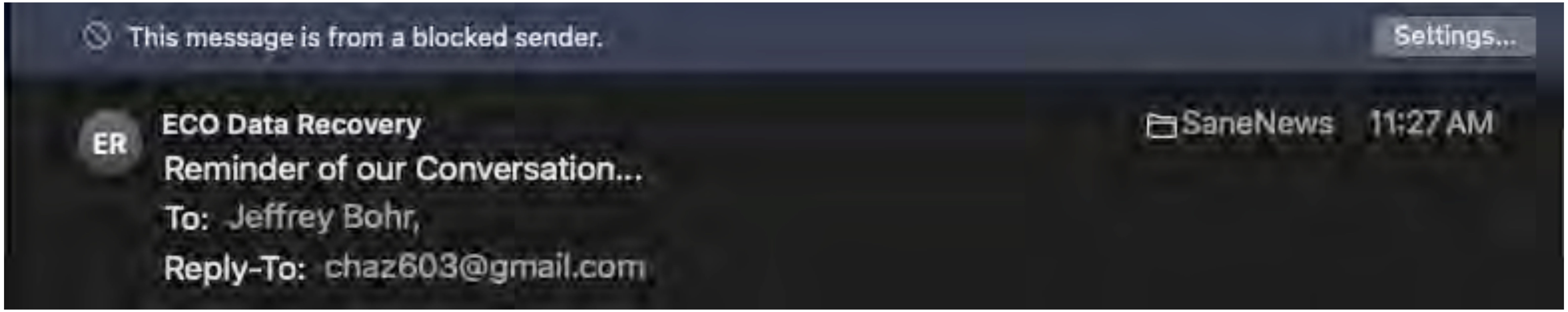
This message is fr

[redacted]

Click the chevron next to the senders name to bring up the option to block

Security & Privacy

How to block a sender in Mail



This message is from a blocked sender.

ECO Data Recovery

Reminder of our Conversation...

To: Jeffrey Bohr,

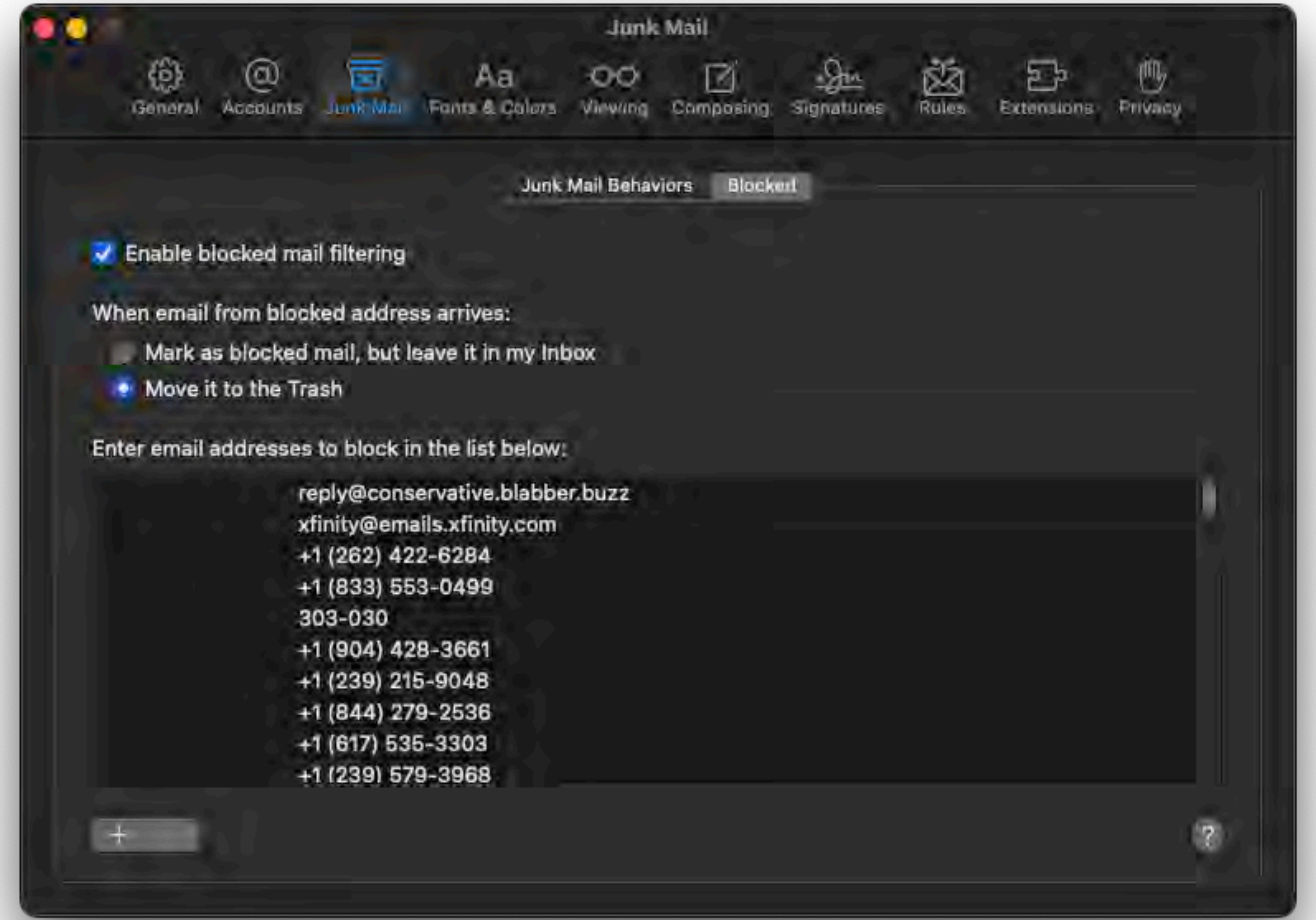
Reply-To: chaz603@gmail.com

Click Settings button to configure what happens to blocked messages

Also available in Mail > Settings > Junk Mail

Security & Privacy

How to block a sender in Mail



☑ Enable blocked mail filtering

When email from blocked address arrives:

○ Mark as blocked mail, but leave it in my Inbox

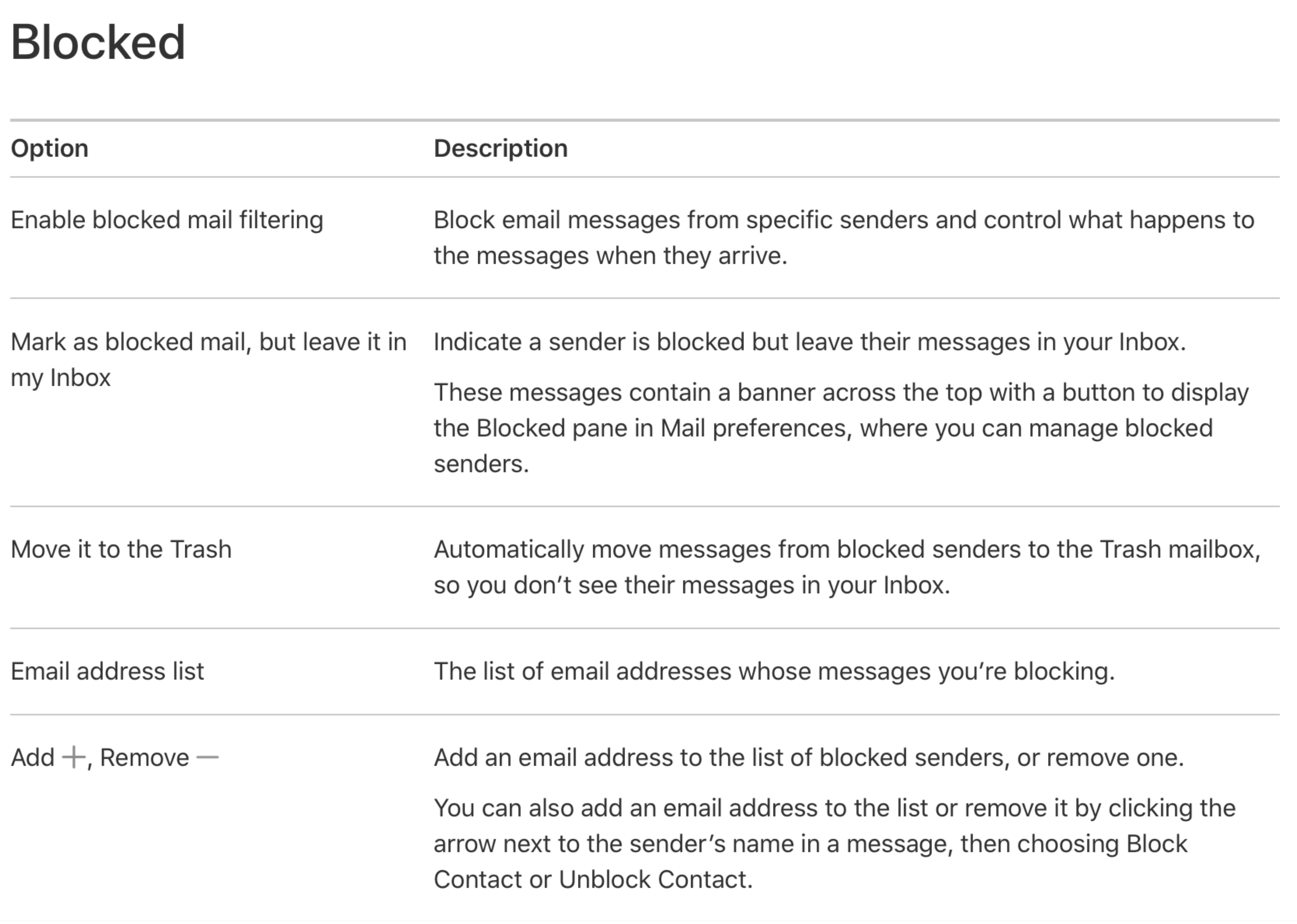
● Move it to the Trash

Enter email addresses to block in the list below:

reply@conservative.blabber.buzz
xfinity@emails.xfinity.com
+1 (262) 422-6284
+1 (833) 553-0499
303-030
+1 (904) 428-3661
+1 (239) 215-9048
+1 (844) 279-2536
+1 (617) 535-3303
+1 (239) 579-3968

Security & Privacy

How to block a sender in Mail



Blocked

Option	Description
Enable blocked mail filtering	Block email messages from specific senders and control what happens to the messages when they arrive.
Mark as blocked mail, but leave it in my Inbox	Indicate a sender is blocked but leave their messages in your Inbox. These messages contain a banner across the top with a button to display the Blocked pane in Mail preferences, where you can manage blocked senders.
Move it to the Trash	Automatically move messages from blocked senders to the Trash mailbox, so you don’t see their messages in your Inbox.
Email address list	The list of email addresses whose messages you’re blocking.
Add +, Remove —	Add an email address to the list of blocked senders, or remove one. You can also add an email address to the list or remove it by clicking the arrow next to the sender’s name in a message, then choosing Block Contact or Unblock Contact.

Security & Privacy

Trivia Time

Jean-Louise Gassee (1944-), former executive of Apple Computer, suggested that the Apple logo is a symbol of lust and knowledge, “bitten into, all crossed with the colors of the rainbow in the wrong order. You couldn’t dream of a more appropriate logo: lust, knowledge, hope, and anarchy.” In 1997, Jobs replaced the rainbow color of the apple logo with solid white.

Source: Linzmayer, Owen W. Apple Confidential: The Real Story of Apple Computer, Inc. San Francisco, CA: No Starch Press, 1999.

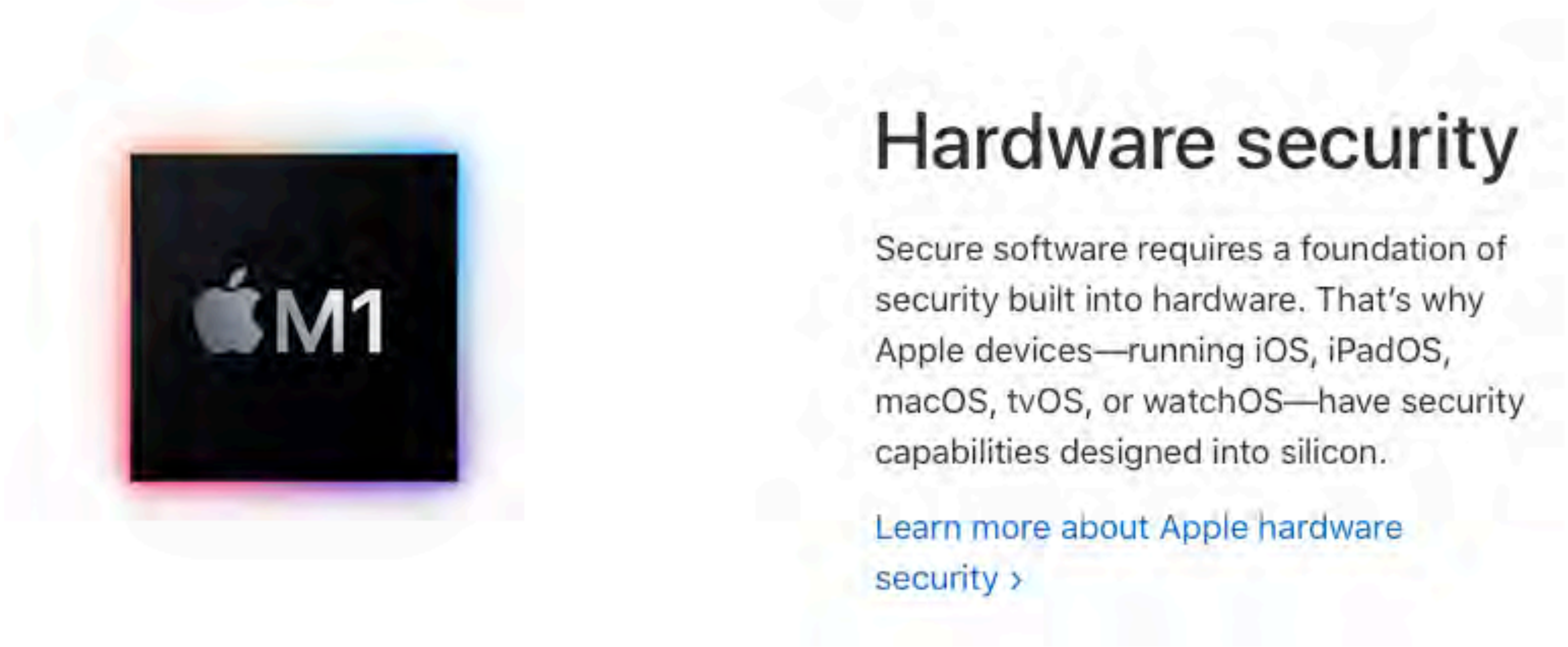
Security & Privacy

Apple and Security

and Security

Security & Privacy

Apple and Security



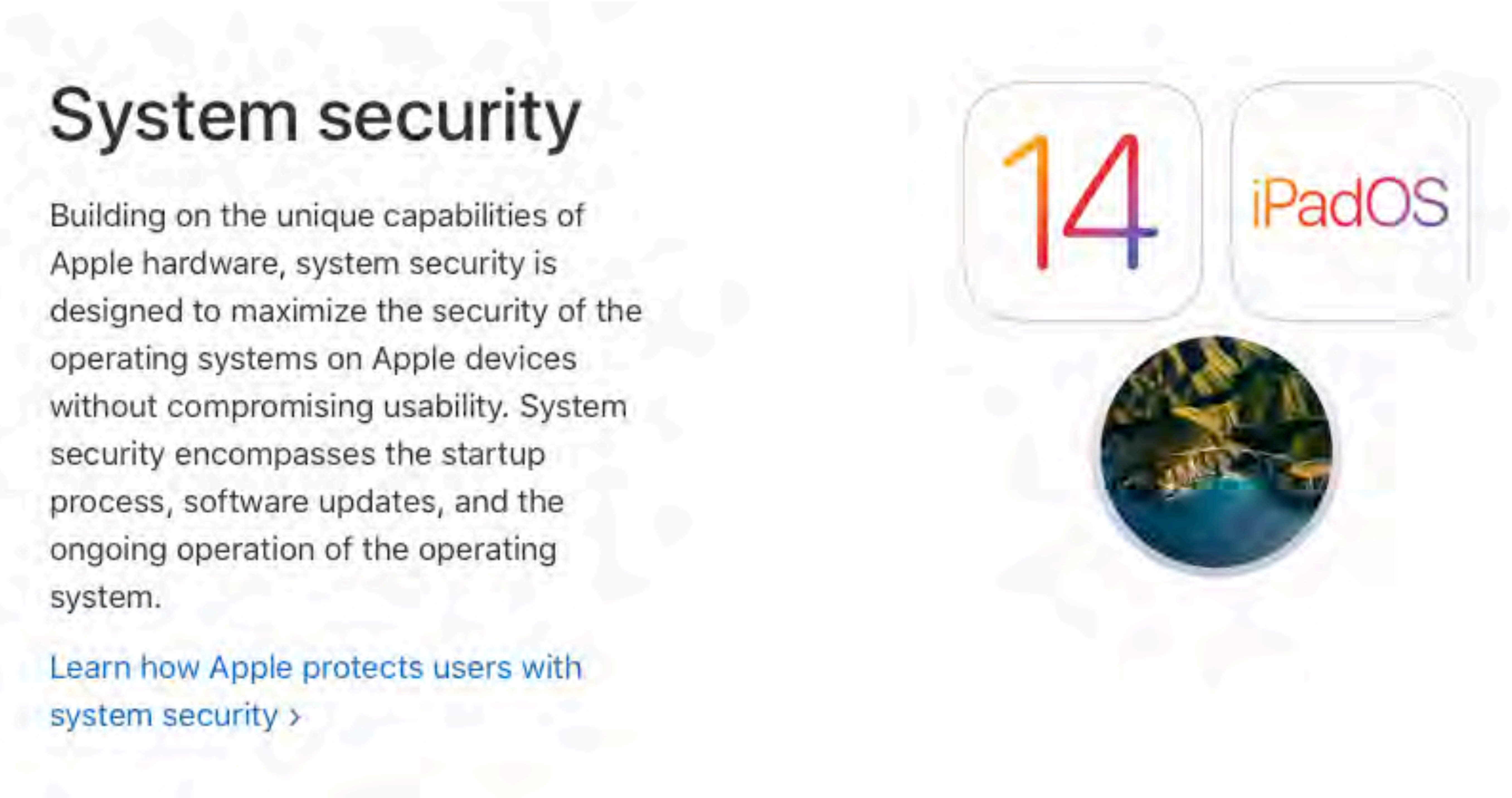
Hardware security

Secure software requires a foundation of security built into hardware. That's why Apple devices—running iOS, iPadOS, macOS, tvOS, or watchOS—have security capabilities designed into silicon.

Learn more about Apple hardware security ›

Security & Privacy

Apple and Security



System security

Building on the unique capabilities of Apple hardware, system security is designed to maximize the security of the operating systems on Apple devices without compromising usability. System security encompasses the startup process, software updates, and the ongoing operation of the operating system.

Learn how Apple protects users with system security ›

Security & Privacy

Apple and Security

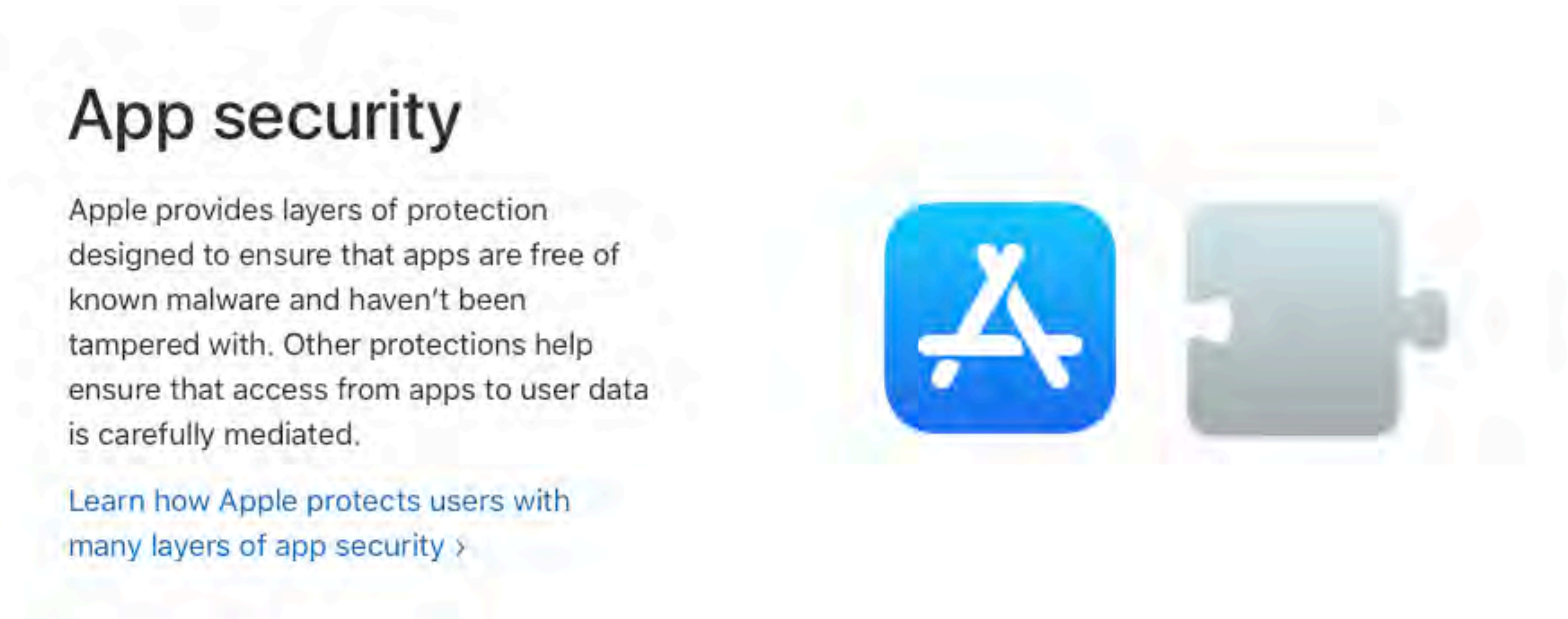
Encryption and Data Protection

Apple devices have encryption features to safeguard user data and enable remote wipe in the case of device theft or loss.

Learn more about Apple device and software encryption and Data Protection ›

Security & Privacy

Apple and Security



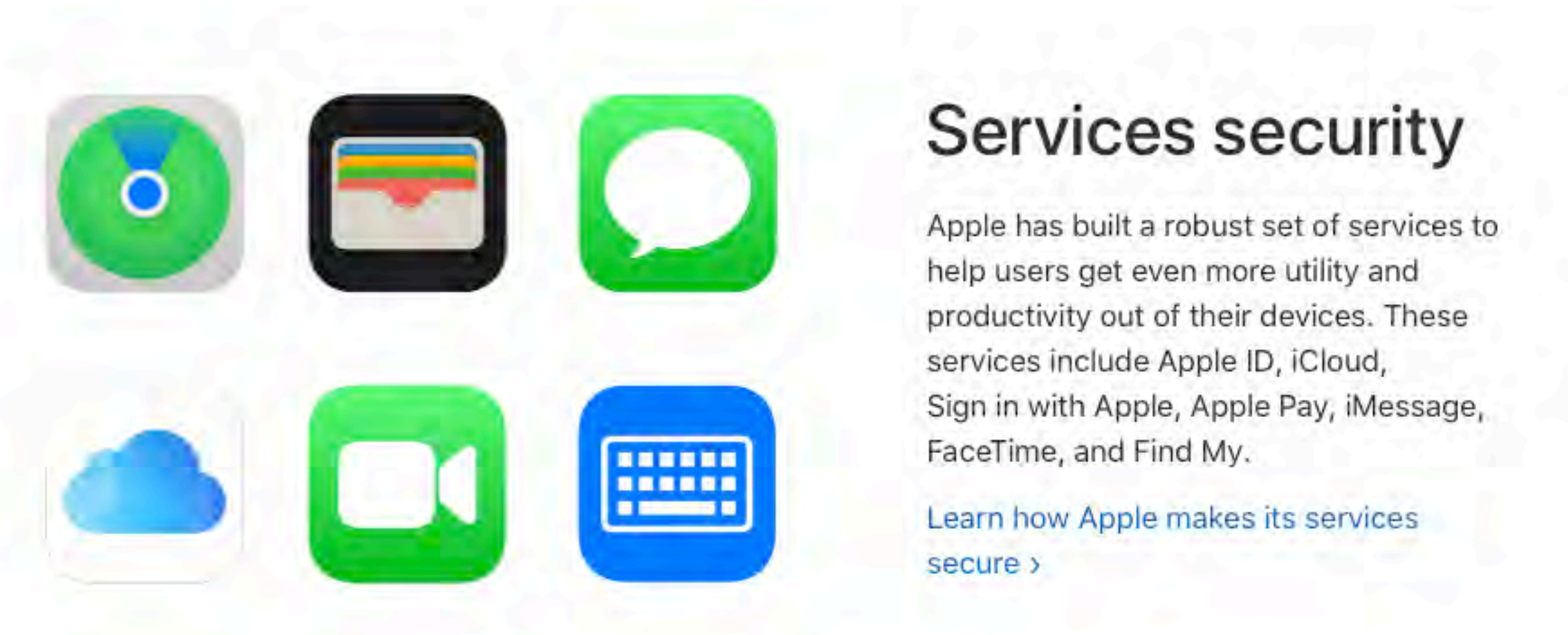
App security

Apple provides layers of protection designed to ensure that apps are free of known malware and haven't been tampered with. Other protections help ensure that access from apps to user data is carefully mediated.

Learn how Apple protects users with many layers of app security ›

Security & Privacy

Apple and Security



Services security

Apple has built a robust set of services to help users get even more utility and productivity out of their devices. These services include Apple ID, iCloud, Sign in with Apple, Apple Pay, iMessage, FaceTime, and Find My.

Learn how Apple makes its services secure ›

Security & Privacy

Apple and Security

- There are fewer attacks and malware on Mac OS X systems for a variety of reasons, almost none of which having any relation with the notion of "software quality":
- There are fewer OS X systems than Windows systems (right now, about 13% of computers involved in Internet browsing use OS X, according to StatCounter), making OS X a less interesting target for malware authors. Developing malware costs efforts and time, so the malware authors want to get a good return over investment. So they hunt where there are the most prey, i.e. on Windows, not OS X.

Thomas Pornin, Information Security Stack Exchange

Security & Privacy

Apple and Security

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Thomas Pornin, Information Security Stack Exchange

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Apple and Security

- Malware usually enters a machine through explicit user action, i.e. installation of some software package that turned out to be dodgy. OS X users tend to install less third-party packages, mostly because OS X comes out-of-the-box with more accessories.

- In a similar vein, when it comes to supporting hardware, OS X has its own drivers, so the normal Mac user plugs his new device: either it works right away, or it will never work. There is usually little point, in the OS X world, to try to download and install third-party drivers. On the other hand, for Windows, driver download is the norm. This does not mean that third-party drivers are often infected, but it implies that Windows users are accustomed to downloading executables and running them with full administrator rights.

Thomas Pornin, Information Security Stack Exchange

Security & Privacy

Apple and Security

- **Is Apple Pay secure?**

- Yes. Apple doesn't save your transaction information or card numbers on its servers, though your most recent purchase receipts are kept in the Wallet app. Apple Pay, which has a tokenized backend infrastructure, makes card payments secure by creating a number or token that replaces your card details. More specifically, it creates a Device Account Number for each one of your cards. According to Apple, the Device Account Number is assigned, encrypted, and securely stored in the Secure Element, a dedicated chip in iPhone and Apple Watch, and when a payment is initiated, the token is passed to the retailer or merchant. The retailer or merchant therefore never has direct access to your card details.

Pay

Security & Privacy

Apple and Security

Apple designs security into the core of its platforms. Building on the experience of creating the world's most advanced mobile operating system, Apple has created security architectures that address the unique requirements of mobile, watch, desktop, and home.

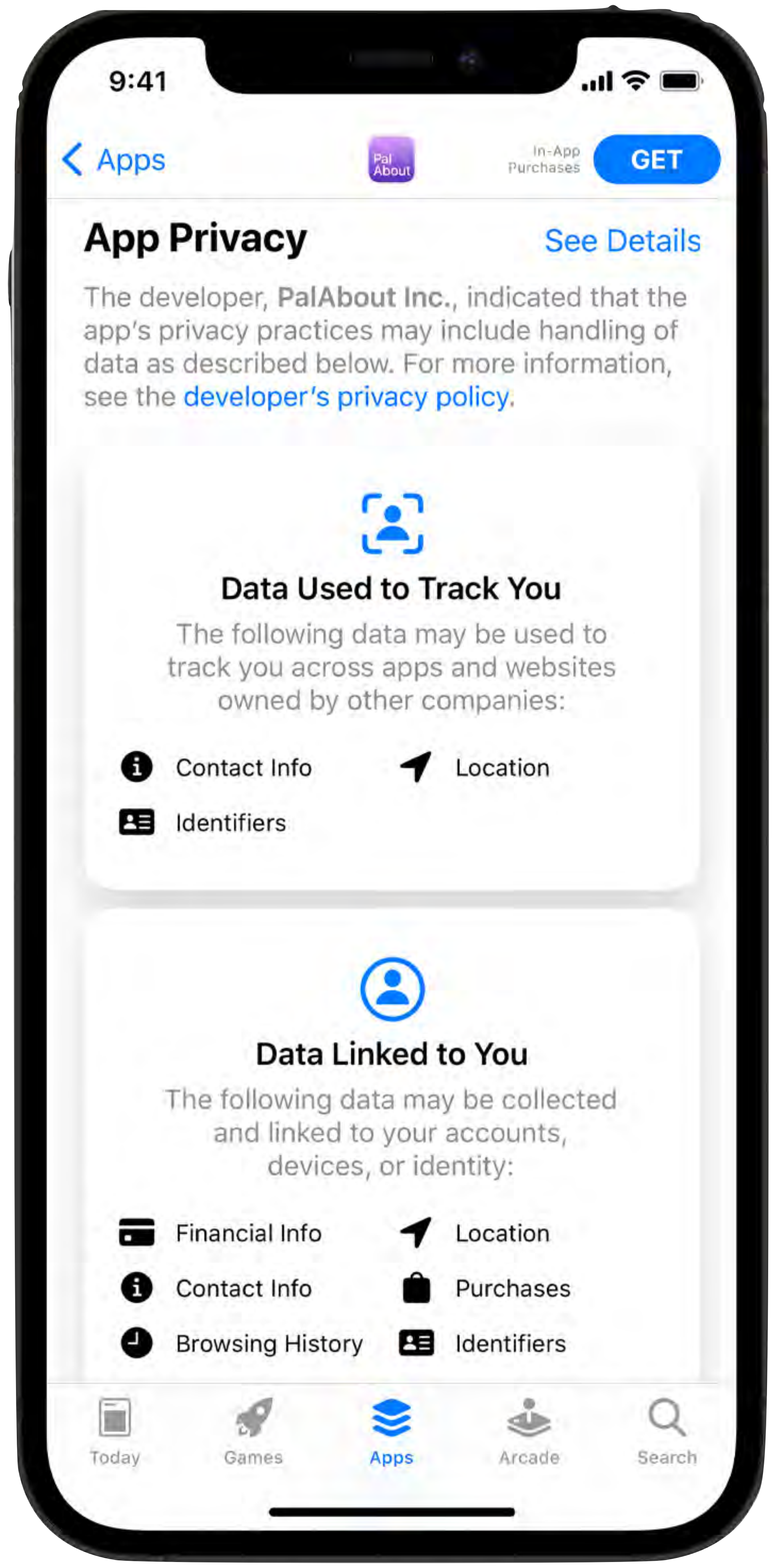
Every Apple device combines hardware, software, and services designed to work together for maximum security and a transparent user experience in service of the ultimate goal of keeping personal information safe. For example, Apple-designed silicon and security hardware powers critical security features. And software protections work to keep the operating system and third-party apps protected. Finally, services provide a mechanism for secure and timely software updates, power a protected app ecosystem, and facilitate secure communications and payments. As a result, Apple devices protect not only the device and its data but the entire ecosystem, including everything users do locally, on networks, and with key internet services.

Just as we design our products to be simple, intuitive, and capable, we design them to be secure. Key security features, such as hardware-based device encryption, can't be disabled by mistake. Other features, such as Touch ID and Face ID, enhance the user experience by making it simpler and more intuitive to secure the device. And because many of these features are enabled by default, users or IT departments don't need to perform extensive configurations.

Link to Apples Platform Security PDF

Security & Privacy

Apple and Security



App Privacy See Details

The developer, **PalAbout Inc.**, indicated that the app's privacy practices may include handling of data as described below. For more information, see the developer's privacy policy.

Data Used to Track You

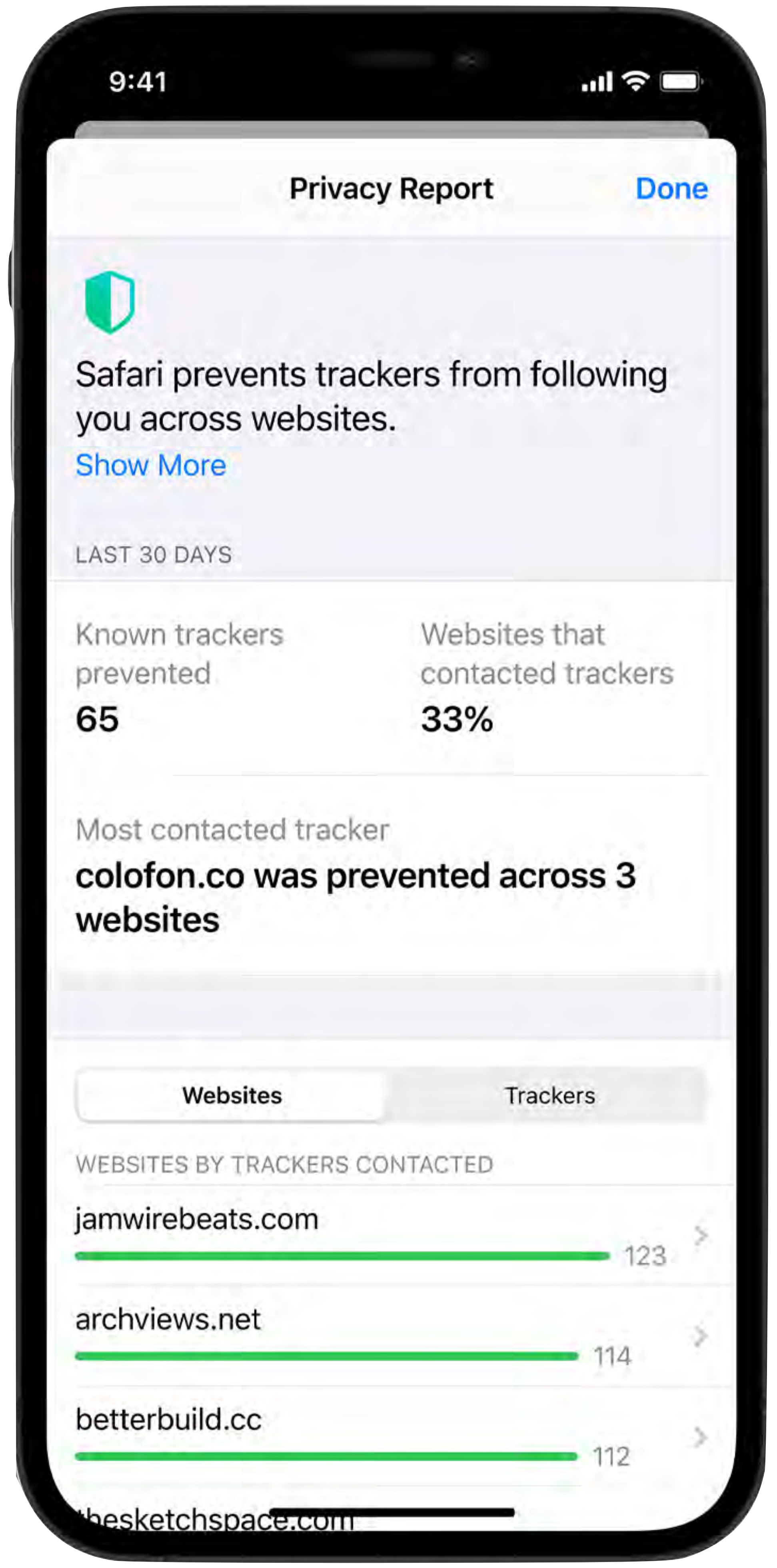
The following data may be used to track you across apps and websites owned by other companies:

- Contact Info
- Location
- Identifiers

Data Linked to You

The following data may be collected and linked to your accounts, devices, or identity:

- Financial Info
- Location
- Contact Info
- Purchases
- Browsing History
- Identifiers



Safari prevents trackers from following you across websites.
Show More

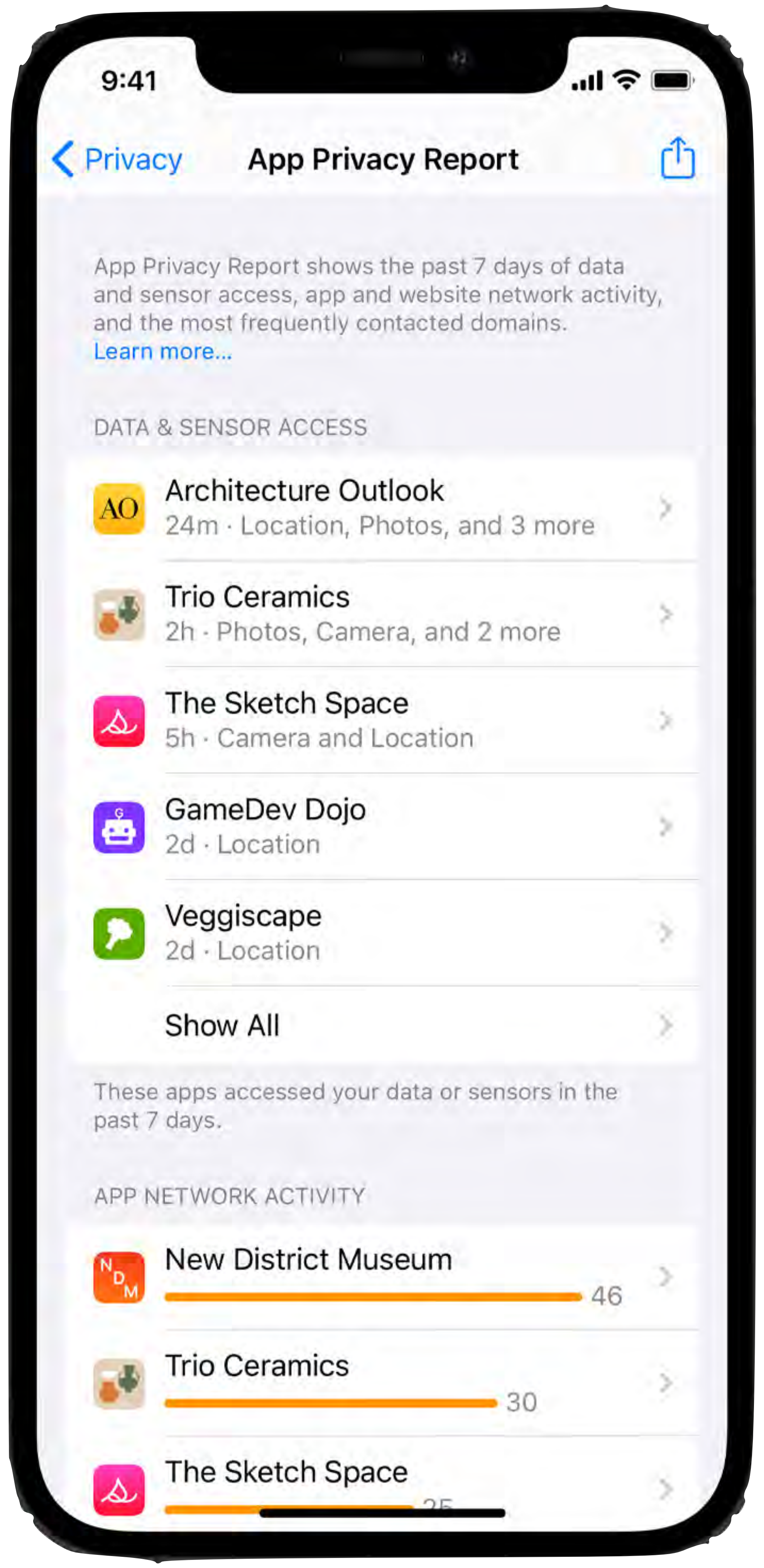
LAST 30 DAYS

Known trackers prevented	Websites that contacted trackers
65	33%

Most contacted tracker
colofon.co was prevented across 3 websites

WEBSITES BY TRACKERS CONTACTED

jamwirebeats.com	123
archviews.net	114
betterbuild.cc	112
thesketchspace.com	



App Privacy Report shows the past 7 days of data and sensor access, app and website network activity, and the most frequently contacted domains.
Learn more...

DATA & SENSOR ACCESS

- Architecture Outlook — 24m · Location, Photos, and 3 more
- Trio Ceramics — 2h · Photos, Camera, and 2 more
- The Sketch Space — 5h · Camera and Location
- GameDev Dojo — 2d · Location
- Veggiscape — 2d · Location
- Show All

These apps accessed your data or sensors in the past 7 days.

APP NETWORK ACTIVITY

New District Museum	46
Trio Ceramics	30
The Sketch Space	25

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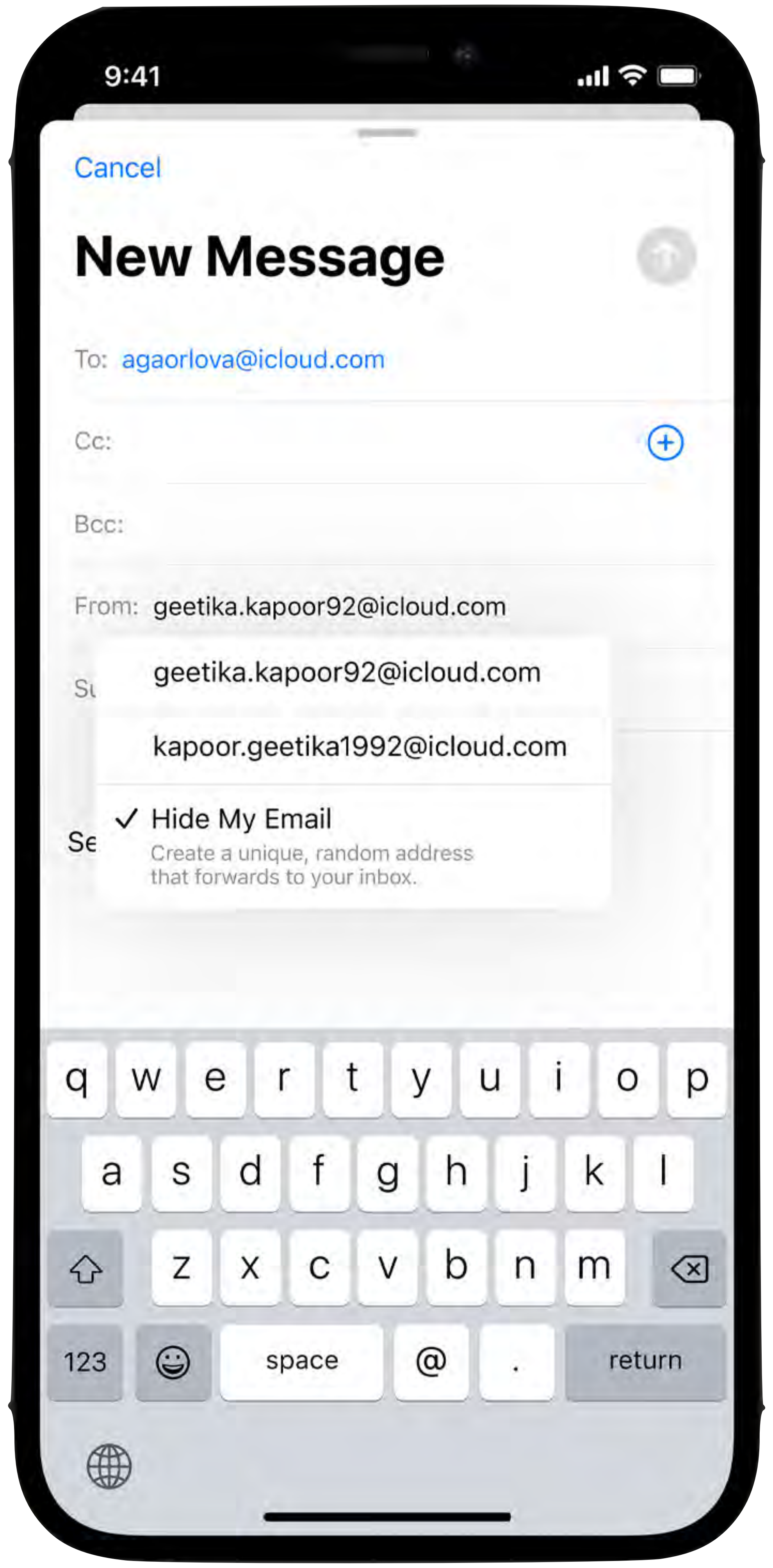
Apple and Security



9:41

Cancel

New Message

To: agaorlova@icloud.com

Cc:

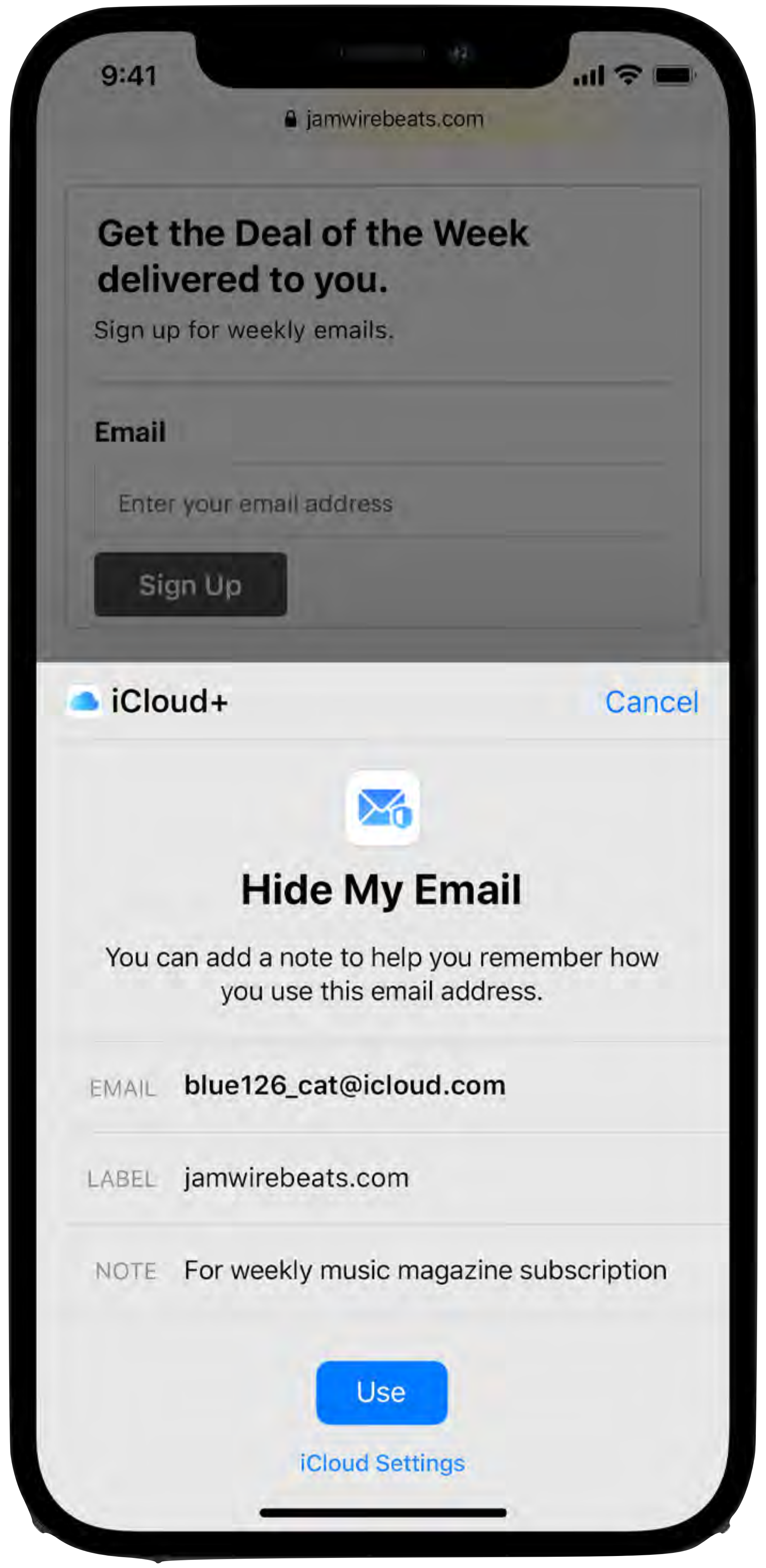
Bcc:

From: geetika.kapoor92@icloud.com

geetika.kapoor92@icloud.com

kapoor.geetika1992@icloud.com

✓ Hide My Email
Create a unique, random address that forwards to your inbox.



9:41

jamwirebeats.com

Get the Deal of the Week delivered to you.

Sign up for weekly emails.

Email

Enter your email address

Sign Up

iCloud+ Cancel

Hide My Email

You can add a note to help you remember how you use this email address.

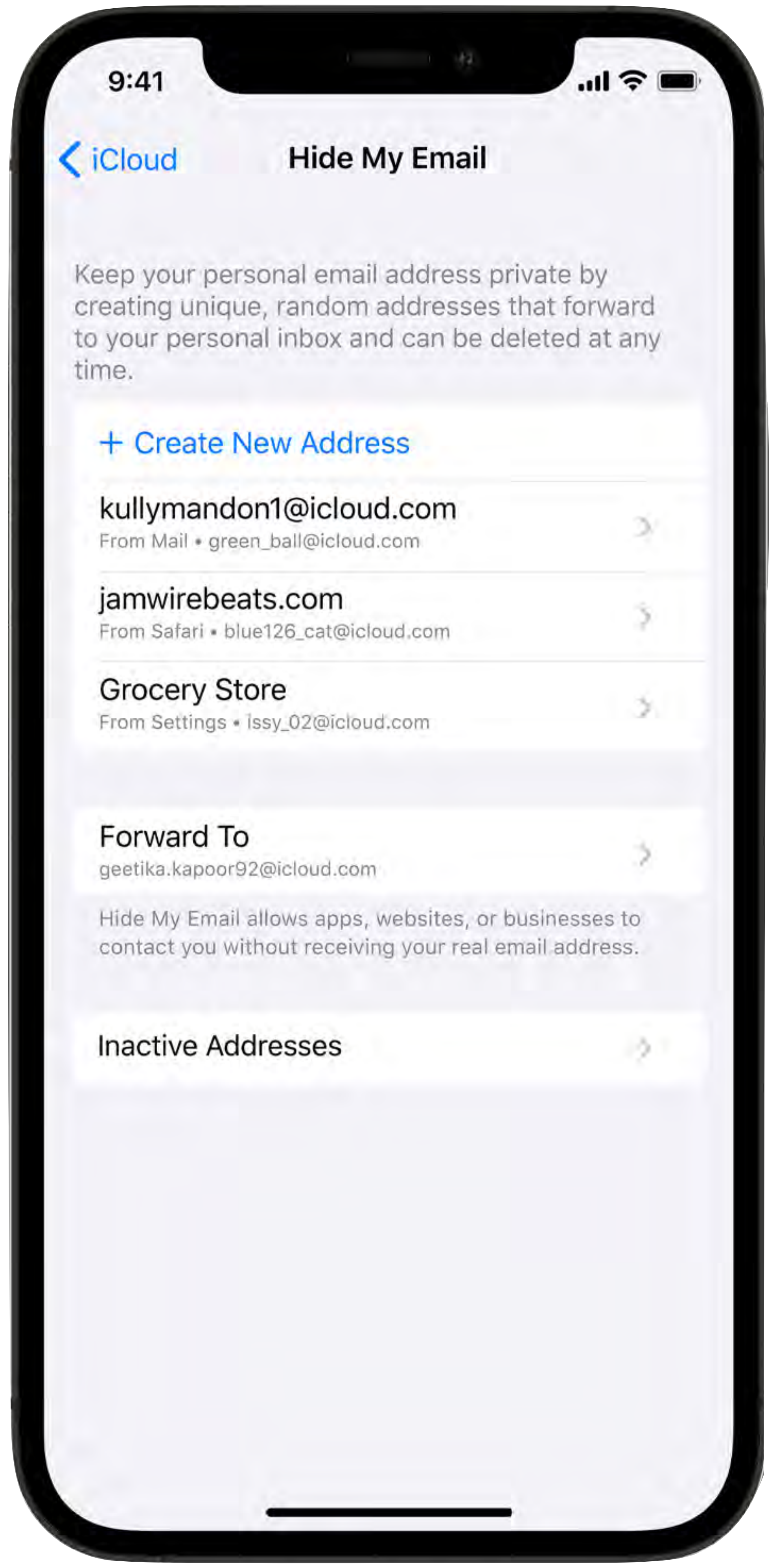
EMAIL blue126_cat@icloud.com

LABEL jamwirebeats.com

NOTE For weekly music magazine subscription

Use

iCloud Settings



9:41

< iCloud **Hide My Email**

Keep your personal email address private by creating unique, random addresses that forward to your personal inbox and can be deleted at any time.

+ Create New Address

kullymandon1@icloud.com
From Mail • green_ball@icloud.com

jamwirebeats.com
From Safari • blue126_cat@icloud.com

Grocery Store
From Settings • issy_02@icloud.com

Forward To
geetika.kapoor92@icloud.com

Hide My Email allows apps, websites, or businesses to contact you without receiving your real email address.

Inactive Addresses

Security & Privacy

Apple and Security

Hide My Email lets you create unique, random email addresses to use with apps, websites, and more so your personal email can stay private. It's built in to Sign in with Apple and iCloud+.

Hide My Email is a service that lets you keep your personal email address private whether you're creating a new account with an app, signing up for a newsletter online, or sending an email to someone you don't know well.

There are two key ways to use Hide My Email: With Sign in with Apple, which lets you create an account using a randomly-generated email address directly within a supported third-party app or website. Or with iCloud+, which lets you generate as many random email addresses as you need on your device, in Safari, or on iCloud.com, which you can use for whatever site or purpose you choose.

Security & Privacy

Apple and Security

How to Create an Email Address Using Hide My Email

The following steps show you how to create a new dummy email address with Hide My Email, for use in Safari and Mail. Make sure your iOS device is running iOS 15 or later.

1. Launch the Settings app on your iPhone or iPad
2. Tap your Apple ID name at the top of the main settings menu.
3. Tap iCloud.
4. Tap Hide My Email.
5. Tap Create new address.
6. Tap Continue, then give your address an identifying label. You can also optionally make a note about it.
7. Tap Next, then tap Done.

Security & Privacy

Apple and Security

iCloud Private Relay

Private Relay sends web traffic to a server that is maintained by Apple to strip the IP address. Once IP info has been removed, Apple sends the traffic to a second server maintained by a third-party company that assigns a temporary IP address and then sends the traffic to its destination, a process that prevents your IP address, location, and browsing activity from being used to create a profile about you.

Involving an outside party in the relay system is an intentional move that Apple says was designed to prevent anyone, including Apple, from knowing both a user's identity and the website the user is visiting.

Security & Privacy

Apple and Security

How to Turn iCloud Private Relay On and Off

1. Launch the Settings app on your iOS device.
2. Tap your name at the top of the main settings menu.
3. Tap iCloud.
4. Tap Private Relay.
5. Toggle on/off the switch next to iCloud Private Relay. If you're turning it off, tap Turn Off Private Relay to confirm.
6. With Private Relay enabled, by tapping IP Address Location you can use the default Maintain General Location option to retain local content in browsing, or change to the less geographically specific and more private Use Country and Time Zone option.

Security & Privacy

Apple and Security

Turn on App Privacy Report
1. In Settings, tap Privacy.
2. Scroll to and tap App Privacy Report.
3. Tap Turn on App Privacy Report.

App Privacy Report starts gathering information only after you turn it on, so it may take a little time for details to appear. You'll see more info as you continue using apps on your device. The data in your App Privacy Report is encrypted and stored only on your device.

You can turn off App Privacy Report at any time in Settings > Privacy > App Privacy Report. Doing so will also clear the report data from your device.

Security & Privacy

Apple and Security

The four Mac security options everyone should know

1. Enable the OS X firewall

The firewall in OS X is a network filter that allows you to control which programs and services can accept incoming connections. While classic firewalls do this on a per-port basis—regardless of which software is using the port—OS X's firewall can work on a per-application or per-service basis, giving you more flexibility.

Security & Privacy

Apple and Security

The four Mac security options everyone should know

2. Enable FileVault

FileVault is the full-disk encryption routine in OS X that will secure all files on the drive, including OS X system files, applications, caches and other temporary files; any of which may contain personal or sensitive information.

Full disk encryption is primarily useful for protecting a stolen Mac. When your drive is unlocked, files on it can be read. However, before it’s unlocked (ie, your Mac is shut down), all data on the drive will be scrambled. This prevents data recovery by unauthorized third parties, who might try to access it using Target Disk mode on your Mac or by removing your Mac’s hard drive and attaching it to another computer.

Security & Privacy

Apple and Security

The four Mac security options everyone should know

3. Password management

If you use numerous online services regularly then you will (or should) have different credentials for each one. These may be difficult to remember. Often people store their credentials in a text, Word, or Pages file for easy access, but this is a highly insecure way to store passwords. In OS X you have a built-in alternative for managing passwords called the keychain.

Unlike other security options, the keychain is enabled by default to store your various passwords for online services, email accounts, sharing services, and many other authentication routines. Whenever you see a checkbox for saving your password, or in a drop-down menu when using Safari, this is OS X asking you to store these passwords in an encrypted file called the login keychain.

Security & Privacy

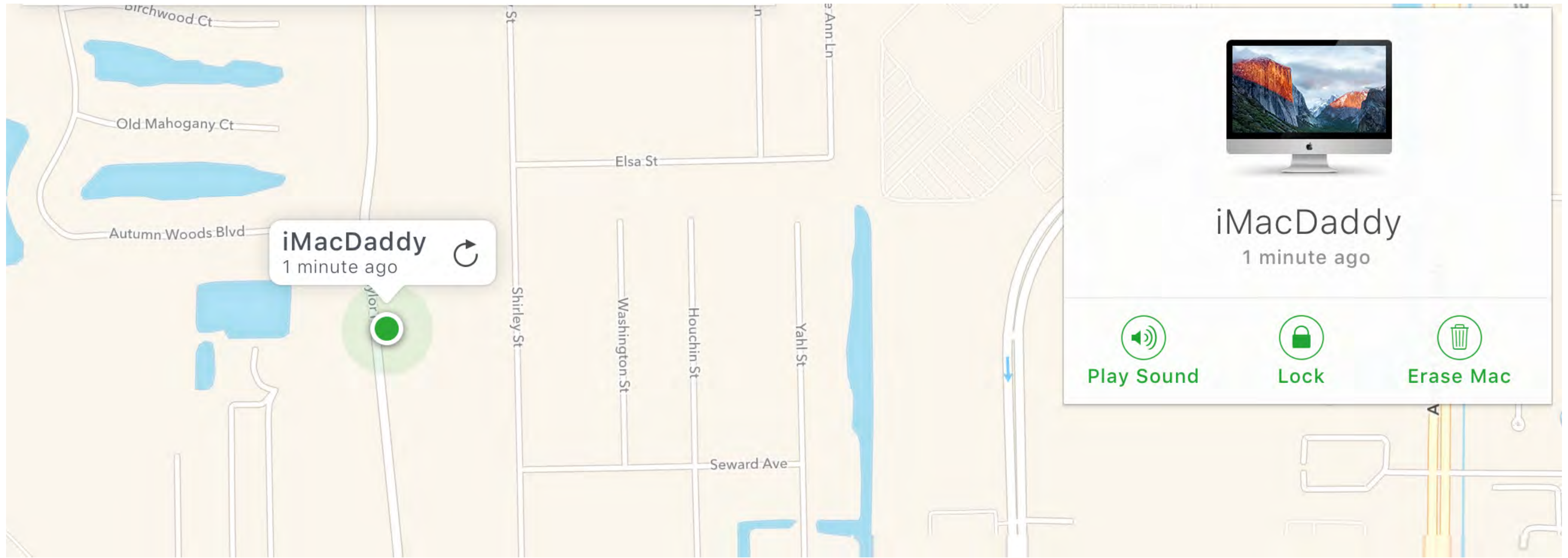
Apple and Security

The four Mac security options everyone should know

4. Locking and locating

A final couple of options for protecting your Mac include securing your computer when you have to leave it unattended and enabling remote access to it—not only to interact with it from afar, but also to track and lock it down, if needed. This feature also works with iOS devices.

-



Security & Privacy

Apple Stolen Device Protection

This feature was introduced in January 2024

Apple’s major iPhone security update is now available to download, designed to keep thieves from accessing users’ vast personal data stored on the devices, the company announced on January 22.
The “Stolen Device Protection” update adds an extra layer of protection by creating additional steps to access information. It is available with Monday’s iOS 17.3 update.
You can turn it on by updating your iPhone and scrolling down to Face ID & Passcode in your settings. You will be prompted to type in your passcode, and then you can scroll down to Stolen Device Protection and turn it on.

Security & Privacy

Apple Stolen Device Protection

This feature was introduced in January 2024

To use Stolen Device Protection, you must have two-factor authentication and “Find My” enabled for your Apple ID account.

Before the update, iPhone users could view highly sensitive information (from credit card information to every stored password) and make major changes to their phone’s settings with just a passcode – typically a four or six-digit number.

With Stolen Device Protection, users will be asked to enter biometric data via Face ID (face scan) or Touch ID (fingerprint) to access data or make changes.

For more sensitive actions – changing an Apple ID password, adding or removing face or fingerprint scanning, turning off Find My or turning off the stolen device protection itself – users will be asked for biometric data and then wait through an hour-long security delay before re-entering biometric data to make the changes.

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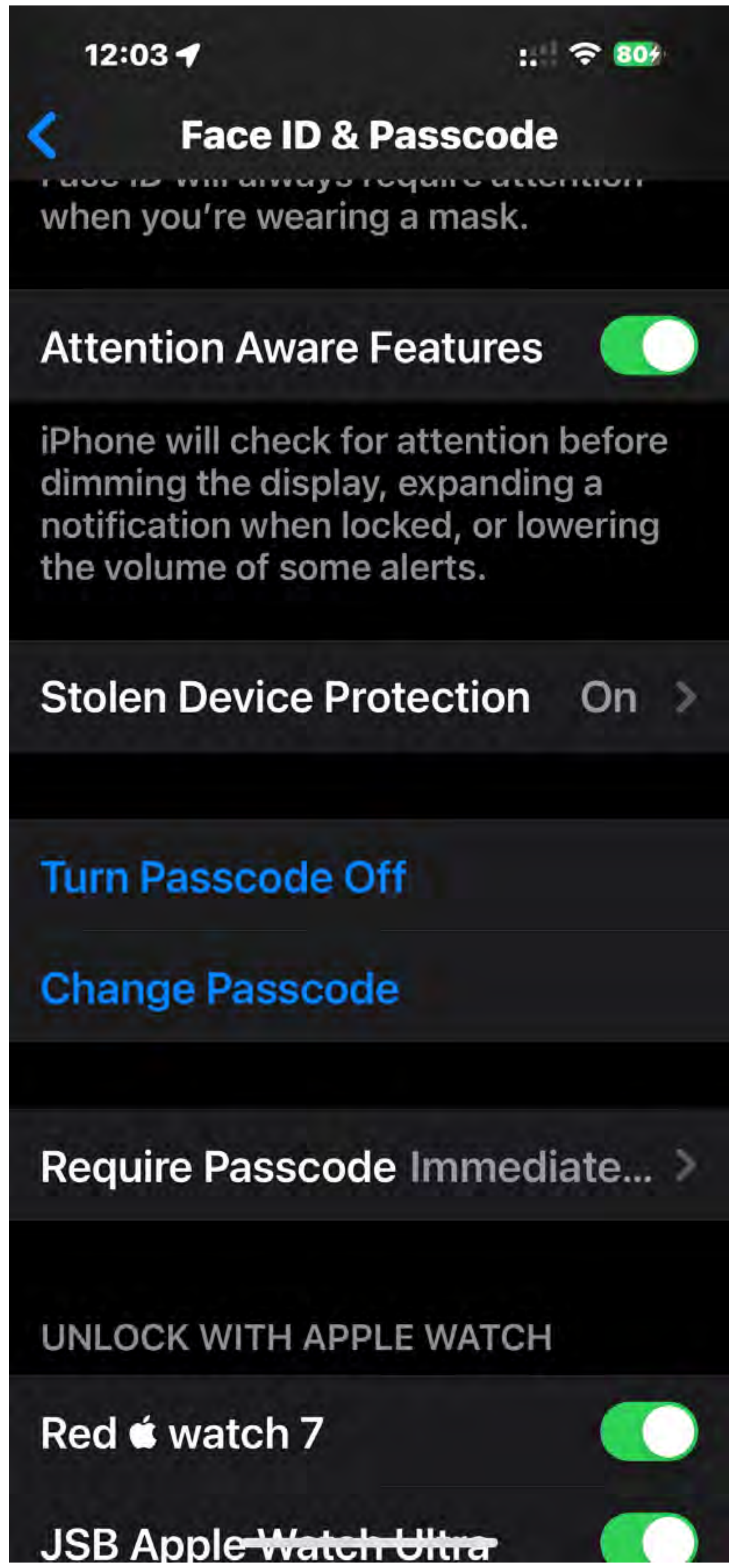
Security & Privacy

Apple Stolen Device Protection

This feature was introduced in January 2024



12:03

Face ID & Passcode

when you're wearing a mask.

Attention Aware Features

iPhone will check for attention before dimming the display, expanding a notification when locked, or lowering the volume of some alerts.

Stolen Device Protection On

Turn Passcode Off

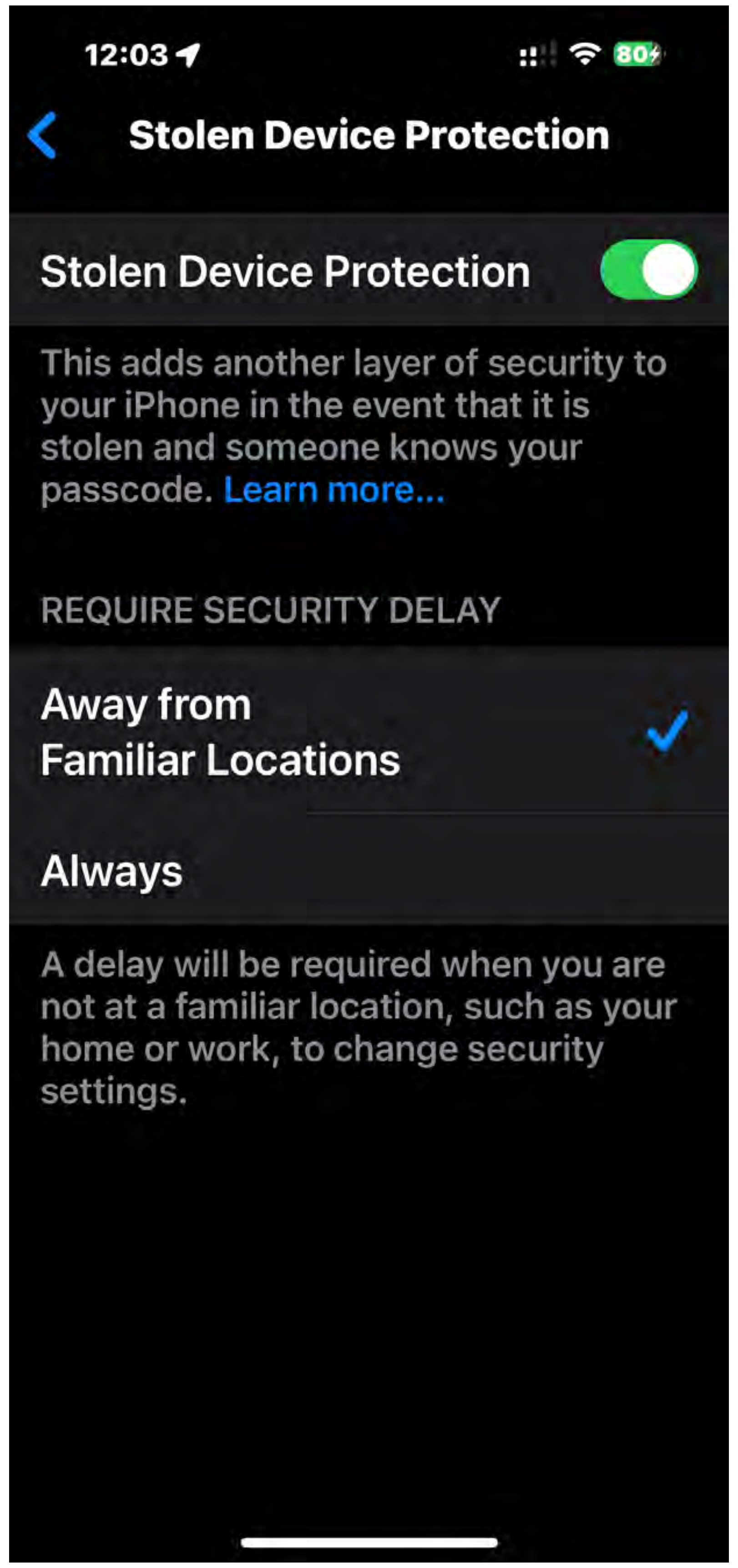
Change Passcode

Require Passcode Immediate...

UNLOCK WITH APPLE WATCH

Red watch 7

JSB Apple Watch Ultra



12:03

Stolen Device Protection

Stolen Device Protection

This adds another layer of security to your iPhone in the event that it is stolen and someone knows your passcode. Learn more...

REQUIRE SECURITY DELAY

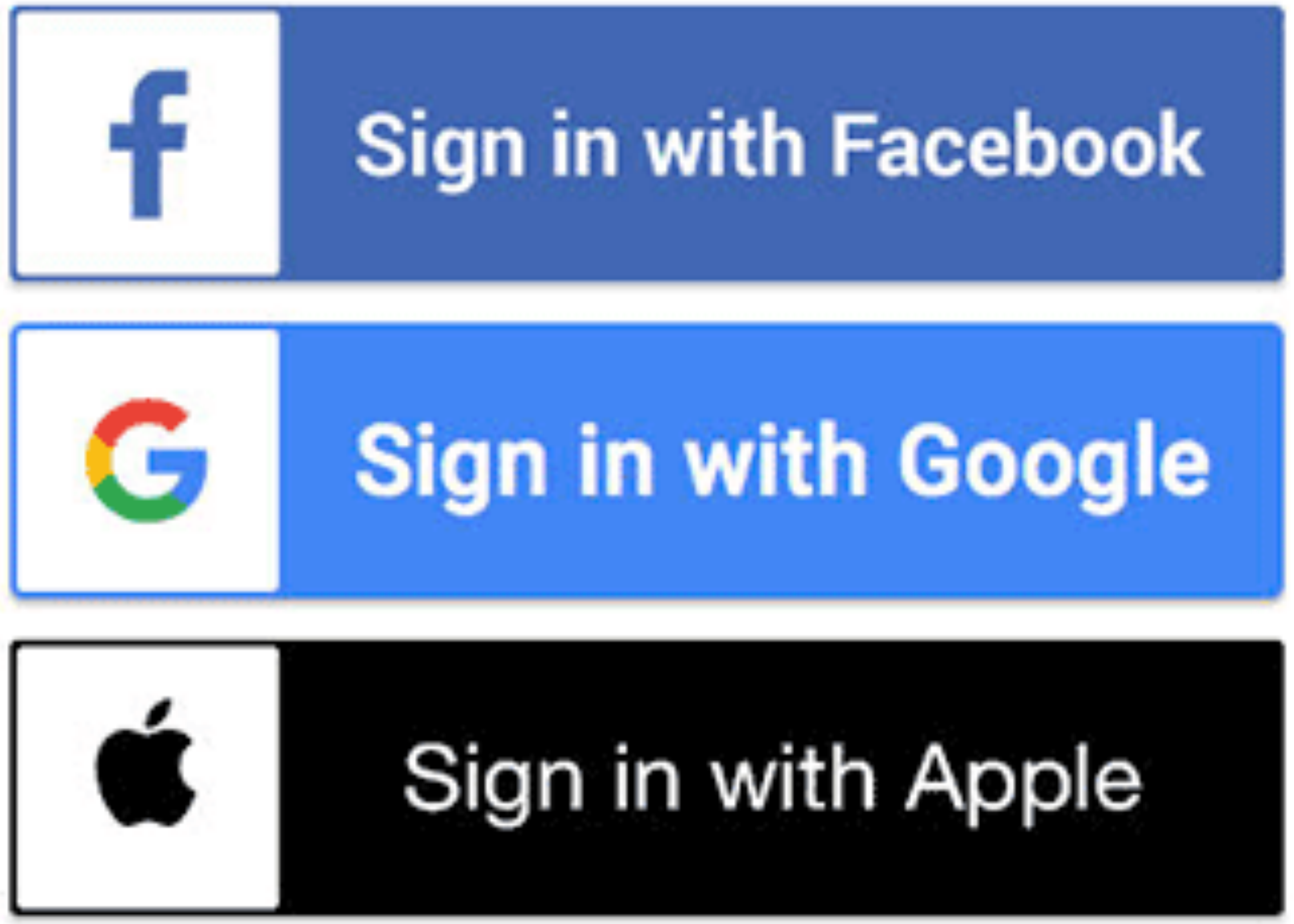
Away from Familiar Locations ✓

Always

A delay will be required when you are not at a familiar location, such as your home or work, to change security settings.

Security & Privacy

Using Passkeys



I personally will only sign in with Apple, as Google and Facebook are both advertising companies

Security & Privacy

Using Passkeys

Use passkeys to sign in to apps and websites on iPhone

You can create and save passkeys to replace the passwords you use to sign in to supported apps and websites on your iPhone.

Passkeys are more secure than passwords, because they're uniquely generated for every account by your own device, and are less vulnerable to phishing. And they work on all your devices that are signed in to the same Apple ID.

Like passwords, passkeys are encrypted and stored in your iCloud Keychain, where they aren't visible to anyone (including Apple).

Note: To use passkeys, iOS 16, iPadOS 16, macOS 13, or tvOS 16 (or later) is required. iCloud Keychain and two-factor authentication must also be turned on.

Security & Privacy

Using Passkeys

Create and save a passkey using your iPhone

You can create and save passkeys for apps and websites that support them.

Note: The instructions for creating and saving a passkey can vary depending on the app, website, or browser, but they typically consist of steps similar to the ones below.

On your iPhone, go to the sign-in screen for a supported website or app and do one of the following:

If you’re setting up a new account: Tap the button or link for setting up new accounts, then follow the onscreen instructions.

If you already have an existing account: Sign in with your account name and password, then go to the account settings or management screen.

When you see the option to save a passkey for the account, tap Continue.

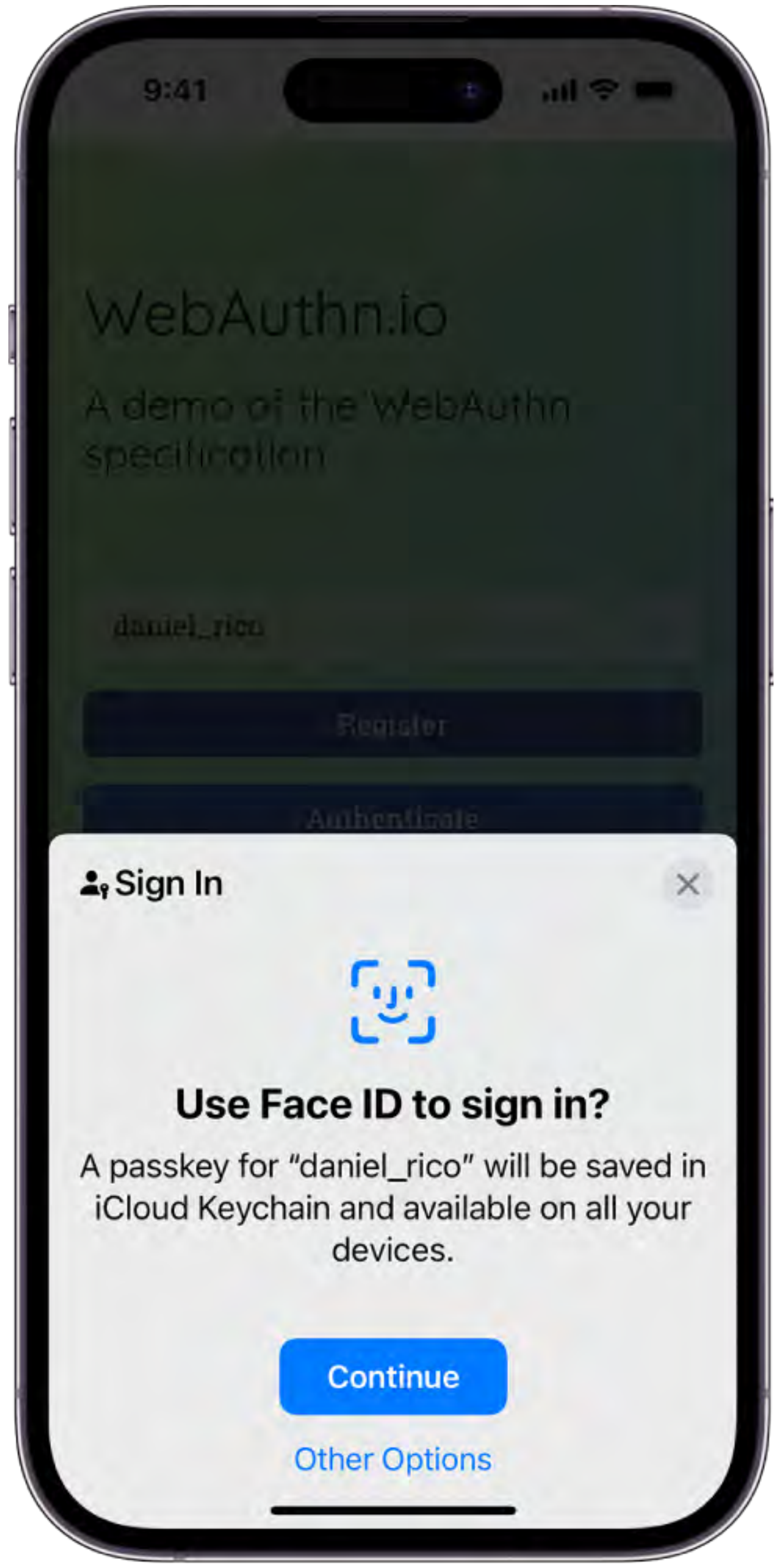
Your passkey is saved.

Security & Privacy

Using Passkeys

Note: If you don't see a passkey option, it means the app or website doesn't currently support passkeys.

The passkeys you create are stored on your iPhone at Settings > Passwords.
You can have a passkey and password for the same app or website, and find them both under the same account in Settings > Passwords.
You can also save a passkey to a hardware security key. Tap "Other options," "Save on another device," or similar (if available), then follow the onscreen instructions for saving a passkey.



Use Face ID to sign in?

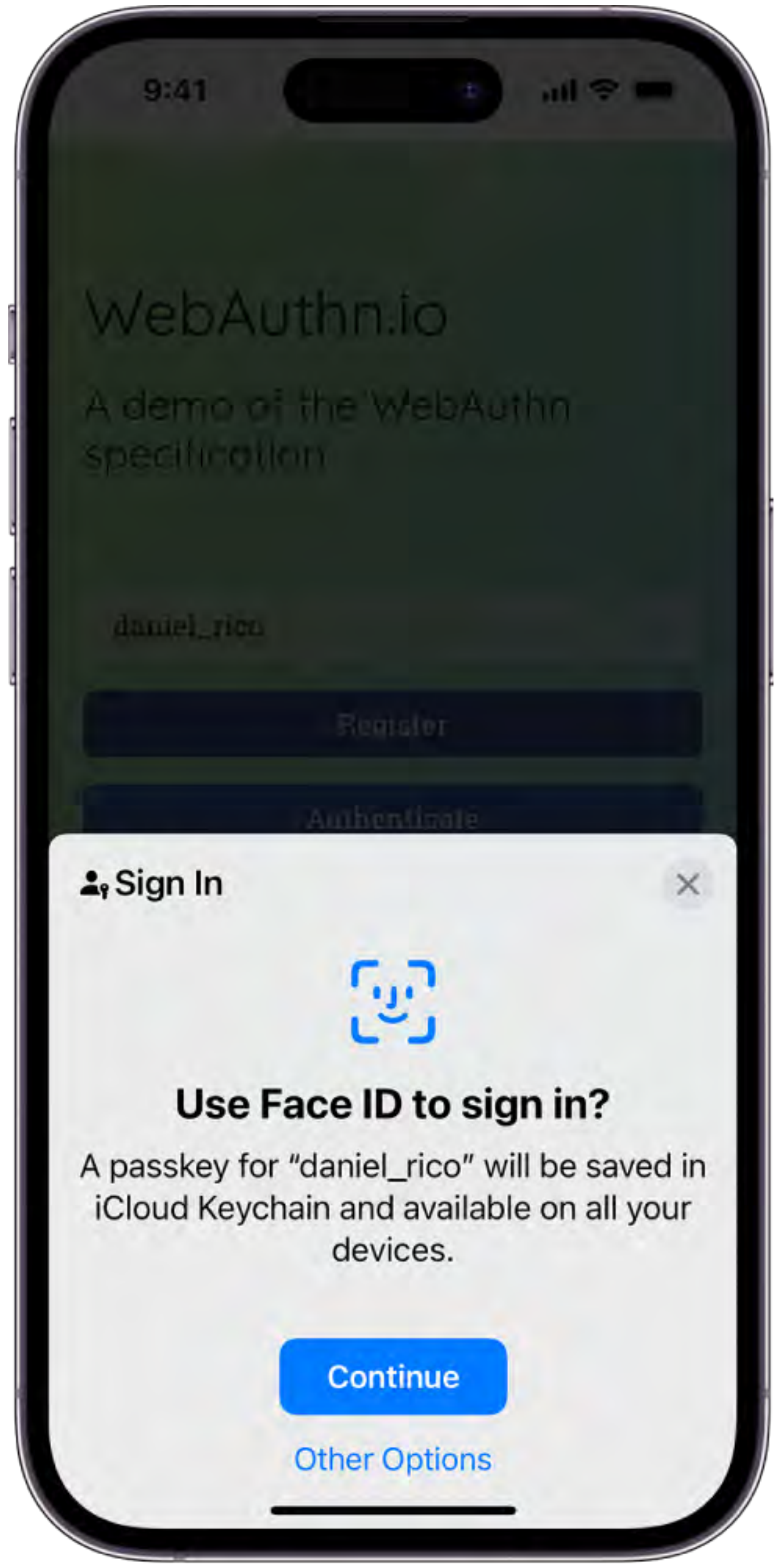
A passkey for "daniel_rico" will be saved in iCloud Keychain and available on all your devices.

Security & Privacy

Using Passkeys

Use a passkey to sign in to a website or app on your iPhone
After you create and save a passkey for a website or app, you can use the passkey whenever you sign in.
Note: The instructions for signing in with a passkey can vary depending on the app, website, or browser, but they typically consist of steps similar to the ones below.

1. On your iPhone, go to the website or app and tap the account name field on the sign-in screen.
2. Tap the suggested account name that appears at the bottom of the screen or near the top of the keyboard. If the account name doesn't appear, or you want to use a different one, enter it.
3. Use Face ID or Touch ID to complete sign in. If you didn't set up Face ID or Touch ID on your iPhone, enter your device passcode (the code you use to unlock your iPhone).
   The passkey you saved completes the sign-in automatically.



WebAuthn.io

A demo of the WebAuthn specification

daniel_rico

Use Face ID to sign in?

A passkey for "daniel_rico" will be saved in iCloud Keychain and available on all your devices.

Security & Privacy

Using Passkeys

Use a passkey saved on your iPhone to sign in on another device
If you’re using a device not associated with your Apple ID (such as a computer at a public library, an internet cafe, or a friend’s house), and you have your iPhone with you, you can sign in to apps or websites on that device using the passkeys you created for them.
Note: The instructions for using a passkey on another device can vary depending on the app, website, or browser, but they typically consist of steps similar to the ones below.

1. On the other device, go to the website or app and enter your user name in the account name field on the sign-in screen.
2. Select “Other options,” “Passkey from nearby device,” or similar, then follow the onscreen instructions to display a QR code on the screen.
3. Use your iPhone camera to scan the QR code.
   The passkey that’s saved to iCloud Keychain completes the sign-in automatically.

Security & Privacy

Using Passkeys

Create a passkey on a device that's not your own

If you have your iPhone with you, you can create a passkey while using a device not associated with your Apple ID (such as a computer at a public library, an internet cafe, or a friend's house) and save it to iCloud Keychain instead of the device you're using to create the passkey.

Note: The instructions for creating a passkey can vary depending on the app, website, or browser, but they typically consist of steps similar to the ones below.

On the other device, go to the sign-in page for a supported website or app, then do one of the following:

If you're setting up a new account: Tap the button or link for setting up new accounts, then enter a new username.

If you already have an account: Sign in with your account name and password, then go to the account settings or management screen.

When you see the option to save a passkey for the account, select "Other options," "Save on another device," or similar (instead of Continue).

Security & Privacy

Using Passkeys

Create a passkey on a device that's not your own

Note: If you don't see a passkey option, it means the app or website doesn't currently support passkeys.

Select "Save a passkey on a device with a camera," or similar, then follow the onscreen instructions to display a QR code on the screen.
Use your iPhone camera to scan the QR code.
The passkey is saved to your iPhone and iCloud Keychain.

Security & Privacy

Using Passkeys

Change a passkey

You might need to create a new passkey to replace the existing one (if, for example, you previously shared it with someone to whom you no longer want to give access).

To change a passkey, follow the steps for an existing account in Create and save a passkey using your iPhone or Create a passkey on a device that's not your own.

Delete a passkey

Go to Settings > Passwords, then tap the account for the passkey you want to delete.

Tap Delete Passkey.

If you delete a passkey, you can create a new one at any time.

Security & Privacy

Avoiding Cyber-Scams

- The Phone Call

The phone call usually rings your land line, but cellular lines are being called more often. The caller identifies themselves as being from Apple, Google, Microsoft, etc.
They noticed you were "having a problem with your computer."

Security & Privacy

Avoiding Cyber-Scams

- The Phone Call

At any given time, almost everyone is having some kind of computer issue: email password not working, printer not responding, documents can't be found and so on. "What a relief," you think, "help is on the way!"

Security & Privacy

Avoiding Cyber-Scams

- The Phone Call

These professionals prey on fear. They will suggest things that may be wrong with your system that they have “detected remotely”, and then they continue down that path, eventually getting you to download a small program so that they “can get into your computer and fix this for you,” for a low fee from $99 to $750, conveniently charged to your credit card or via a direct debit from your checking account.

Security & Privacy

Avoiding Cyber-Scams

- The Phone Call
- In reality, they are installing programs that will cause more problems (and more charges) and even deleting files that they will later charge you to recover!

Security & Privacy

Avoiding Cyber-Scams

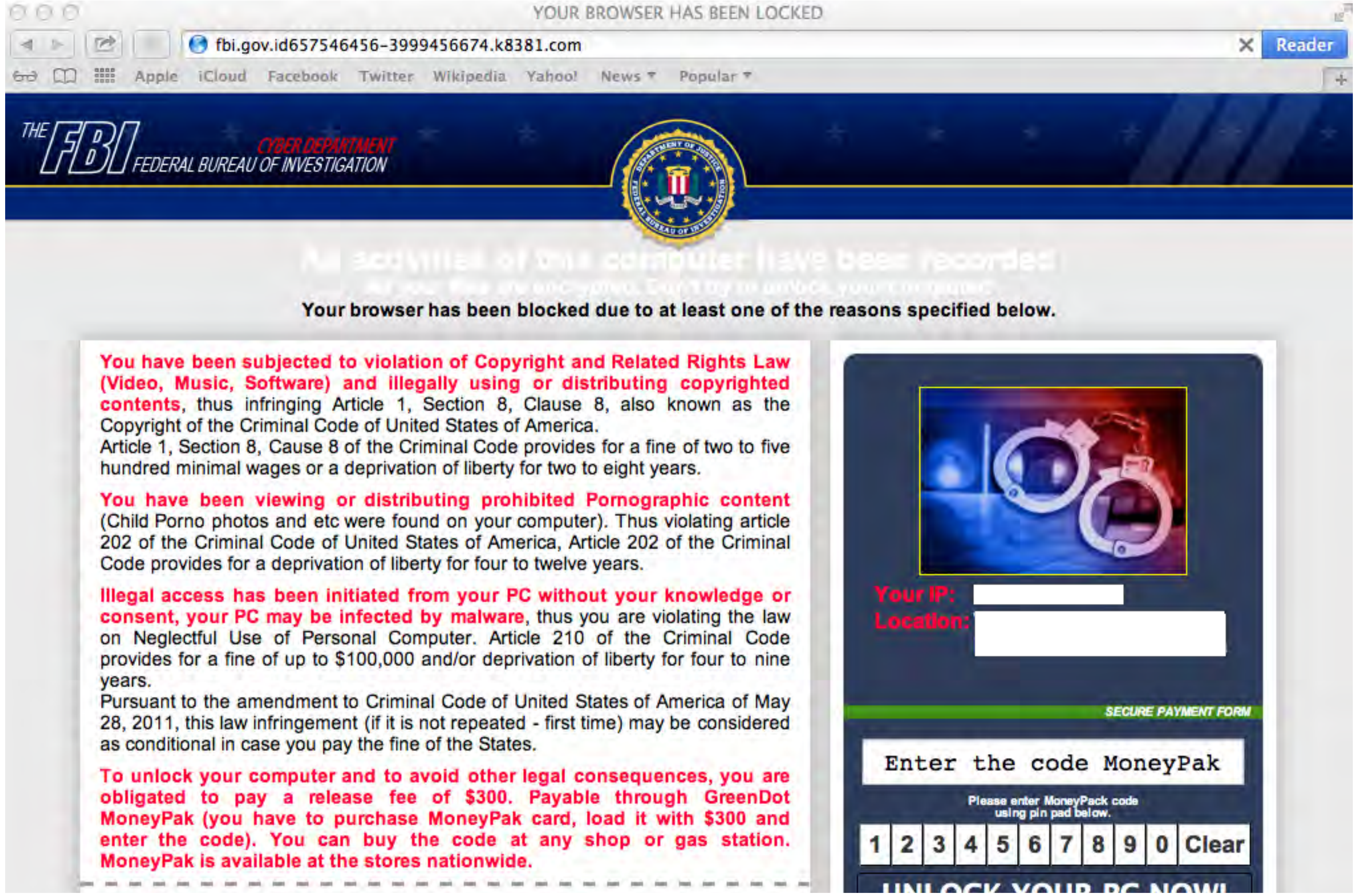
- The Phone Call

- The most important thing to remember when you get a phone call like this is that *no one outside your home or office can see what is happening to your computer unless they are sitting at your desk!* They claim to have access, and by following your lead they create a problem to solve.

Security & Privacy

Avoiding Cyber-Scams

- The Website Popup



YOUR BROWSER HAS BEEN LOCKED

fbi.gov.id657546456-3999456674.k8381.com

All activities of this computer have been recorded

All your files are encrypted. Don't try to unlock your computer.

Your browser has been blocked due to at least one of the reasons specified below.

You have been subjected to violation of Copyright and Related Rights Law (Video, Music, Software) and illegally using or distributing copyrighted contents, thus infringing Article 1, Section 8, Clause 8, also known as the Copyright of the Criminal Code of United States of America.
Article 1, Section 8, Cause 8 of the Criminal Code provides for a fine of two to five hundred minimal wages or a deprivation of liberty for two to eight years.

You have been viewing or distributing prohibited Pornographic content (Child Porno photos and etc were found on your computer). Thus violating article 202 of the Criminal Code of United States of America, Article 202 of the Criminal Code provides for a deprivation of liberty for four to twelve years.

Illegal access has been initiated from your PC without your knowledge or consent, your PC may be infected by malware, thus you are violating the law on Neglectful Use of Personal Computer. Article 210 of the Criminal Code provides for a fine of up to $100,000 and/or deprivation of liberty for four to nine years.
Pursuant to the amendment to Criminal Code of United States of America of May 28, 2011, this law infringement (if it is not repeated - first time) may be considered as conditional in case you pay the fine of the States.

To unlock your computer and to avoid other legal consequences, you are obligated to pay a release fee of $300. Payable through GreenDot MoneyPak (you have to purchase MoneyPak card, load it with $300 and enter the code). You can buy the code at any shop or gas station. MoneyPak is available at the stores nationwide.

Your IP:
Location:

SECURE PAYMENT FORM

Enter the code MoneyPak

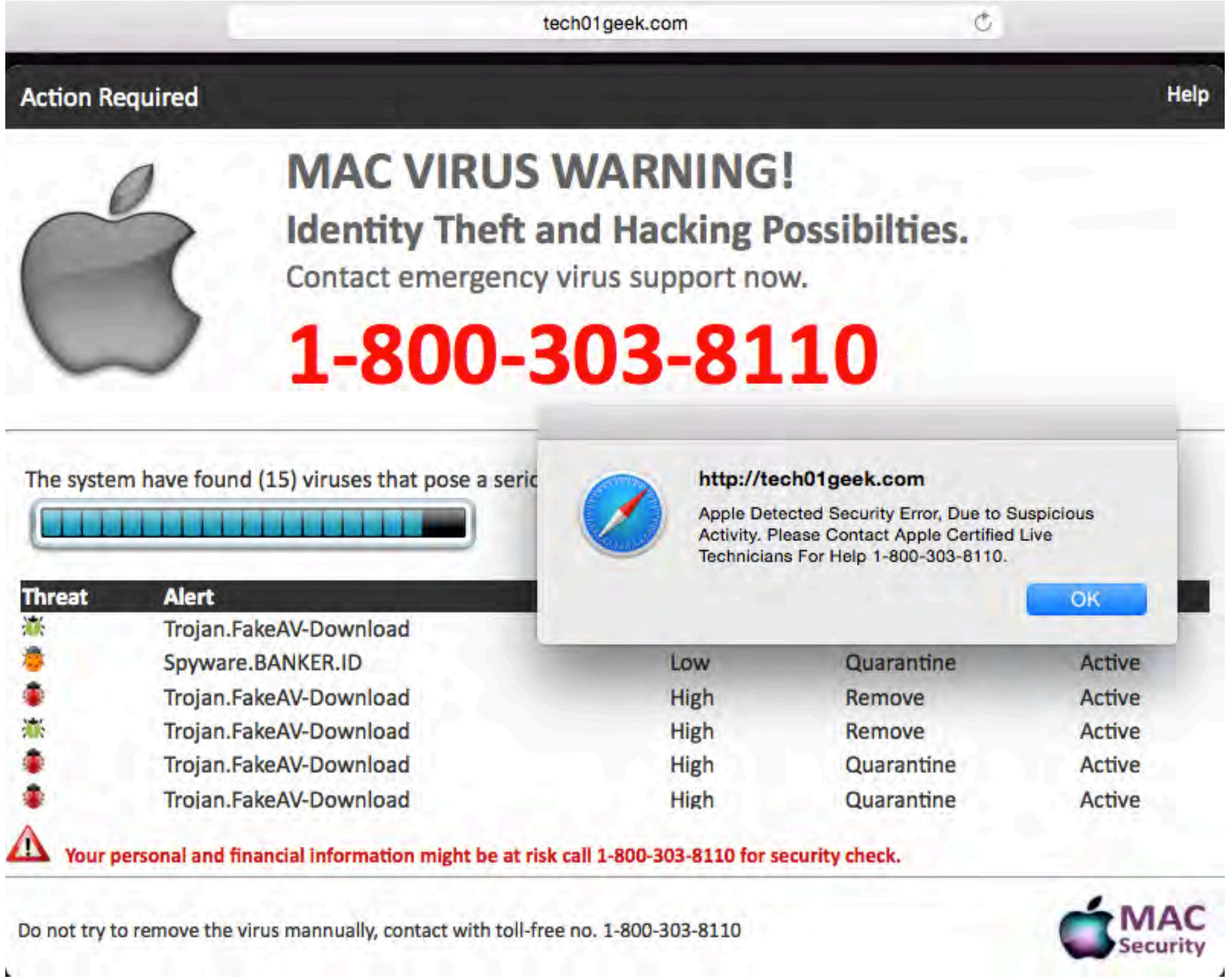
Please enter MoneyPack code using pin pad below.

Security & Privacy

Avoiding Cyber-Scams

- The Website Popup

This is a common scam that happens without warning and through no fault of the user.



tech01geek.com

Action Required

Help

MAC VIRUS WARNING!

Identity Theft and Hacking Possibilties.

Contact emergency virus support now.

1-800-303-8110

The system have found (15) viruses that pose a seric

http://tech01geek.com

Apple Detected Security Error, Due to Suspicious Activity. Please Contact Apple Certified Live Technicians For Help 1-800-303-8110.

OK

Threat	Alert			
	Trojan.FakeAV-Download			
	Spyware.BANKER.ID	Low	Quarantine	Active
	Trojan.FakeAV-Download	High	Remove	Active
	Trojan.FakeAV-Download	High	Remove	Active
	Trojan.FakeAV-Download	High	Quarantine	Active
	Trojan.FakeAV-Download	High	Quarantine	Active

⚠ Your personal and financial information might be at risk call 1-800-303-8110 for security check.

Do not try to remove the virus mannually, contact with toll-free no. 1-800-303-8110

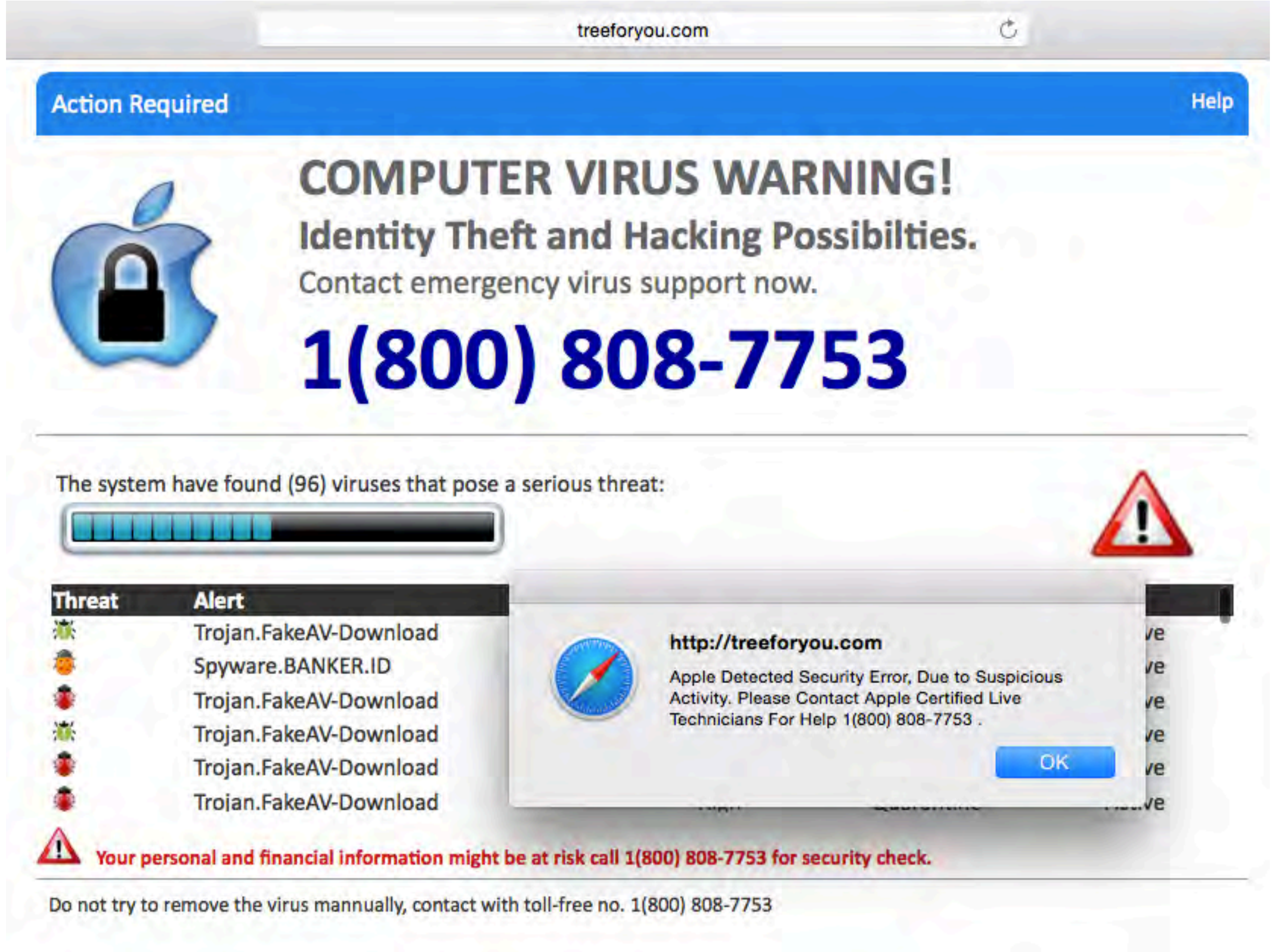
MAC Security

Security & Privacy

Avoiding Cyber-Scams

- The Website Popup

A popular web site is hacked for a number of minutes, and any visitor during that time will be exposed to a pop up ad that says "Your computer is at risk! Call 1-800-GET-HELP" so that we can solve your problem!" If you try to close this popup, it won't close. If you restart your computer, it comes back. It seems to have taken over your computer, and you are tempted to call. Don't!



COMPUTER VIRUS WARNING!

Identity Theft and Hacking Possibilties.

Contact emergency virus support now.

1(800) 808-7753

The system have found (96) viruses that pose a serious threat:

Threat	Alert
●	Trojan.FakeAV-Download
●	Spyware.BANKER.ID
●	Trojan.FakeAV-Download
●	Trojan.FakeAV-Download
●	Trojan.FakeAV-Download
●	Trojan.FakeAV-Download

http://treeforyou.com

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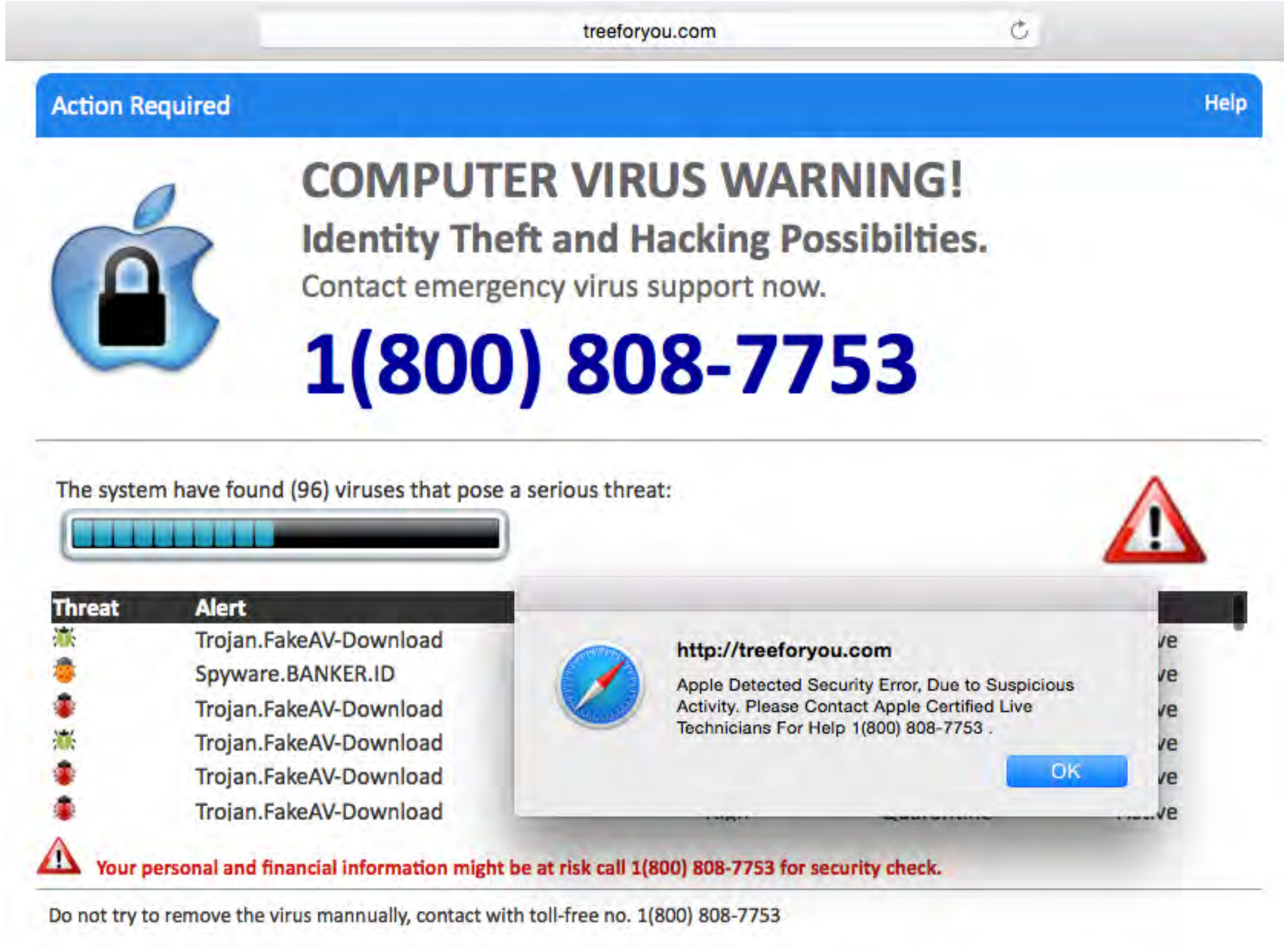
Security & Privacy

Avoiding Cyber-Scams

- The Website Popup

The Apple Security scam



treeforyou.com

Action Required | Help

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	Trojan.FakeAV-Download		ve
	Trojan.FakeAV-Download		ve
	Trojan.FakeAV-Download		ve
	Trojan.FakeAV-Download		ve

http://treeforyou.com

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OK

Your personal and financial information might be at risk call 1(800) 808-7753 for security check.

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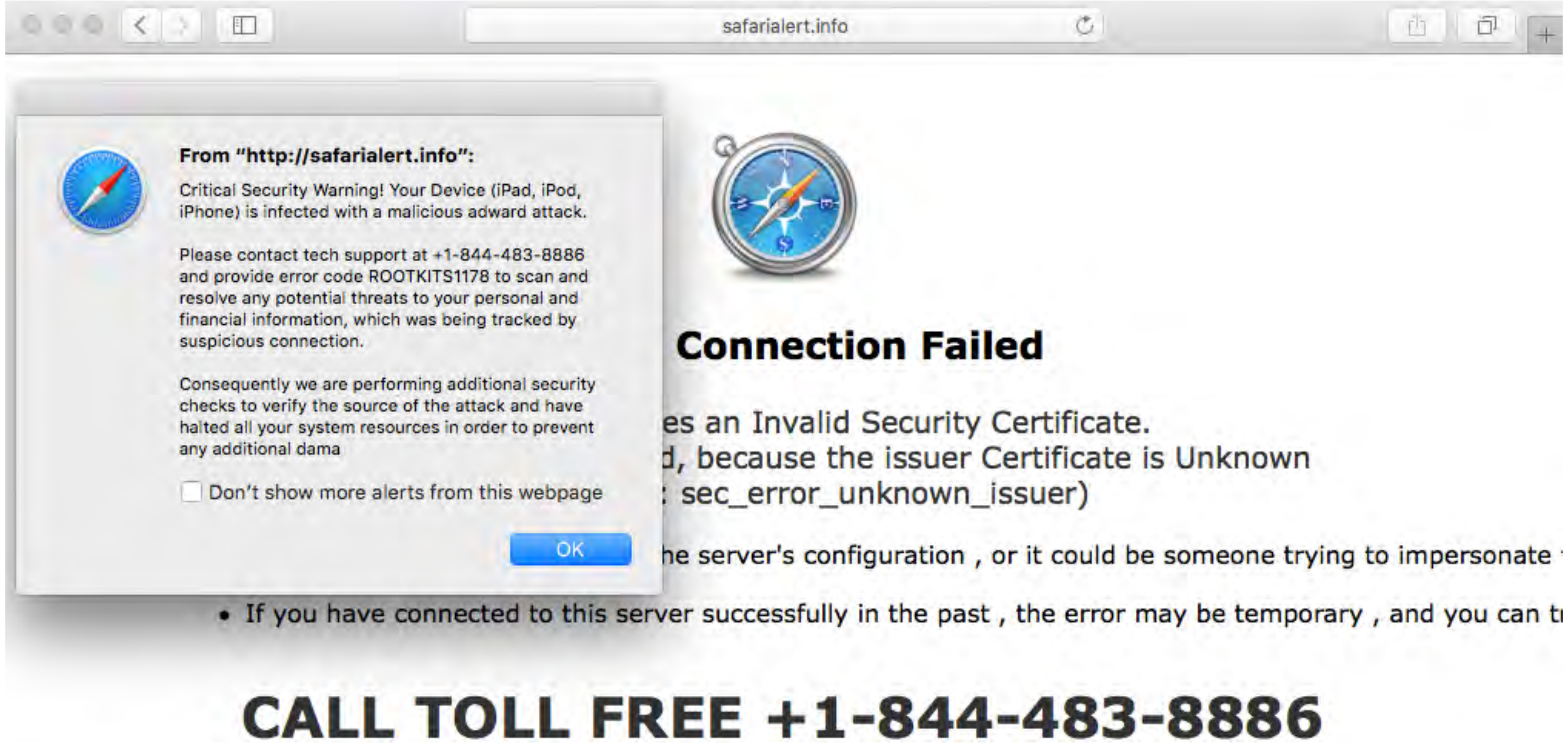
Security & Privacy

Avoiding Cyber-Scams

- The Website Popup

The Safari Security scam



From "http://safarialert.info":

Critical Security Warning! Your Device (iPad, iPod, iPhone) is infected with a malicious adward attack.

Please contact tech support at +1-844-483-8886 and provide error code ROOTKITS1178 to scan and resolve any potential threats to your personal and financial information, which was being tracked by suspicious connection.

Consequently we are performing additional security checks to verify the source of the attack and have halted all your system resources in order to prevent any additional dama

□ Don't show more alerts from this webpage

Connection Failed

es an Invalid Security Certificate.
d, because the issuer Certificate is Unknown
: sec_error_unknown_issuer)

he server's configuration , or it could be someone trying to impersonate

- If you have connected to this server successfully in the past , the error may be temporary , and you can t

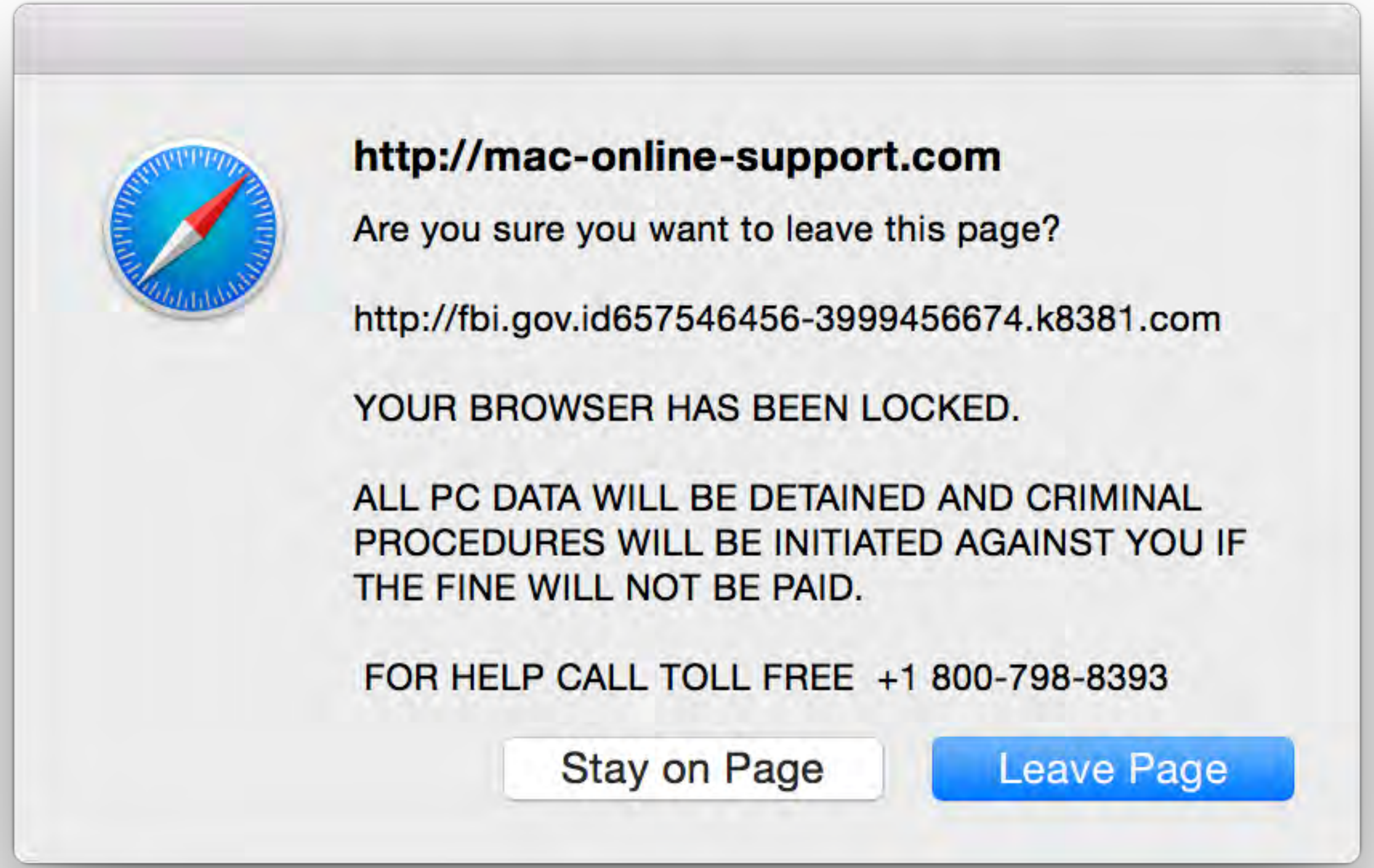
CALL TOLL FREE +1-844-483-8886

Security & Privacy

Avoiding Cyber-Scams

- The Website Popup

The FBI scam



http://mac-online-support.com

Are you sure you want to leave this page?

http://fbi.gov.id657546456-3999456674.k8381.com

YOUR BROWSER HAS BEEN LOCKED.

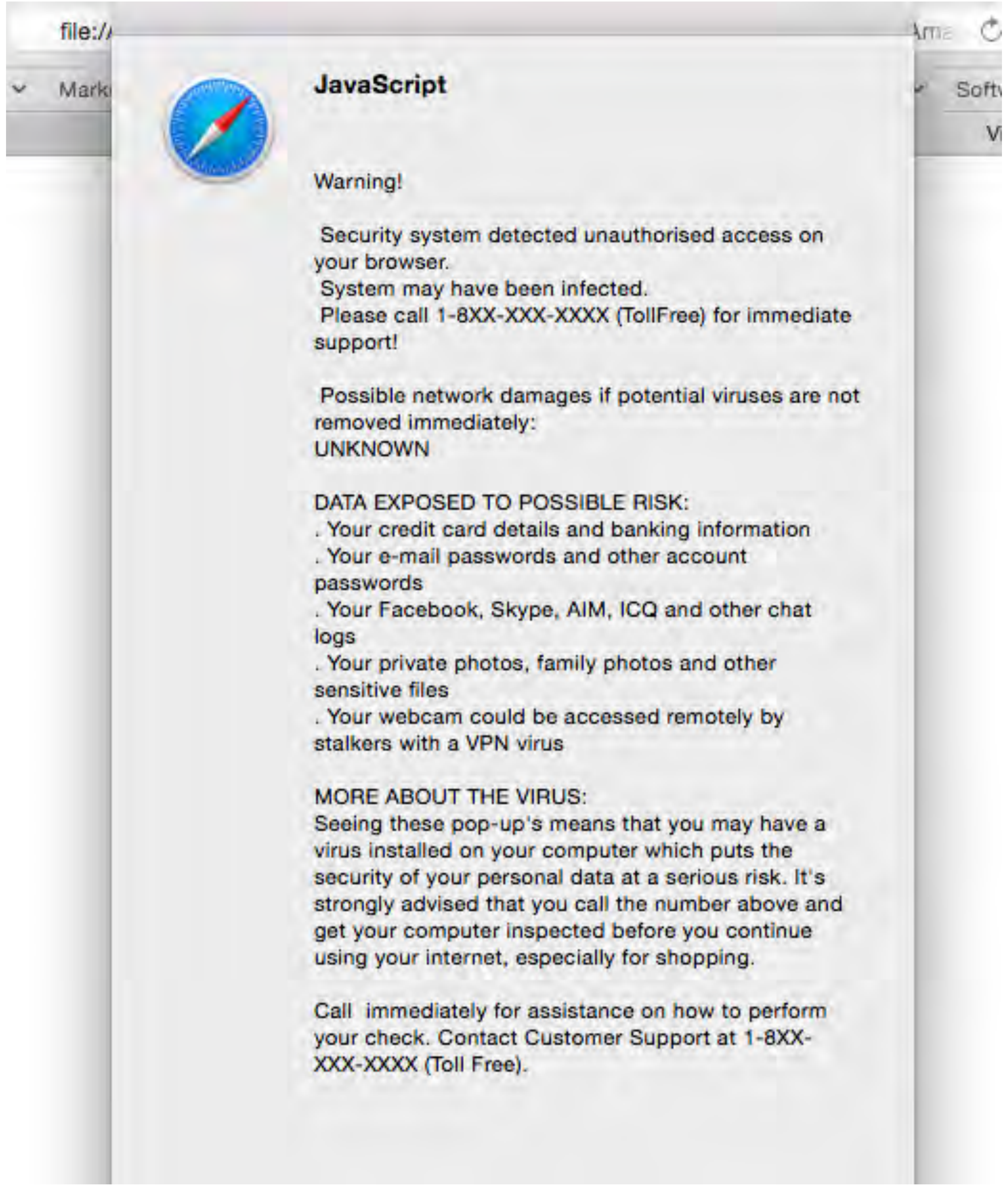
ALL PC DATA WILL BE DETAINED AND CRIMINAL PROCEDURES WILL BE INITIATED AGAINST YOU IF THE FINE WILL NOT BE PAID.

FOR HELP CALL TOLL FREE +1 800-798-8393

Security & Privacy

Avoiding Cyber-Scams

- The Website Popup



JavaScript

Warning!

Security system detected unauthorised access on your browser.
System may have been infected.
Please call 1-8XX-XXX-XXXX (TollFree) for immediate support!

Possible network damages if potential viruses are not removed immediately:
UNKNOWN

DATA EXPOSED TO POSSIBLE RISK:
. Your credit card details and banking information
. Your e-mail passwords and other account passwords
. Your Facebook, Skype, AIM, ICQ and other chat logs
. Your private photos, family photos and other sensitive files
. Your webcam could be accessed remotely by stalkers with a VPN virus

MORE ABOUT THE VIRUS:
Seeing these pop-up's means that you may have a virus installed on your computer which puts the security of your personal data at a serious risk. It's strongly advised that you call the number above and get your computer inspected before you continue using your internet, especially for shopping.

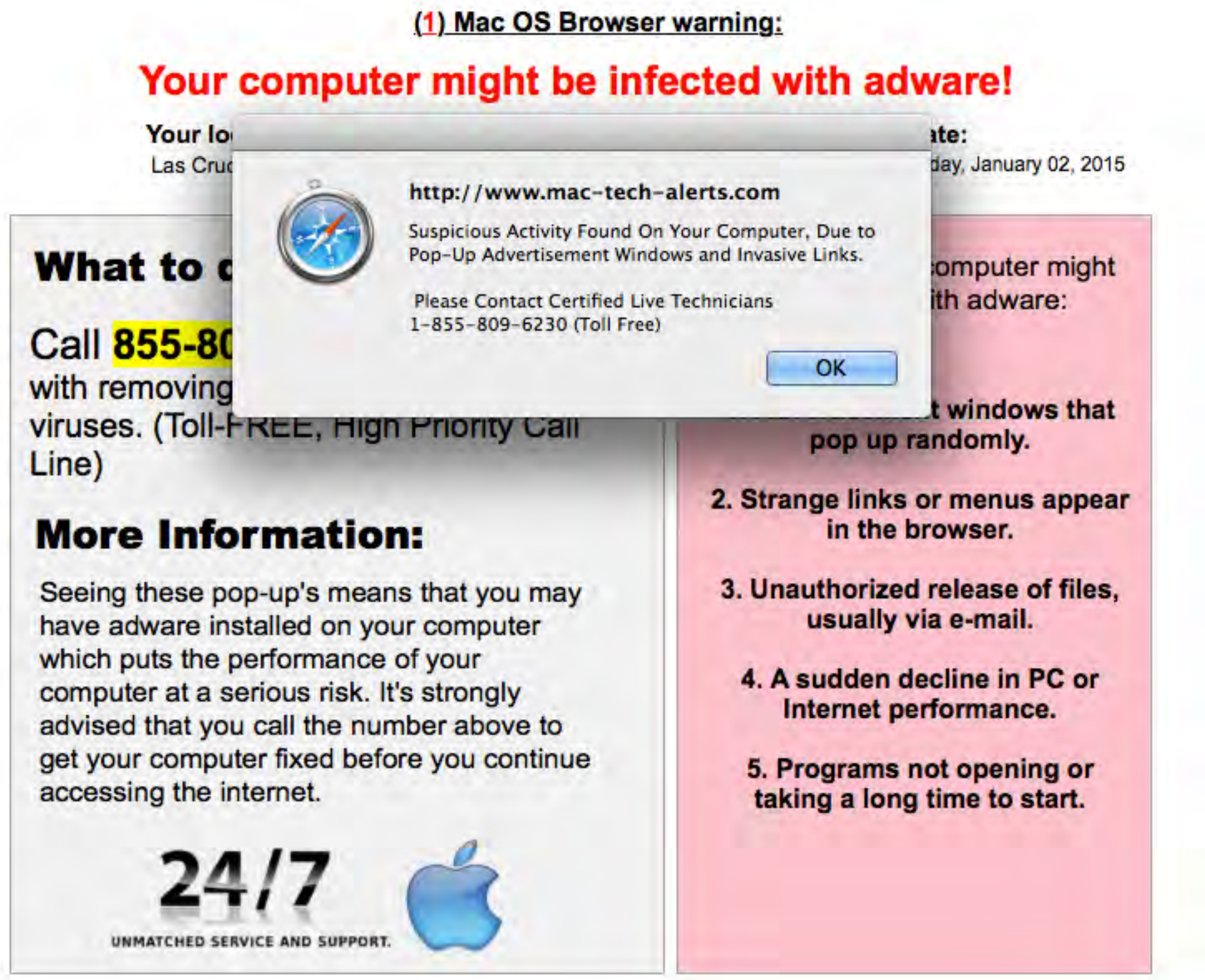
Call immediately for assistance on how to perform your check. Contact Customer Support at 1-8XX-XXX-XXXX (Toll Free).

Security & Privacy

Avoiding Cyber-Scams

- The Website Popup

The Mac Tech Alert scam



(1) Mac OS Browser warning:

Your computer might be infected with adware!

Your lo
Las Cruc

ate:
day, January 02, 2015

http://www.mac-tech-alerts.com

Suspicious Activity Found On Your Computer, Due to Pop-Up Advertisement Windows and Invasive Links.

Please Contact Certified Live Technicians
1-855-809-6230 (Toll Free)

What to c

Call 855-80
with removing
viruses. (Toll-FREE, High Priority Call Line)

More Information:

Seeing these pop-up's means that you may have adware installed on your computer which puts the performance of your computer at a serious risk. It's strongly advised that you call the number above to get your computer fixed before you continue accessing the internet.

omputer might
ith adware:

t windows that pop up randomly.

2. Strange links or menus appear in the browser.

3. Unauthorized release of files, usually via e-mail.

4. A sudden decline in PC or Internet performance.

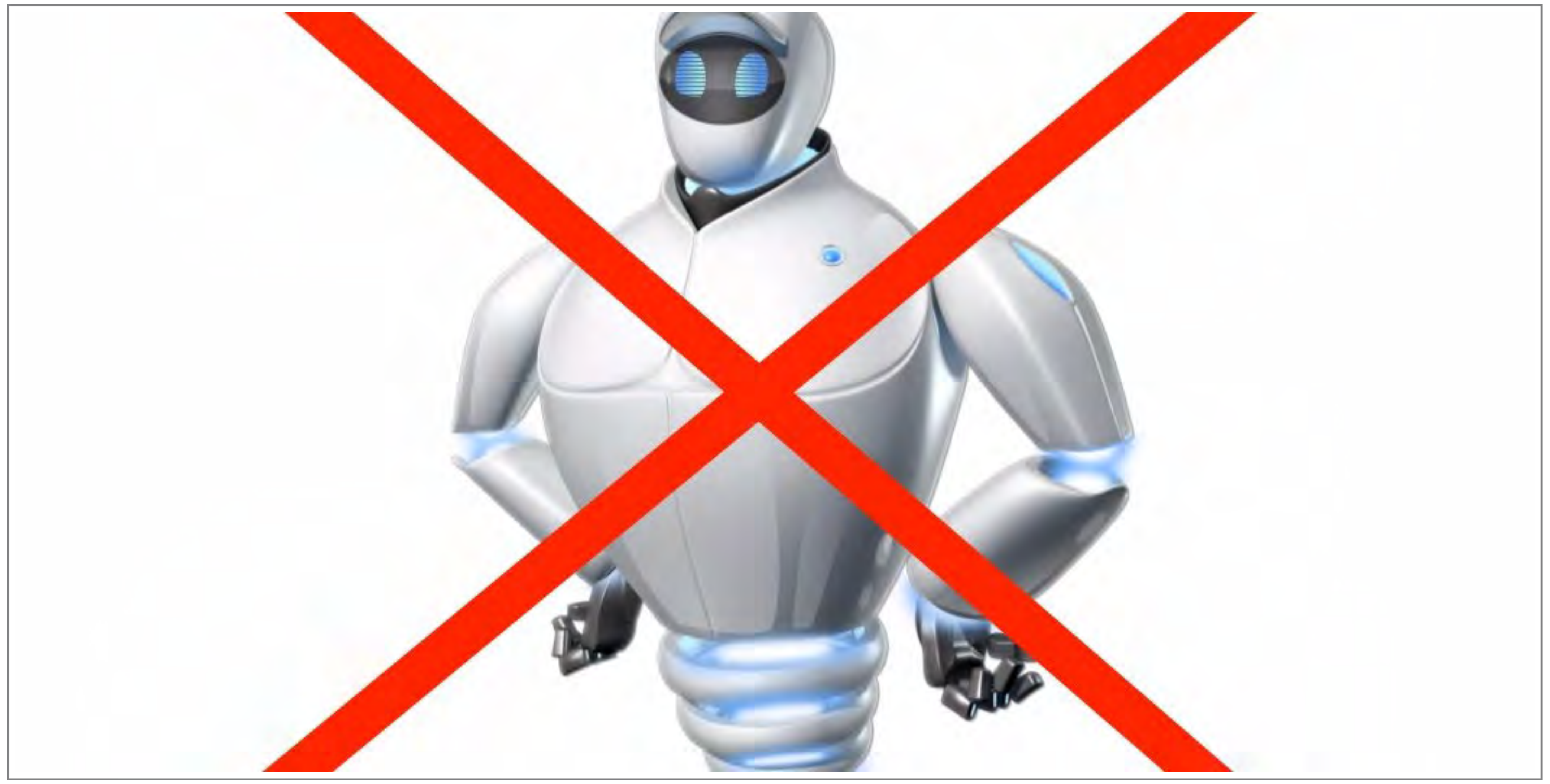
5. Programs not opening or taking a long time to start.

Security & Privacy

Avoiding Cyber-Scams

- The Website Popup

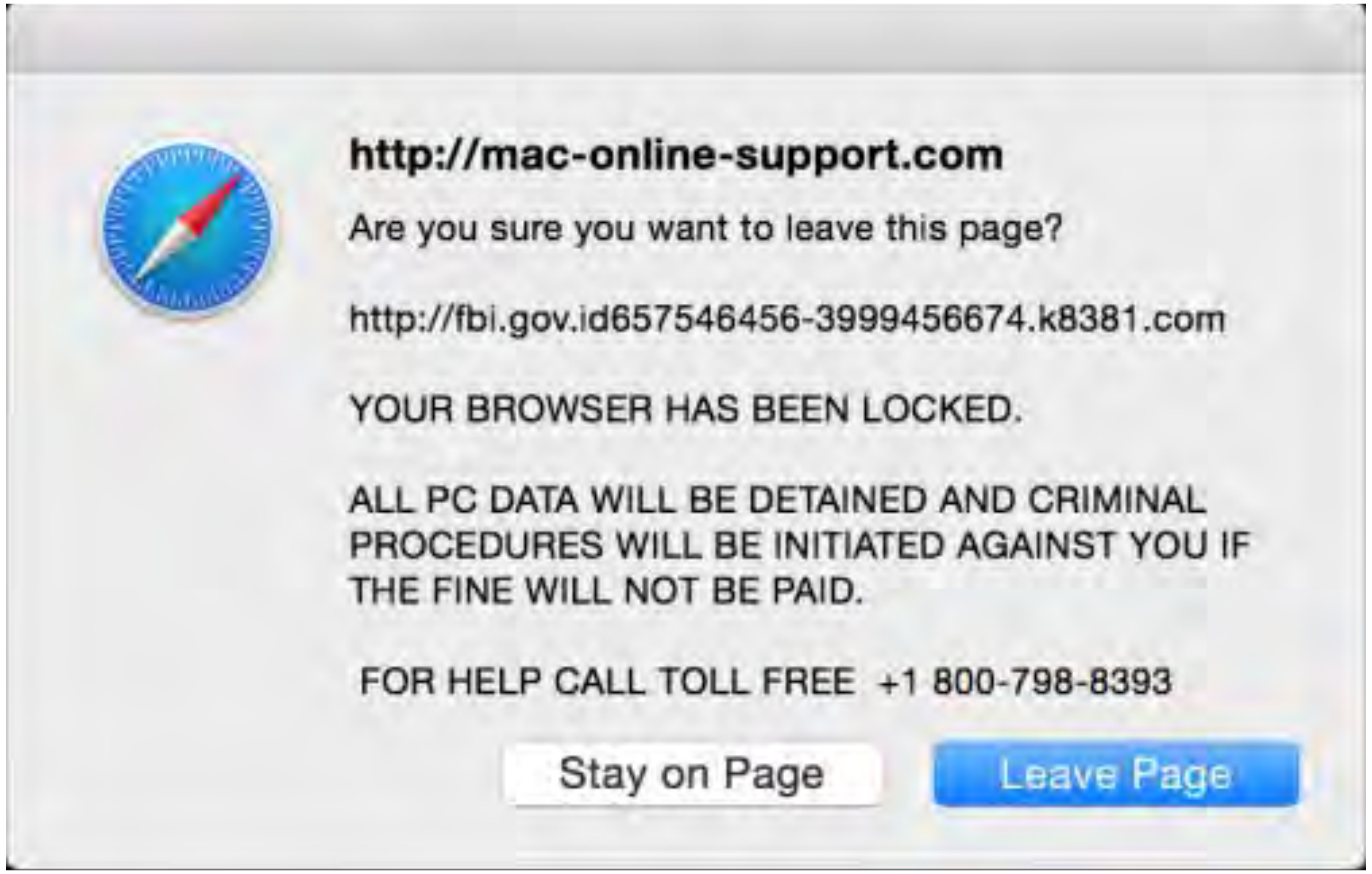
In reality, they are installing programs that will cause more problems (and more charges) and even deleting files that they will later charge you to recover!



Security & Privacy

Avoiding Cyber-Scams

- Safari stuck on a bad web page?
- To remove this type of scam, follow these steps.
  1. Reset Your Browser
  2. Force Quit and Restart Browser



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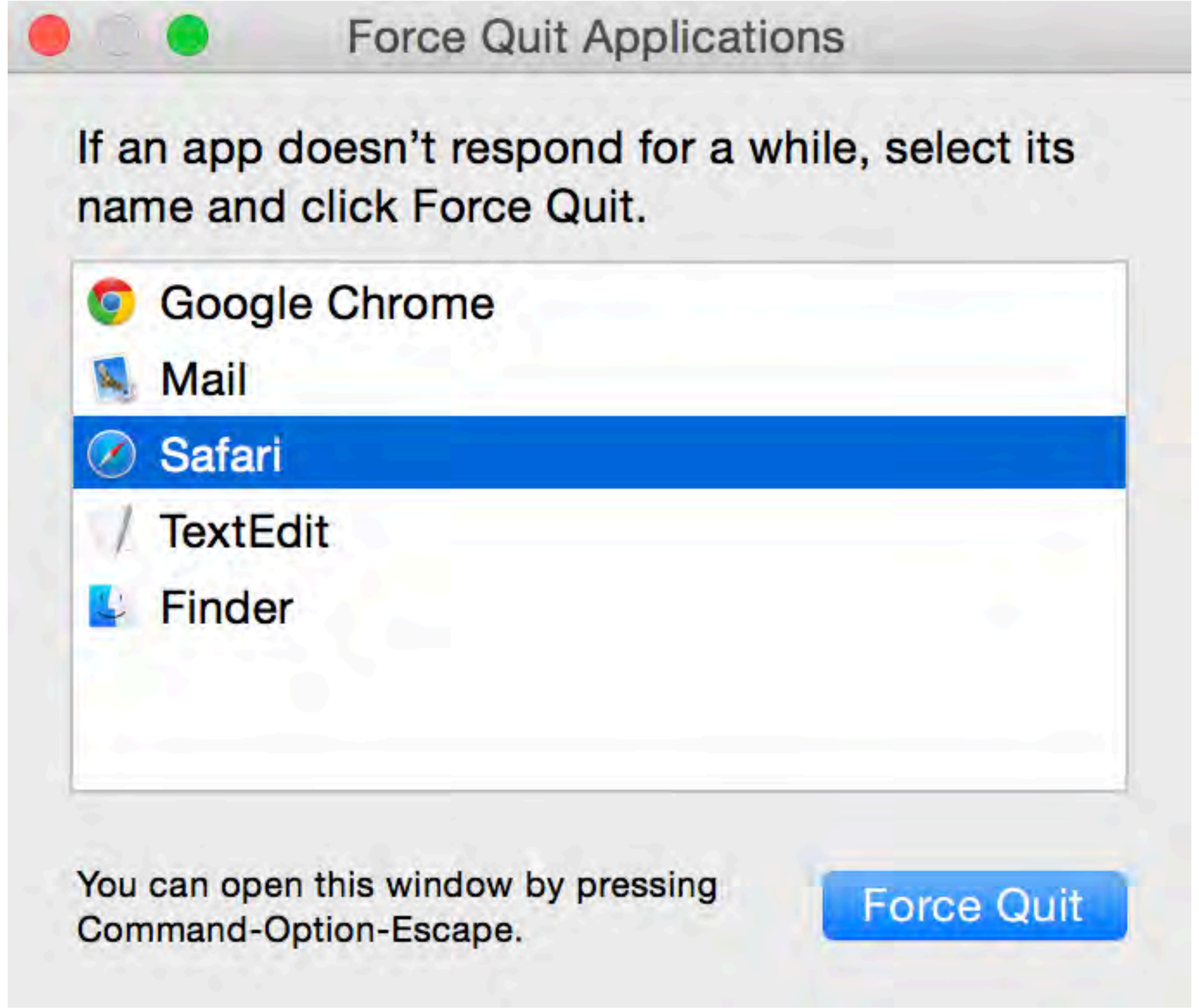
FOR HELP CALL TOLL FREE +1 800-798-8393

Security & Privacy

Avoiding Cyber-Scams

- Safari stuck on a bad web page?
- First you will need to force-quit Safari as you would expect, either by going to the Apple menu and choosing “Force Quit” and choosing to quit Safari, or by using the keyboard-combination Command + Option + Escape (⌘+Option+Esc) to bring up the same window.

- The other scare tactic simply targets the function that resumes open windows after a crash, which can be disabled by holding the Shift key while starting Safari.


Force Quit Applications

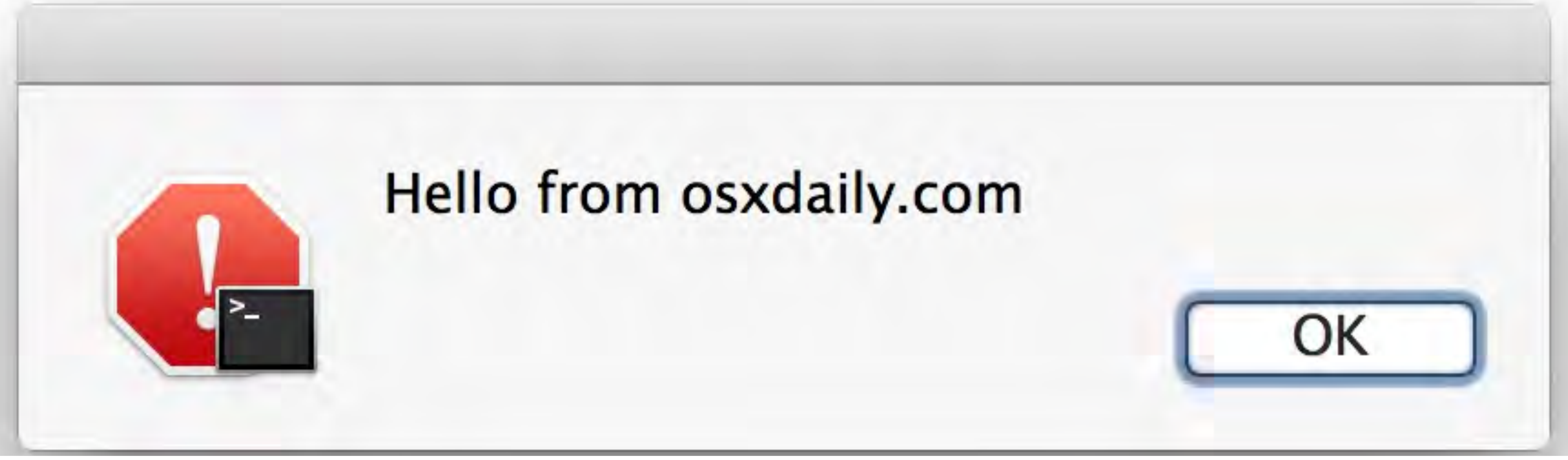
If an app doesn’t respond for a while, select its name and click Force Quit.

You can open this window by pressing Command-Option-Escape.

Security & Privacy

Avoiding Cyber-Scams

The Notifications Scam

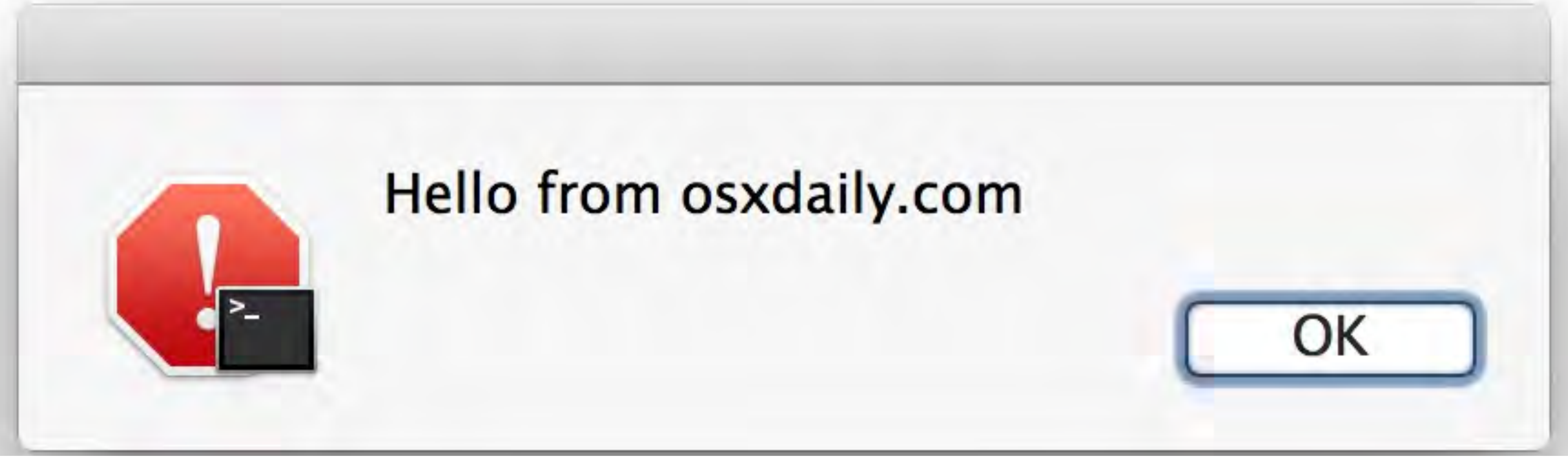


Hello from osxdaily.com

Security & Privacy

Avoiding Cyber-Scams

The Notifications Scam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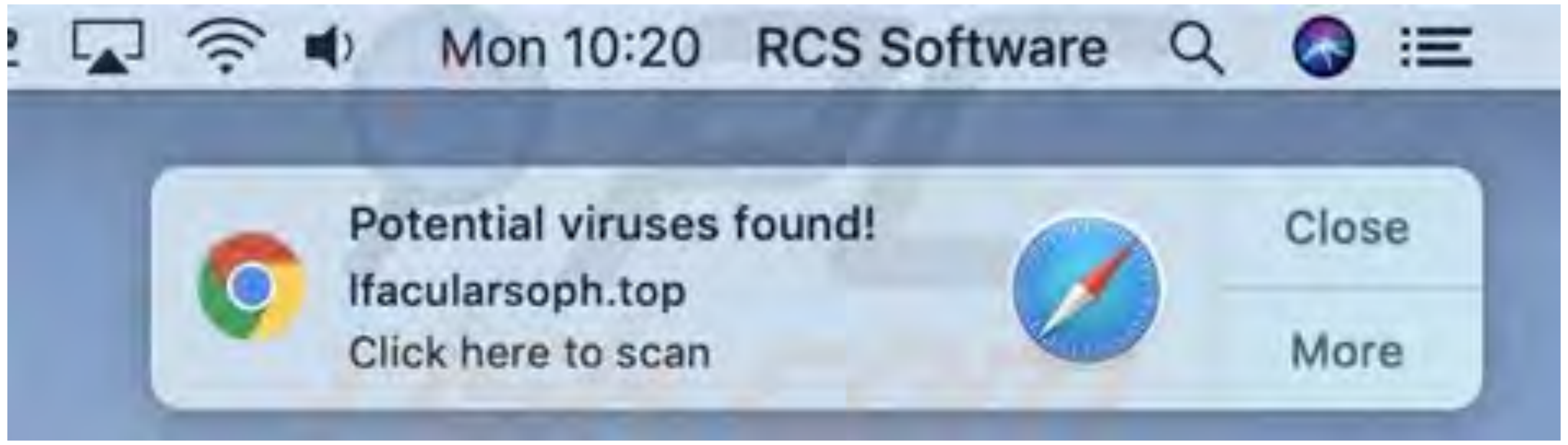


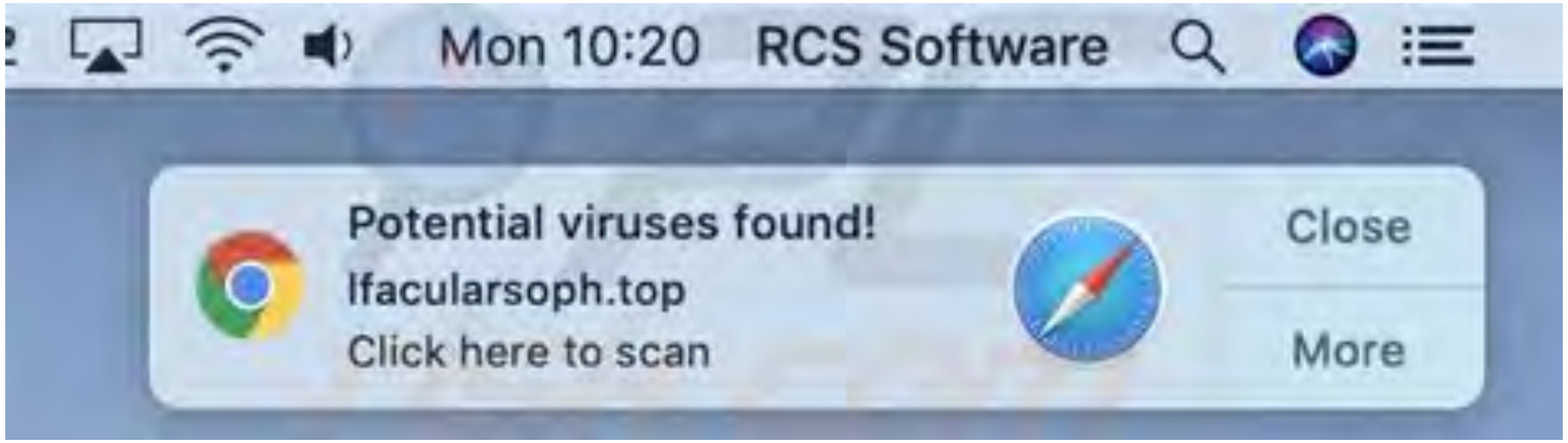
Potential viruses found!
lfacularsoph.top
Click here to scan

Security & Privacy

Avoiding Cyber-Scams

The Notifications Scam

- These are actually not viruses, they are a small app that snuck into your Notifications! An easy fix!



Mon 10:20 RCS Software

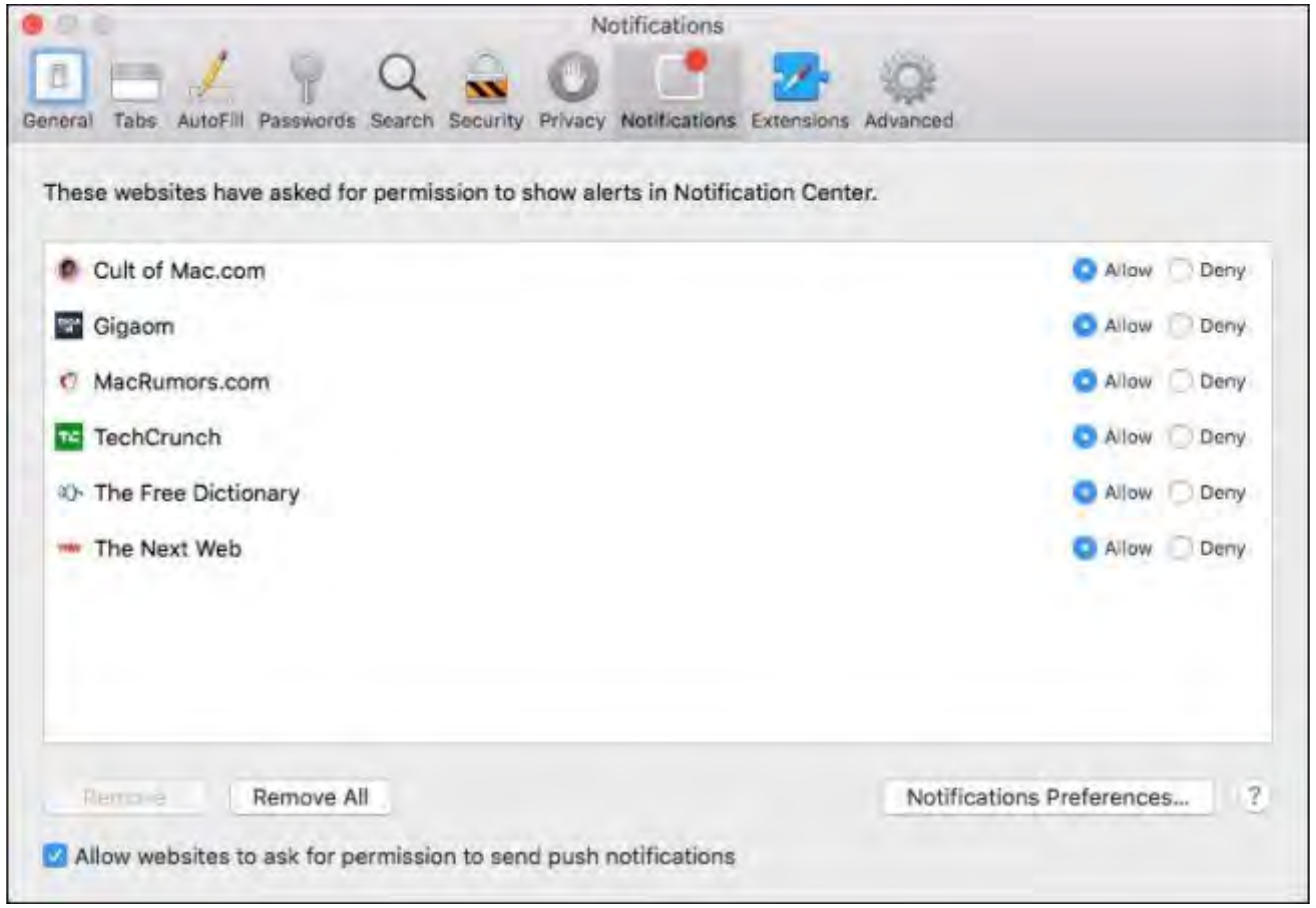
Potential viruses found!
lfacularsoph.top
Click here to scan

Security & Privacy

Avoiding Cyber-Scams

The Notifications Scam

Go to Safari > Settings > Websites > Notifications to manage and remove these messages.



These websites have asked for permission to show alerts in Notification Center.

Cult of Mac.com	● Allow	○ Deny
Gigaom	● Allow	○ Deny
MacRumors.com	● Allow	○ Deny
TechCrunch	● Allow	○ Deny
The Free Dictionary	● Allow	○ Deny
The Next Web	● Allow	○ Deny

☑ Allow websites to ask for permission to send push notifications

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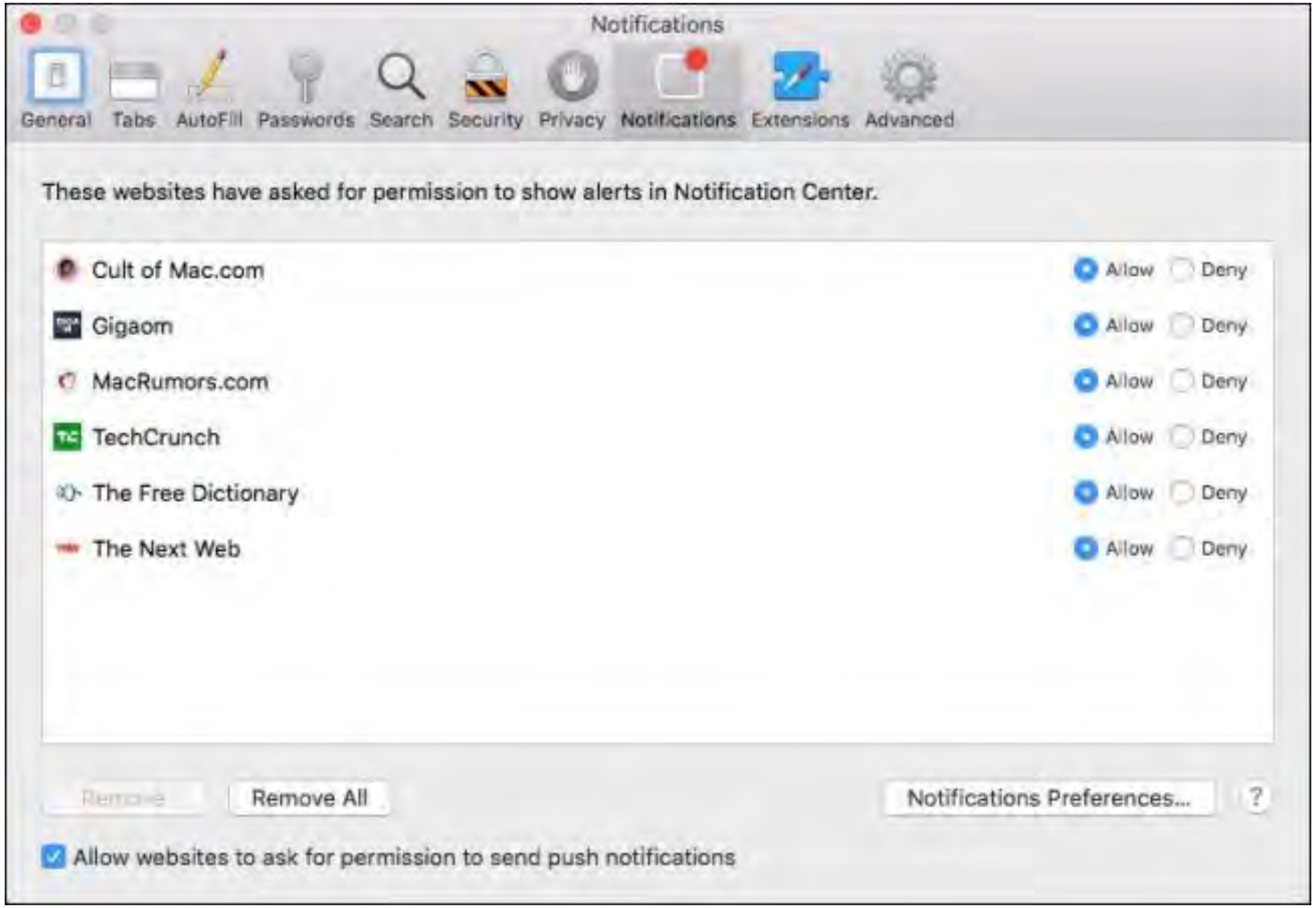
Avoiding Cyber-Scams

Anything listed here can show a notification, you can remove any that you do not recognize!



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TechCrunch	● Allow	○ Deny
The Free Dictionary	● Allow	○ Deny
The Next Web	● Allow	○ Deny

☑ Allow websites to ask for permission to send push notifications

Security & Privacy

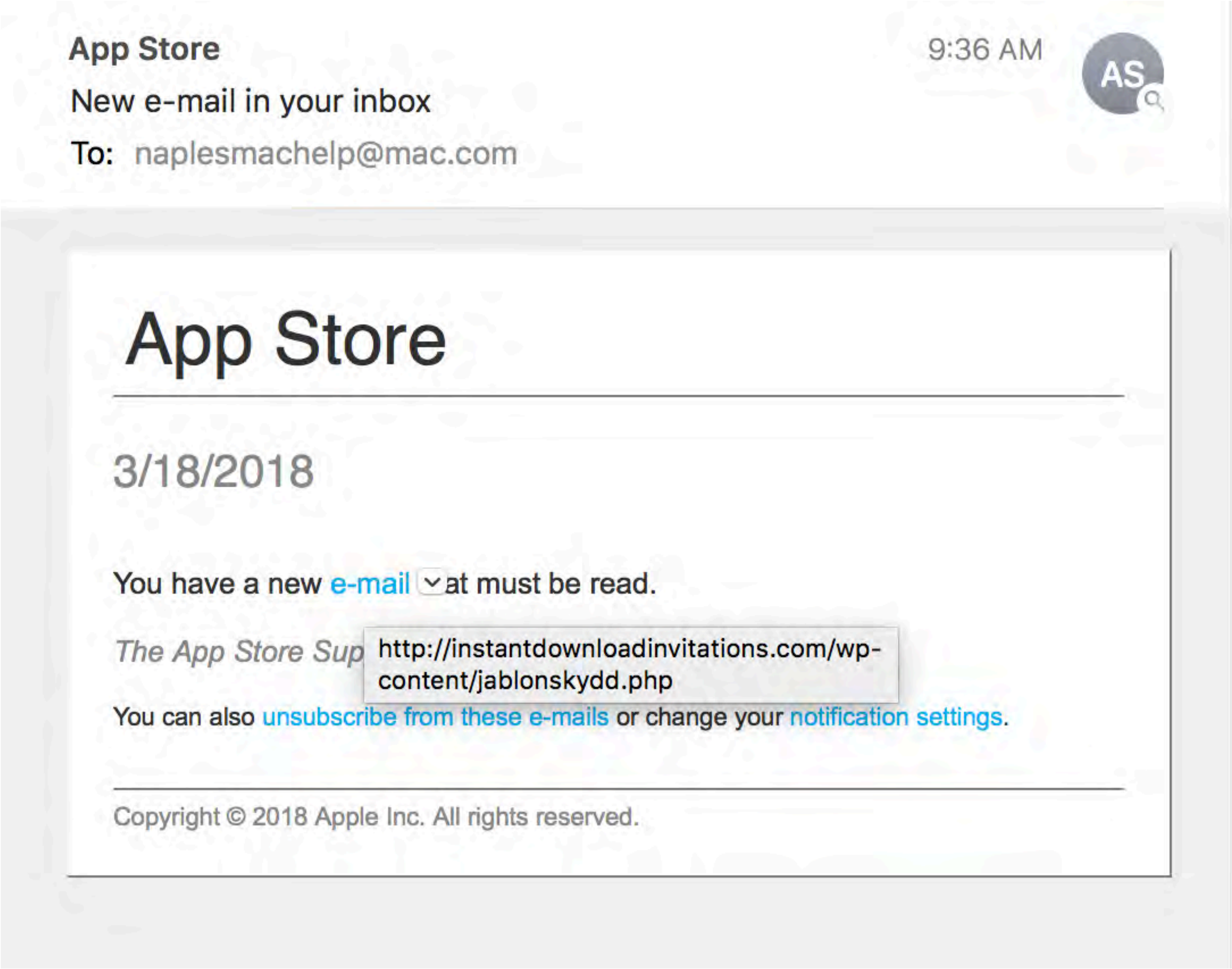
Avoiding Cyber-Scams

- **The Rogue App**
- These commonly appear after you think you have downloaded a Flash update or other update that was searched for on the web, rather than an in-app update. Since Flash was killed off in December 2020, these should be appearing less often. If you have any Flash or FlashPlayer updates in your downloads folder, delete them immediately!

Security & Privacy

Avoiding Cyber-Scams

- **The Rogue App**
- Could also appear in a file download



App Store
New e-mail in your inbox
To: naplesmachelp@mac.com

9:36 AM

App Store

3/18/2018

You have a new e-mail ⌄at must be read.

The App Store Sup http://instantdownloadinvitations.com/wp-content/jablonskydd.php

You can also unsubscribe from these e-mails or change your notification settings.

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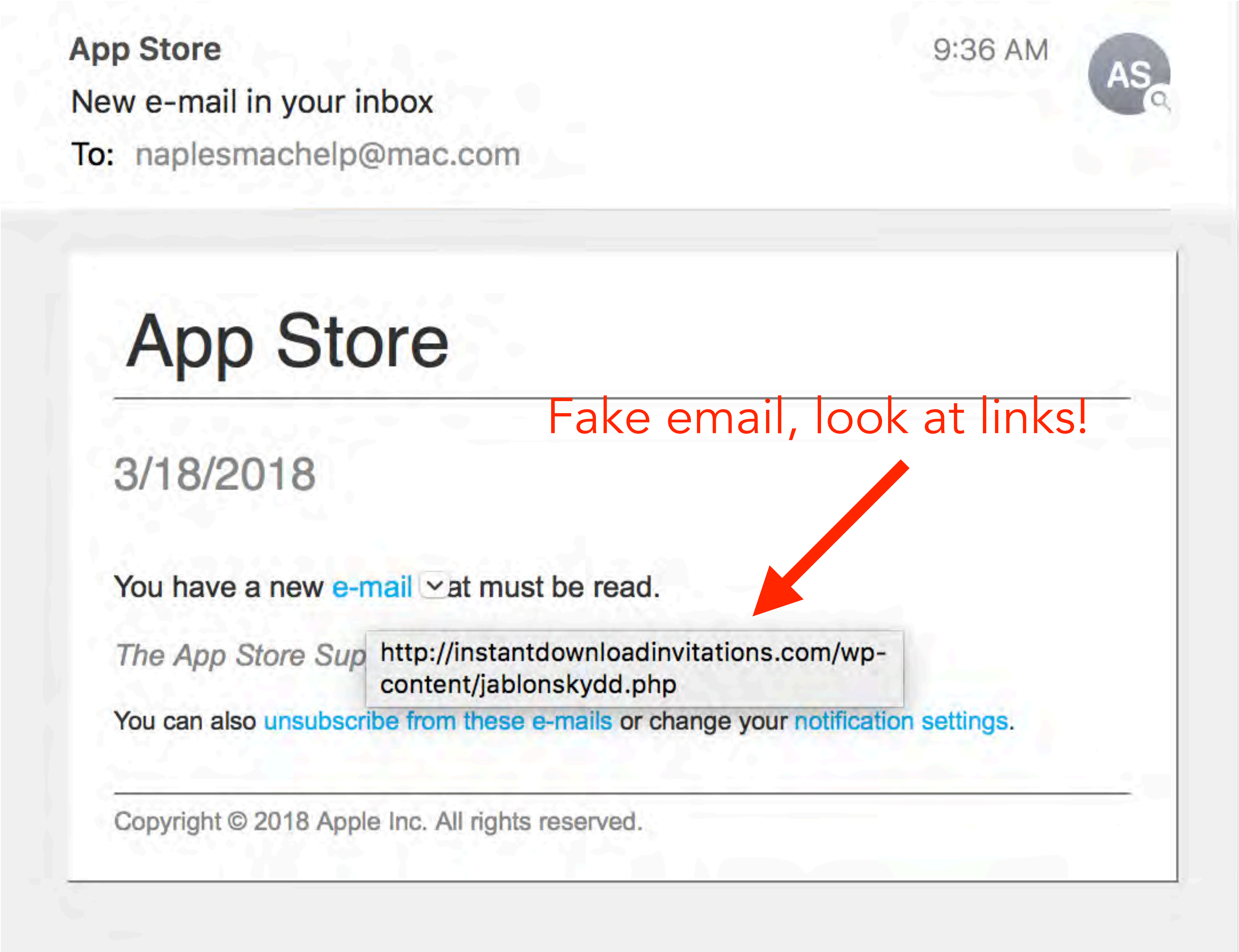
Security & Privacy

Avoiding Cyber-Scams

- **The Rogue App**
- Could also appear in a file download



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You can also unsubscribe from these e-mails or change your notification settings.

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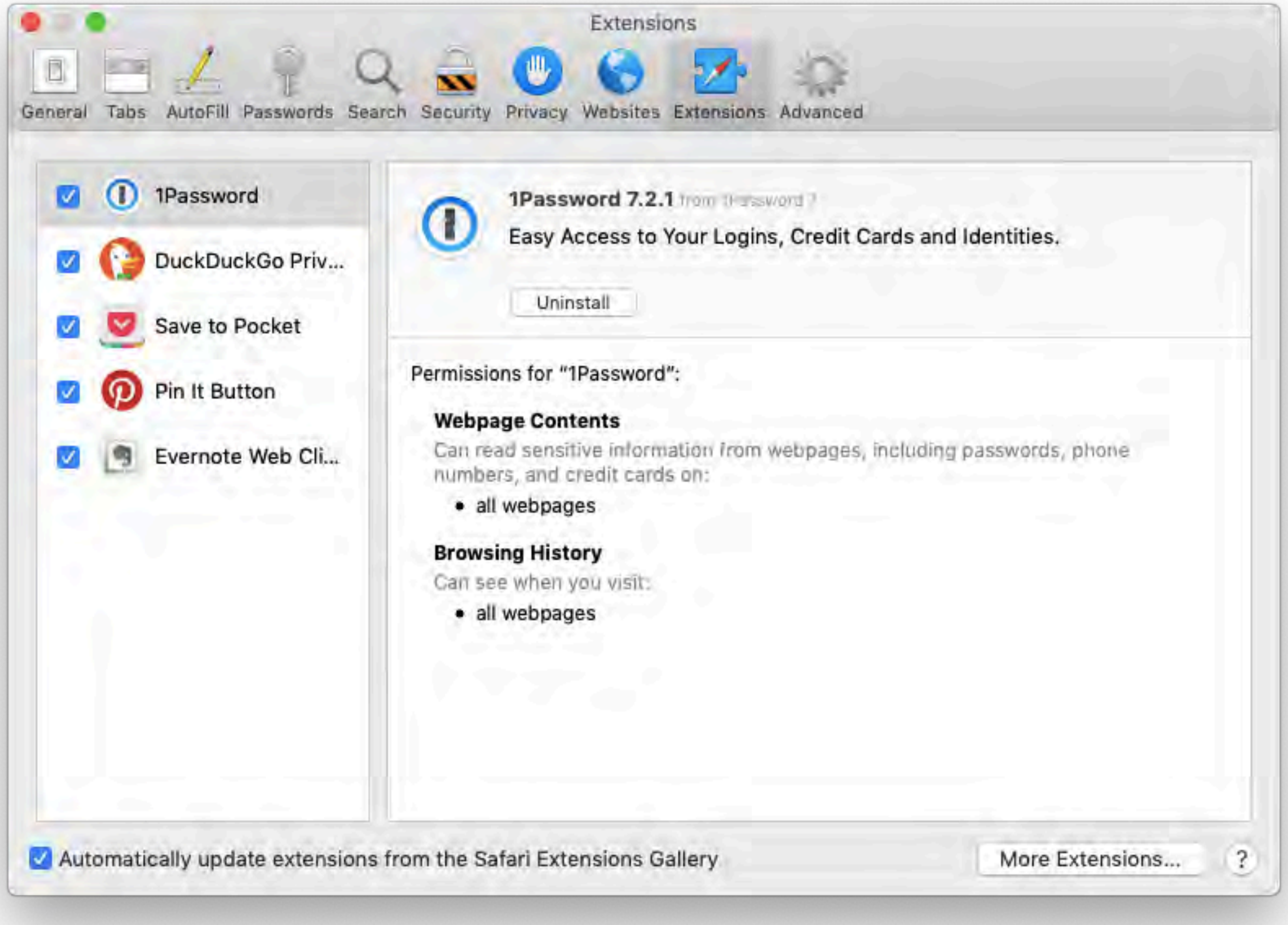
Fake email, look at links!

Security & Privacy

Avoiding Cyber-Scams

- The Rogue App

  Places to look for bad apps
  1. Open Safari > Preferences > Extensions
  2. If there is anything listed in the left column besides 1Password or another App you have installed, select the rogue extension, there will be an uninstall button you can click



☑ 1Password
☑ DuckDuckGo Priv...
☑ Save to Pocket
☑ Pin It Button
☑ Evernote Web Cli...

1Password 7.2.1 from 1Password ?

Easy Access to Your Logins, Credit Cards and Identities.

Permissions for "1Password":

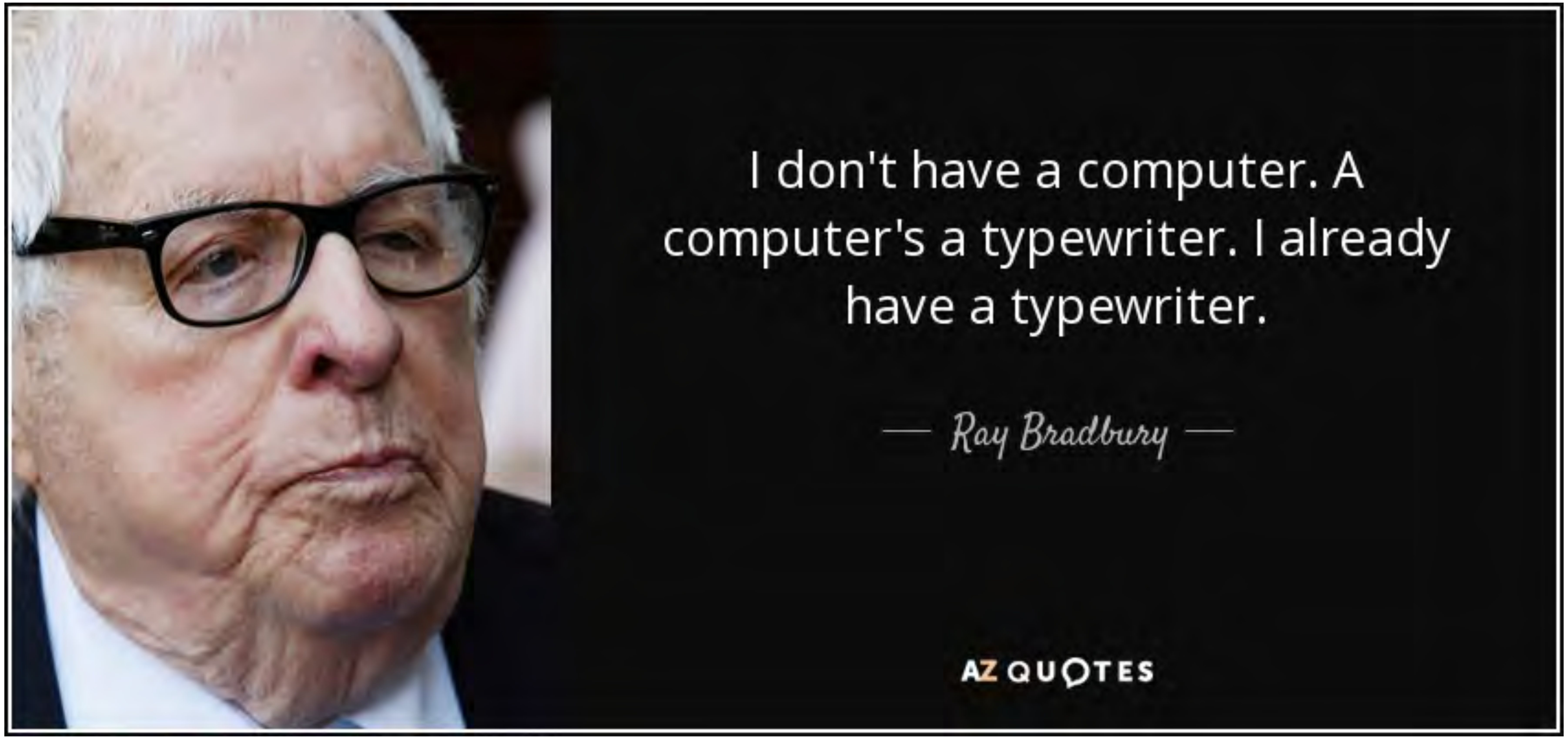
Webpage Contents
Can read sensitive information from webpages, including passwords, phone numbers, and credit cards on:
- all webpages

Browsing History
Can see when you visit:
- all webpages

☑ Automatically update extensions from the Safari Extensions Gallery

Security & Privacy

Avoiding Cyber-Scams



I don't have a computer. A computer's a typewriter. I already have a typewriter.

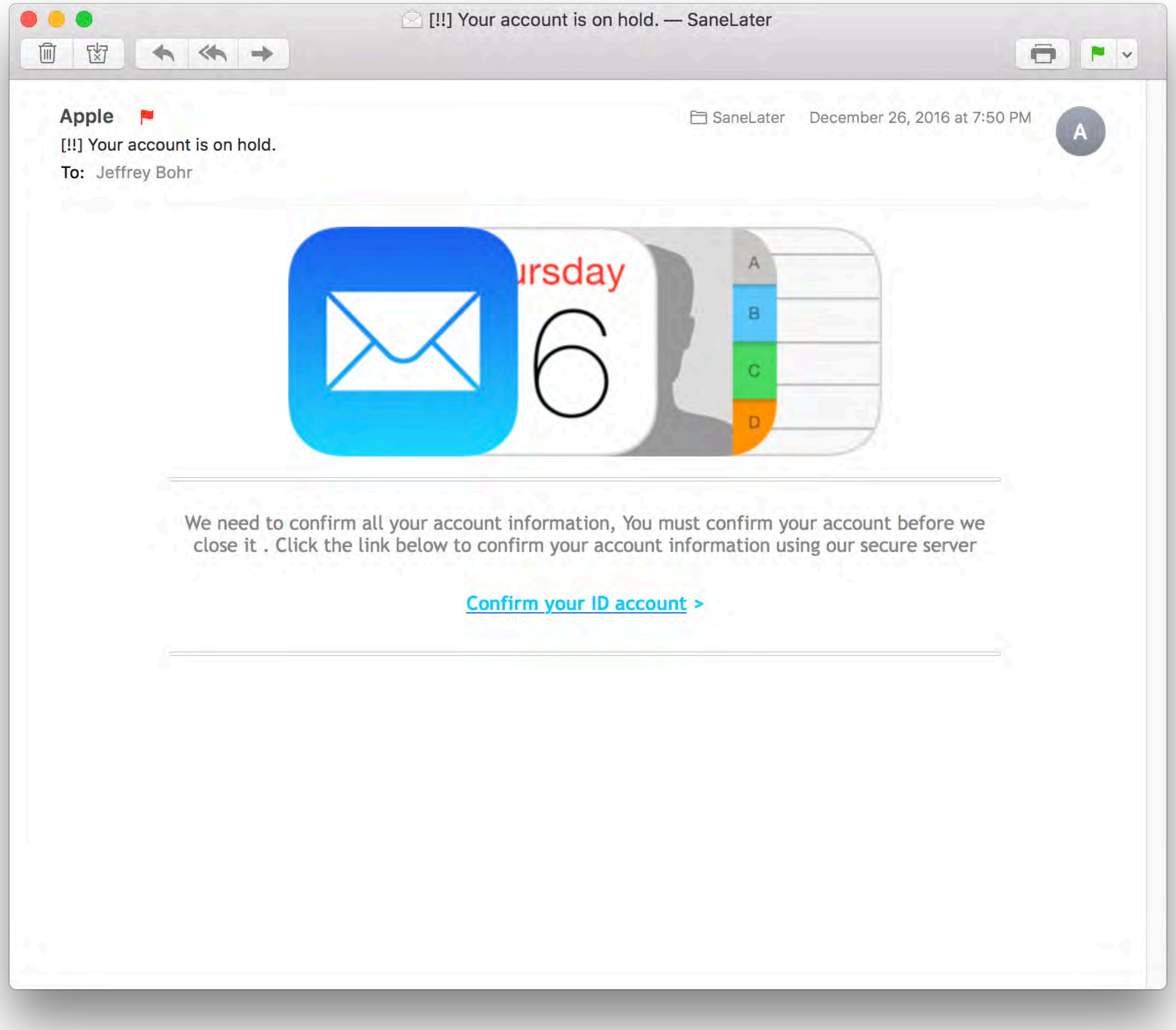
— Ray Bradbury —

AZ QUOTES

Security & Privacy

Avoiding Cyber-Scams

- The phony email



[!!] Your account is on hold. — SaneLater

Apple

[!!] Your account is on hold.

To: Jeffrey Bohr

SaneLater December 26, 2016 at 7:50 PM

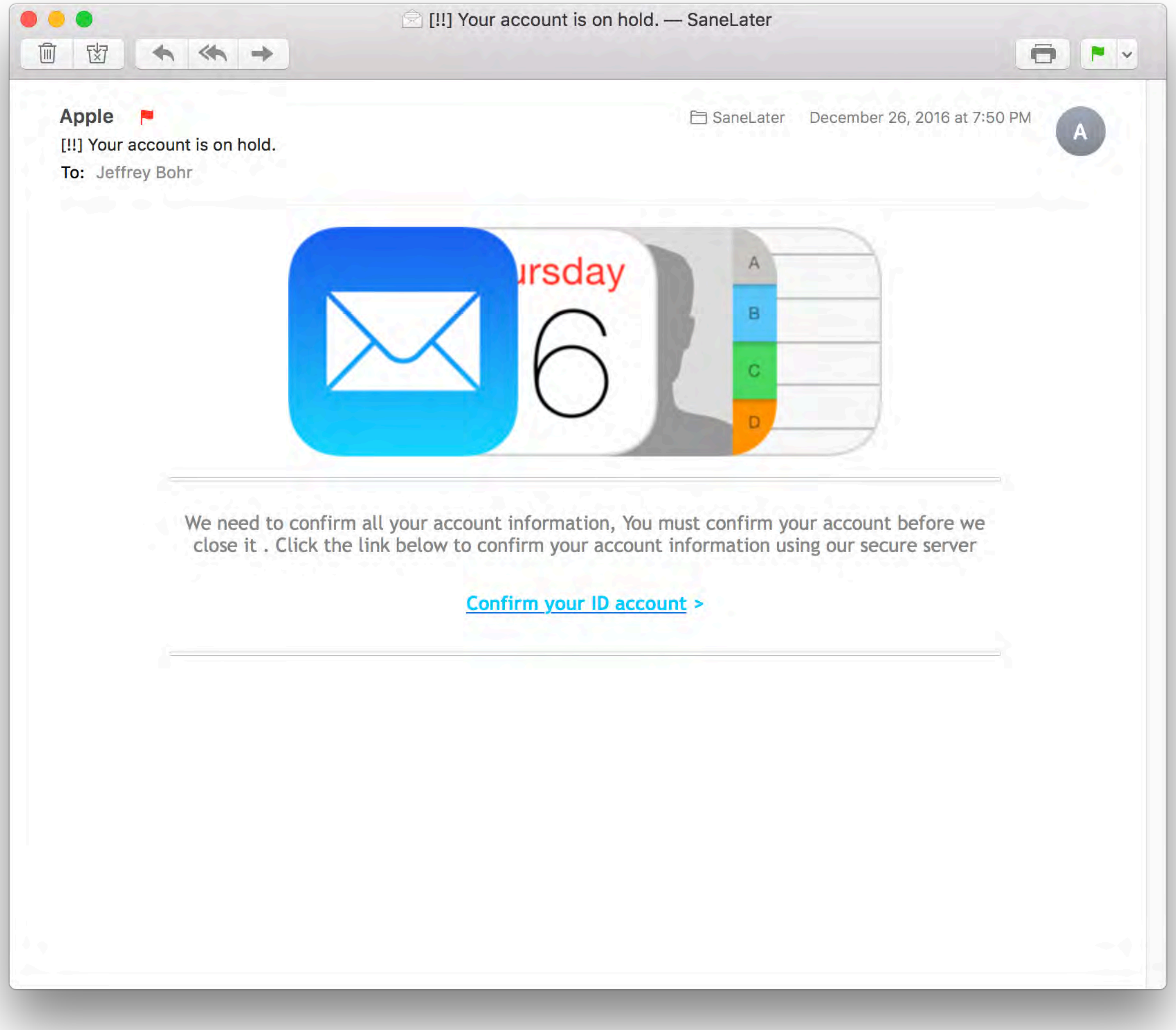
We need to confirm all your account information, You must confirm your account before we close it . Click the link below to confirm your account information using our secure server

Confirm your ID account >

Security & Privacy

Avoiding Cyber-Scams

- The phony email
- Another common scam is a message in your mail inbox appearing to be from your bank, credit card issuer, airline or any secure site that you may use. The message may say something like this, and has the appearance of one that is legitimate:
- We need to confirm all your account information, You must confirm your account before we close it . Click the link below to confirm your account information using our secure server.



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Apple
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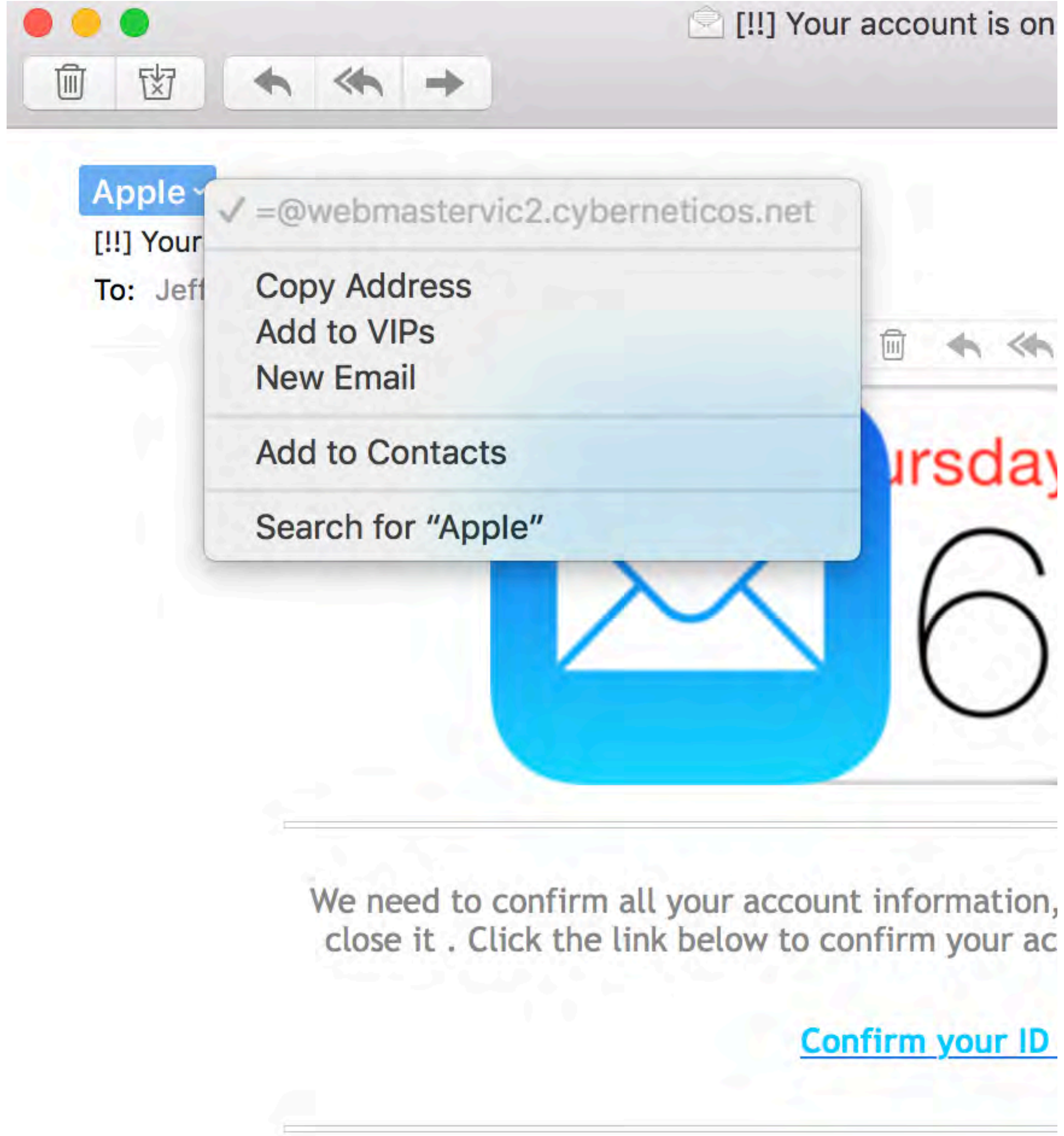
Confirm your ID account >

Security & Privacy

Avoiding Cyber-Scams

- The phony email
- To identify this email as a scam, hover over the address that it appears to be from or click on the information arrow, in this case Apple, and you will see the actual senders address revealed:
- As you can see, the address does not contain apple.com and does contain some unknown address, delete this message immediately! Do not attempt to unsubscribe from these type messages, those are also attempts to harvest your personal data!



[!!] Your account is on

Apple

[!!] Your

To: Jeff

✓ =@webmastervic2.cyberneticos.net

We need to confirm all your account information, close it . Click the link below to confirm your ac

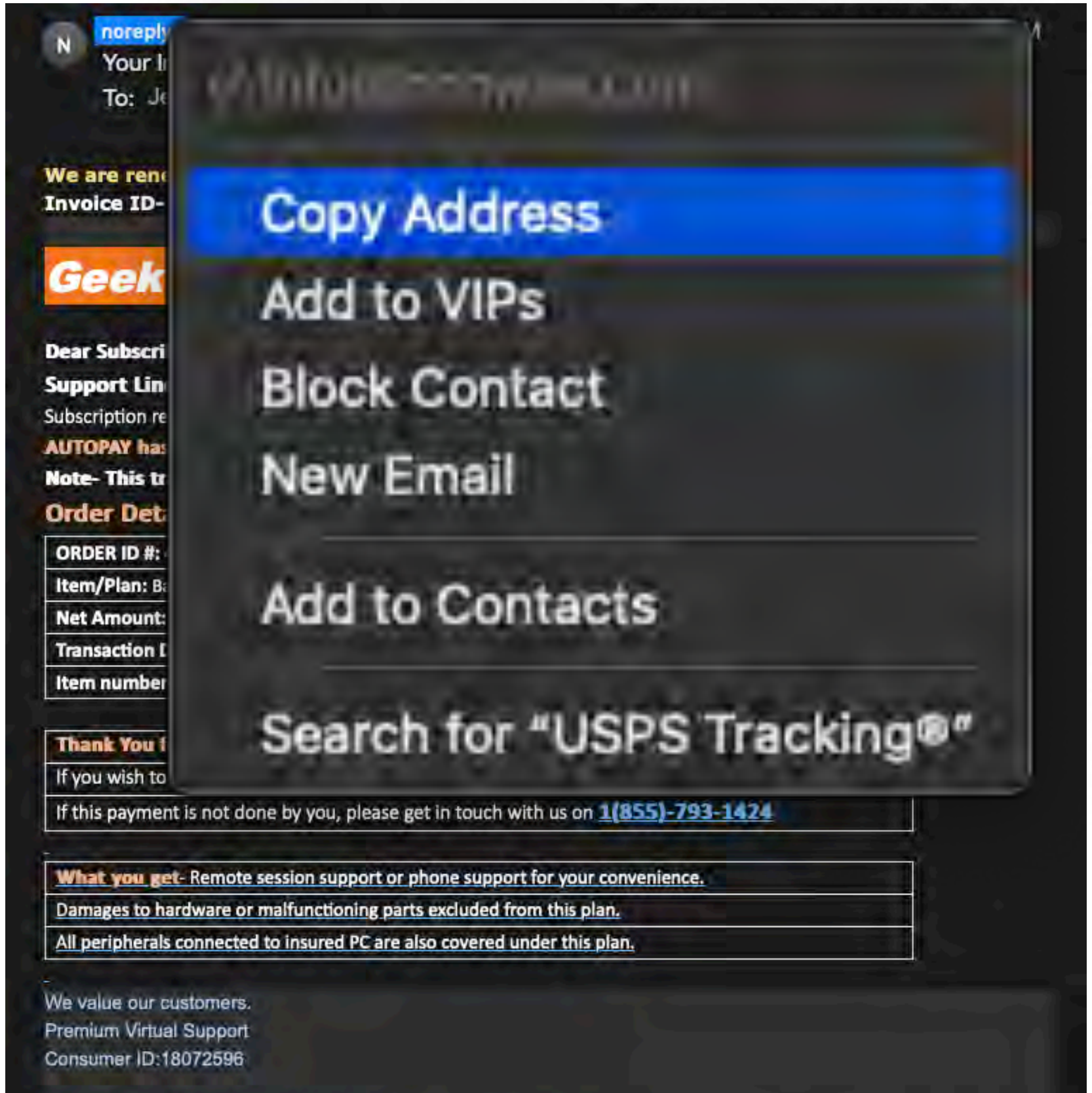
Confirm your ID

Security & Privacy

Avoiding Cyber-Scams

- The phony email

  One I have been seeing more often is the bogus McAffee or Norton order, do not call the number and pay attention to the sender!



N noreply
Your I
To: Je

[redacted]

We are ren
Invoice ID-

Geek

Dear Subscri
Support Lin
Subscription re
AUTOPAY has
Note- This tr
Order Det

ORDER ID #:
Item/Plan: B
Net Amount:
Transaction I
Item number

Thank You f
If you wish to
If this payment is not done by you, please get in touch with us on 1(855)-793-1424

What you get- Remote session support or phone support for your convenience.
Damages to hardware or malfunctioning parts excluded from this plan.
All peripherals connected to insured PC are also covered under this plan.

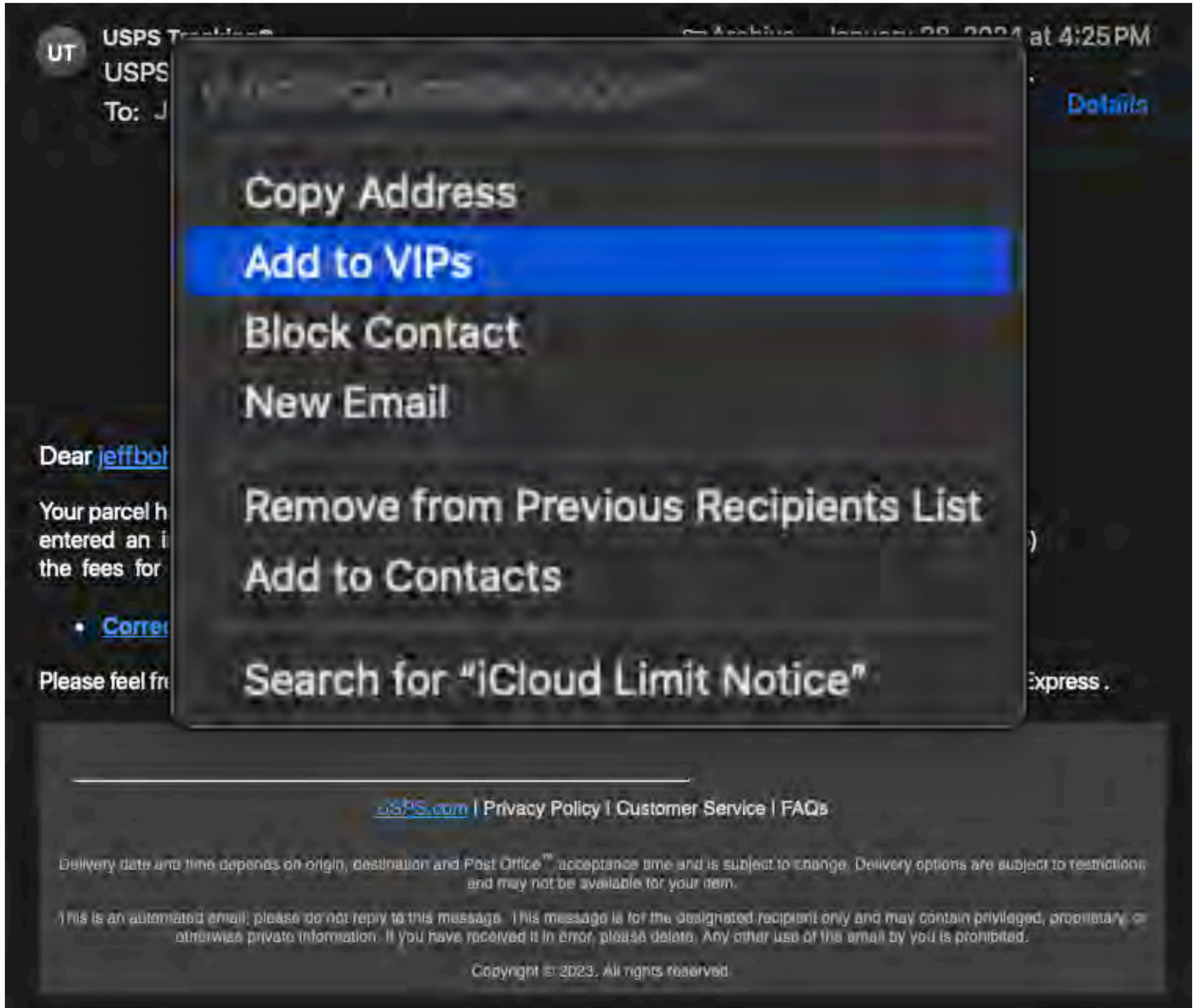
We value our customers.
Premium Virtual Support
Consumer ID:18072596

Security & Privacy

Avoiding Cyber-Scams

- The phony email

  One I have been seeing more often is the bogus McAffee or Norton order, do not call the number and pay attention to the sender!



UT USPS
USPS
To: J

at 4:25PM

Details

Dear jeffbo

Your parcel h
entered an i
the fees for

- Corre

Please feel fr

xpress .

Copy Address
Add to VIPs
Block Contact
New Email
Remove from Previous Recipients List
Add to Contacts
Search for "iCloud Limit Notice"

USPS.com | Privacy Policy | Customer Service | FAQs

Delivery date and time depends on origin, destination and Post Office™ acceptance time and is subject to change. Delivery options are subject to restrictions and may not be available for your item.

This is an automated email; please do not reply to this message. This message is for the designated recipient only and may contain privileged, proprietary, or otherwise private information. If you have received it in error, please delete. Any other use of this email by you is prohibited.

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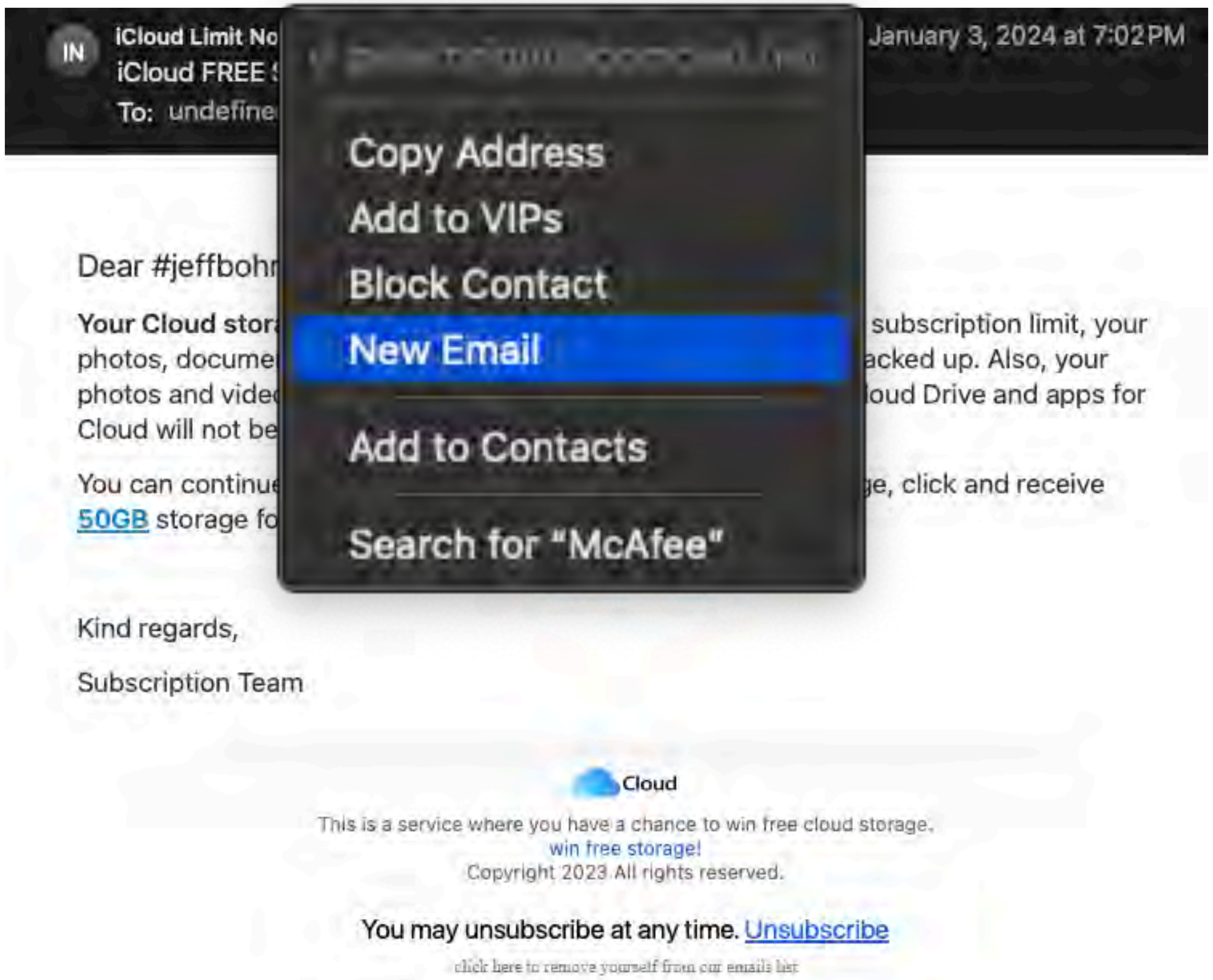
Security & Privacy

Avoiding Cyber-Scams

- The phony email

  One I have been seeing more often is the bogus McAffee or Norton order, do not call the number and pay attention to the sender!



IN iCloud Limit No
iCloud FREE
To: undefine

January 3, 2024 at 7:02 PM

[redacted]

Dear #jeffbohr

Your Cloud stor subscription limit, your
photos, docume acked up. Also, your
photos and vide oud Drive and apps for
Cloud will not be

You can continue e, click and receive
50GB storage fo

Kind regards,

Subscription Team

Cloud

This is a service where you have a chance to win free cloud storage.
win free storage!
Copyright 2023 All rights reserved.

You may unsubscribe at any time. Unsubscribe

click here to remove yourself from our emails list

Security & Privacy

Avoiding Cyber-Scams

- **The phony email**
- Know that banks and other online accounts do not send emails asking to to verify data unless you have requested a password change or other account change, these do not come out of the blue. Most online entities now have text message alerts or phone calls to verify activity on your accounts, they do not send emails asking you to login!

Security & Privacy

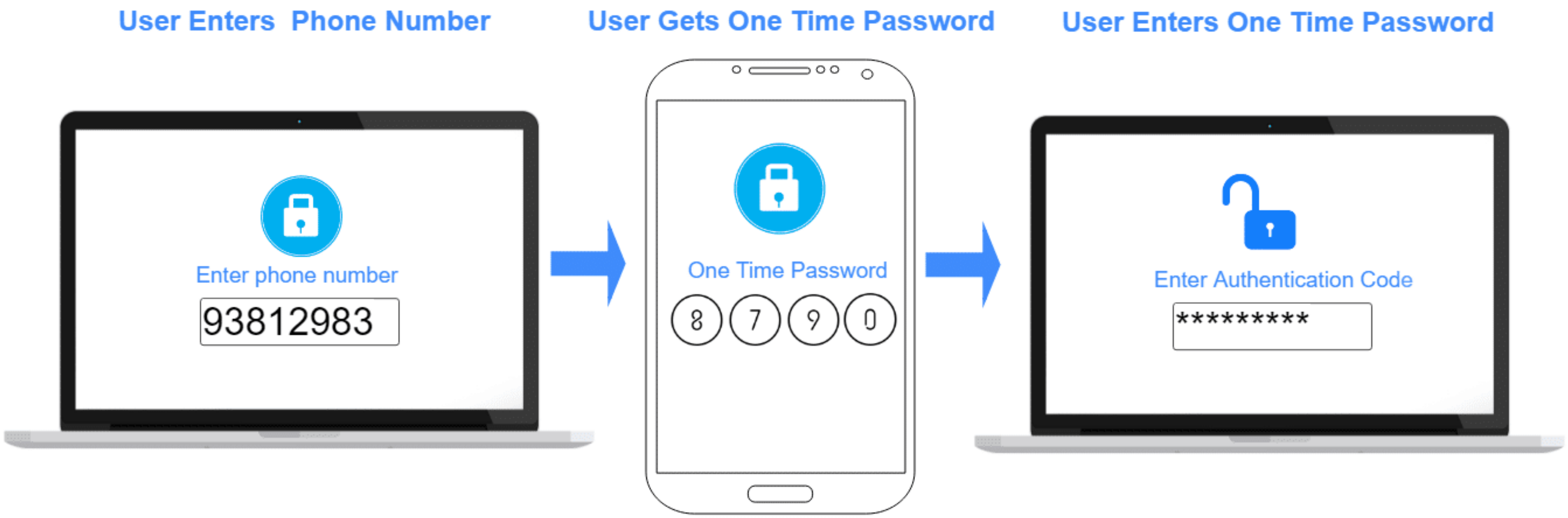
Avoiding Cyber-Scams

- **What Can You Do?**
- Use caution when you see these types of calls, pop ups and emails. When in doubt, hang up, quit and delete! If it is important, they will contact you through the mail, or knock on your door!

Security & Privacy

Avoiding Cyber-Scams

- What can you do?
- **Enable Two-Step verification for accounts that allow it.**
- Two-step, or two-factor authentication protects your accounts by requiring you to provide an additional piece of information after you give your password to get into your account. In the most common implementation, after correctly entering your password, an online service will send you a text message with a unique string of numbers that you'll need to punch in to get access to your account.



User Enters Phone Number

Enter phone number
93812983

User Gets One Time Password

One Time Password
8 7 9 0

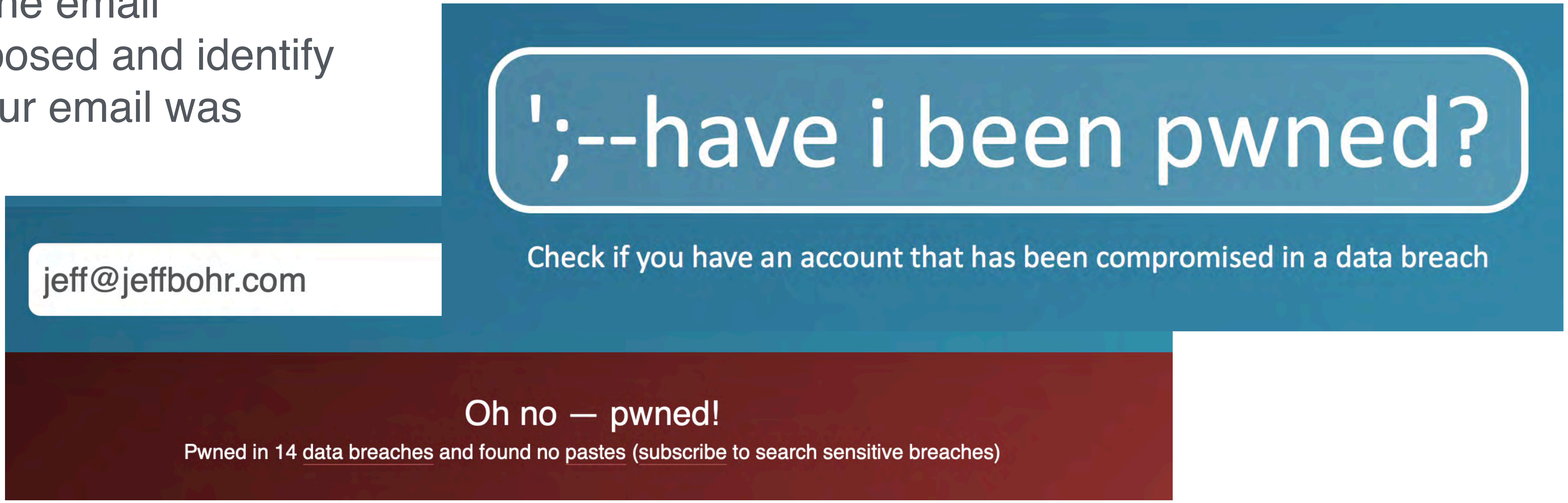
User Enters One Time Password

Enter Authentication Code
****

Security & Privacy

Avoiding Cyber-Scams

- **What Can You Do?**
- Visit haveibeenpwned.com
- This site will let you know if your email address has been the victim of any known security breaches. They will compare your email to the email addresses exposed and identify which ones your email was leaked in.



';--have i been pwned?

Check if you have an account that has been compromised in a data breach

jeff@jeffbohr.com

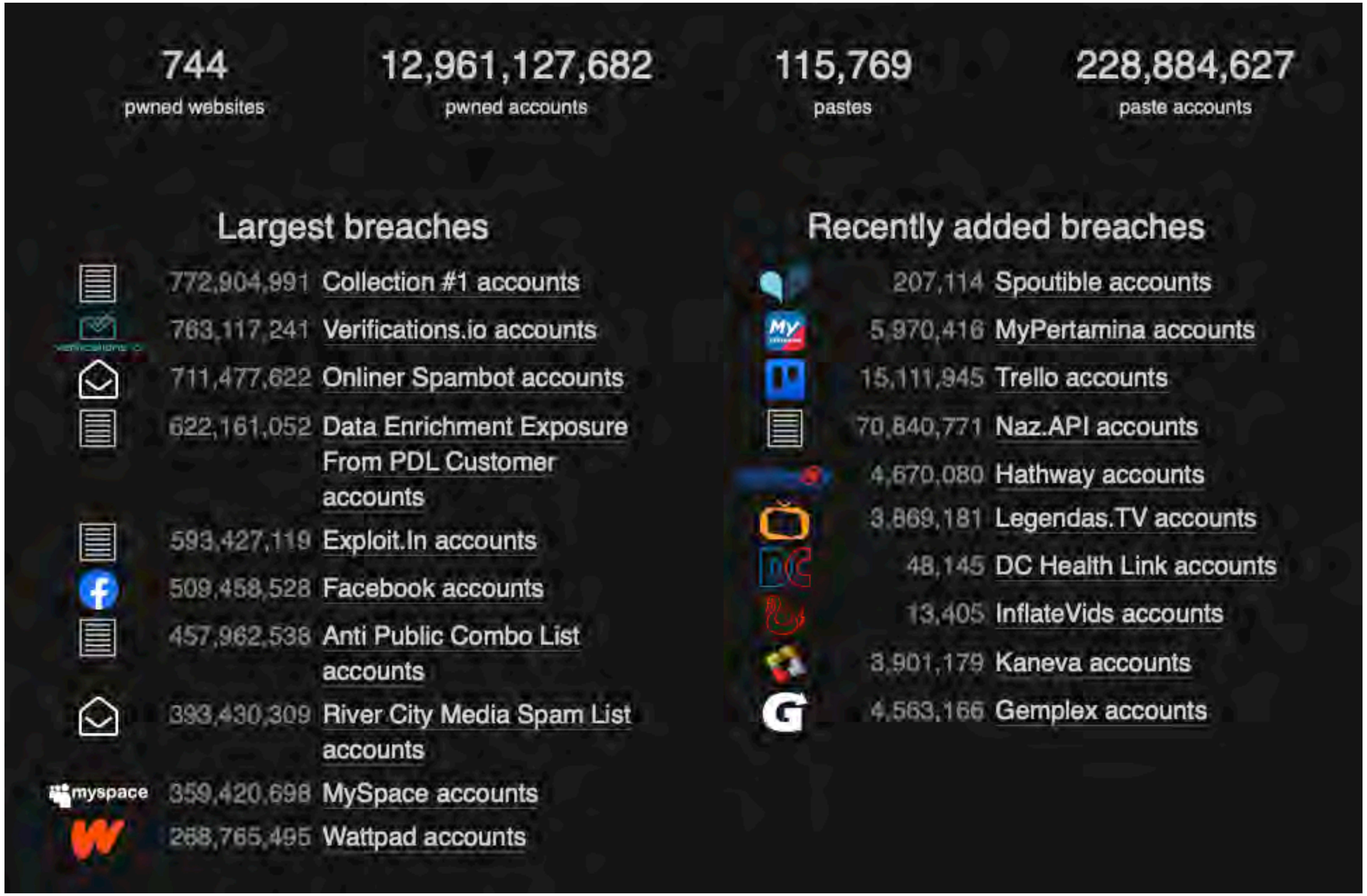
Oh no — pwned!

Pwned in 14 data breaches and found no pastes (subscribe to search sensitive breaches)

Security & Privacy

Avoiding Cyber-Scams

- What Can You Do?
- Visit haveibeenpwned.com
- These are website breach stats



744	12,961,127,682	115,769	228,884,627
pwned websites	pwned accounts	pastes	paste accounts

Largest breaches

772,904,991	Collection #1 accounts
763,117,241	Verifications.io accounts
711,477,622	Onliner Spambot accounts
622,161,052	Data Enrichment Exposure From PDL Customer accounts
593,427,119	Exploit.In accounts
509,458,528	Facebook accounts
457,962,538	Anti Public Combo List accounts
393,430,309	River City Media Spam List accounts
359,420,698	MySpace accounts
268,765,495	Wattpad accounts

Recently added breaches

207,114	Spoutible accounts
5,970,416	MyPertamina accounts
15,111,945	Trello accounts
70,840,771	Naz.API accounts
4,670,080	Hathway accounts
3,869,181	Legendas.TV accounts
48,145	DC Health Link accounts
13,405	InflateVids accounts
3,901,179	Kaneva accounts
4,563,166	Gemplex accounts

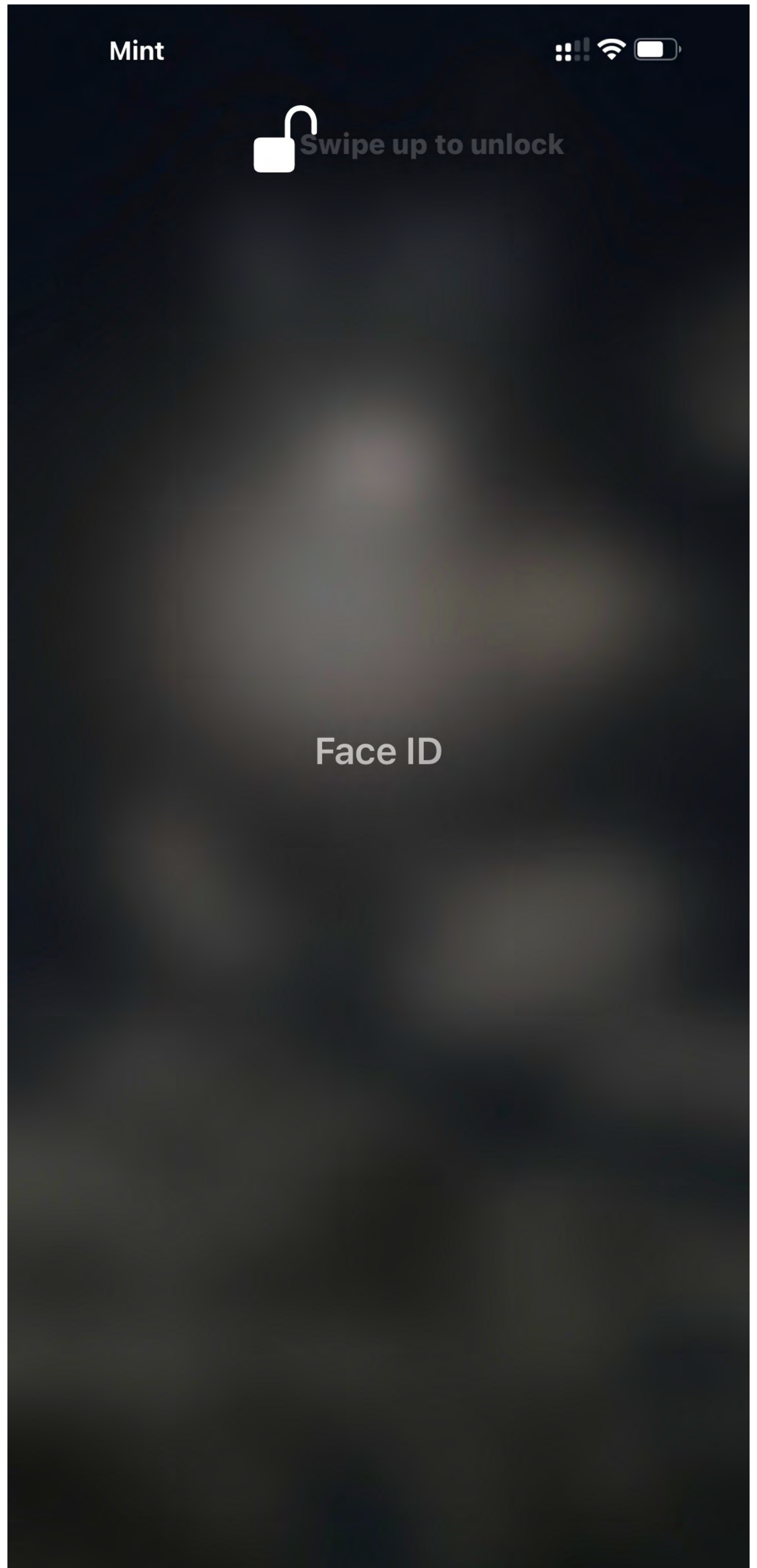
Security & Privacy

Avoiding Cyber-Scams

- By following these steps, you can avoid falling prey to these popular scams that target your online activity. Remember that no one outside your home or office can see what is happening to your computer unless they are sitting at your desk! If you suspect your are being preyed upon by a cyber stalker, call law enforcement, a family member or your IT Professional immediately for help.

Security & Privacy

Protect your iPhone



Security & Privacy

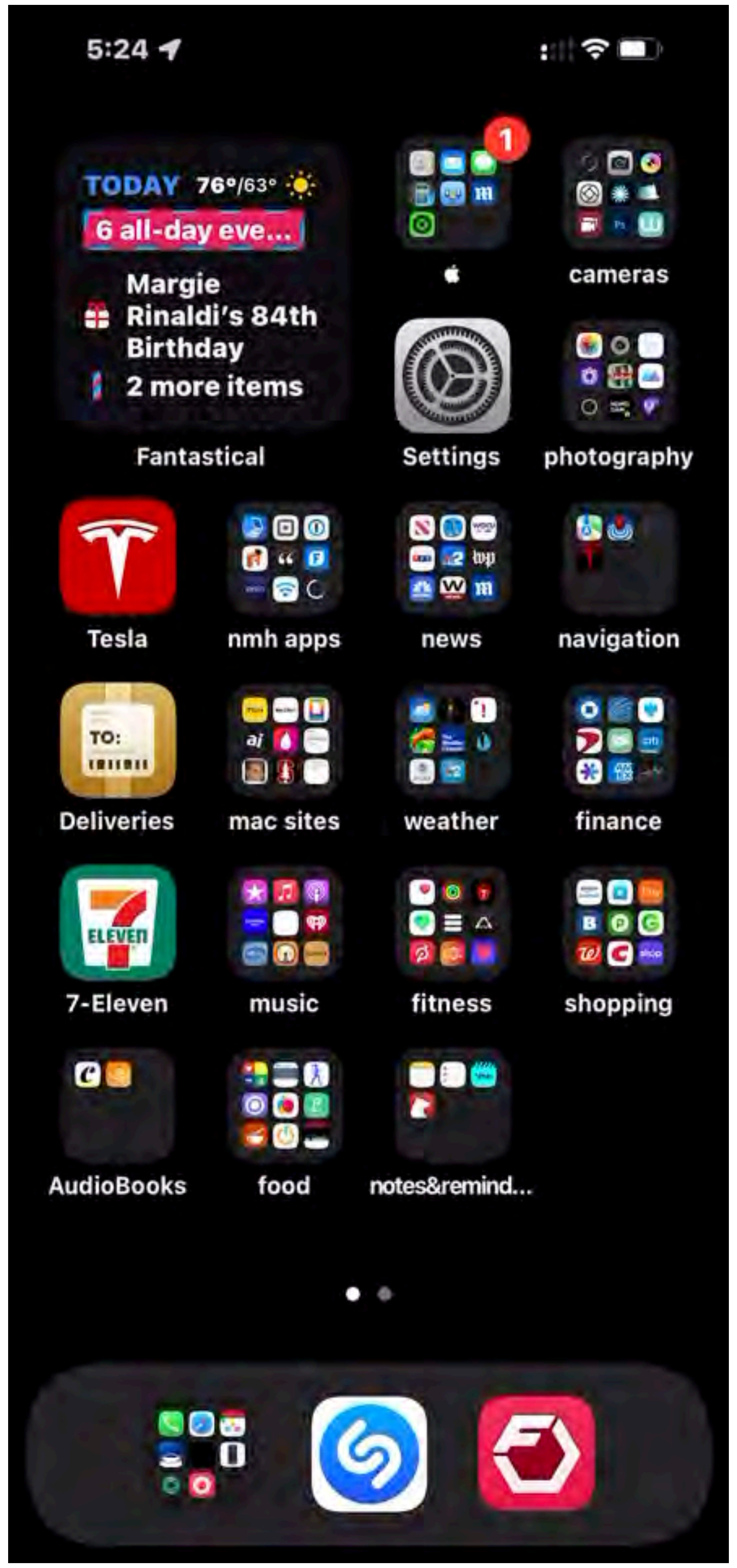
Protect your iPhone

- Disable tracking of your Device

- By default, iOS tracks your devices most frequently visited locations. Disabling this feature in shores that information could never end up in the wrong hands:

- Navigate to **Settings > Privacy > Location Services > System Services >Significant locations**; clear history

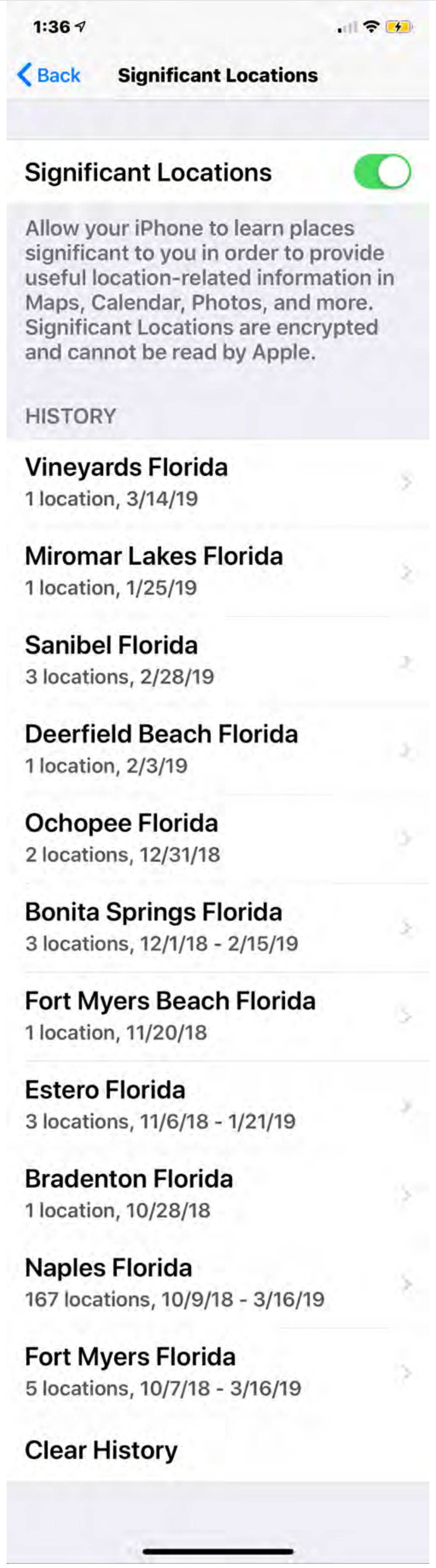
- Switch Off: Significant locations



Security & Privacy

Protect your iPhone

- Significant Locations
- This is the list that will appear if you have significant locations turned on
- Note: You will need to authenticate with Face/Touch ID or passcode to view Significant Location data



1:36

Back Significant Locations

Significant Locations

Allow your iPhone to learn places significant to you in order to provide useful location-related information in Maps, Calendar, Photos, and more. Significant Locations are encrypted and cannot be read by Apple.

HISTORY

Vineyards Florida
1 location, 3/14/19

Miromar Lakes Florida
1 location, 1/25/19

Sanibel Florida
3 locations, 2/28/19

Deerfield Beach Florida
1 location, 2/3/19

Ochopee Florida
2 locations, 12/31/18

Bonita Springs Florida
3 locations, 12/1/18 - 2/15/19

Fort Myers Beach Florida
1 location, 11/20/18

Estero Florida
3 locations, 11/6/18 - 1/21/19

Bradenton Florida
1 location, 10/28/18

Naples Florida
167 locations, 10/9/18 - 3/16/19

Fort Myers Florida
5 locations, 10/7/18 - 3/16/19

Clear History

Security & Privacy

Protect your Mac

McAfee™
Bitdefender®
avast
SOPHOS
TREND MICRO™
Norton™ by Symantec

Security & Privacy

Protect your Mac

- Mac Anti-Virus Software
- Lots of choices, what do you need?

McAfee
Bitdefender
avast
SOPHOS
TREND MICRO
Norton by Symantec

Security & Privacy

Protect your Mac

- Mac Anti-Virus Software
- The only one I recommend is the only one Apple recommends: Malwarebytes

Malwarebytes

Security & Privacy

Protect your Mac

- Mac Anti-Virus Software
- malwarebytes.com
- Only get the free version, the paid version allows scheduled scans, otherwise it scans daily with the free version
- It will identify and quarantine any files that may be questionable or dangerous

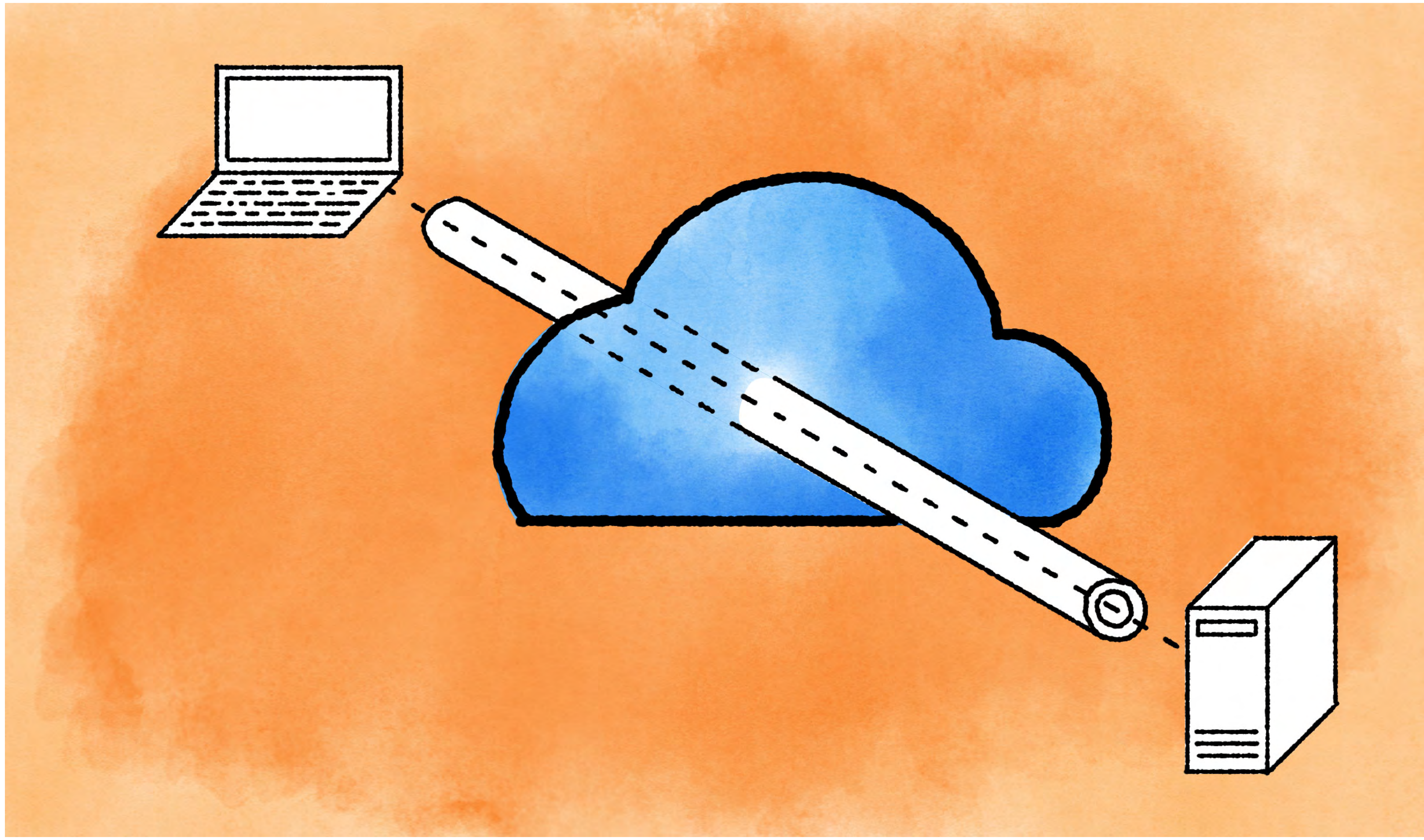
Malwarebytes

Security & Privacy

Protect your Mac

- What is a VPN?

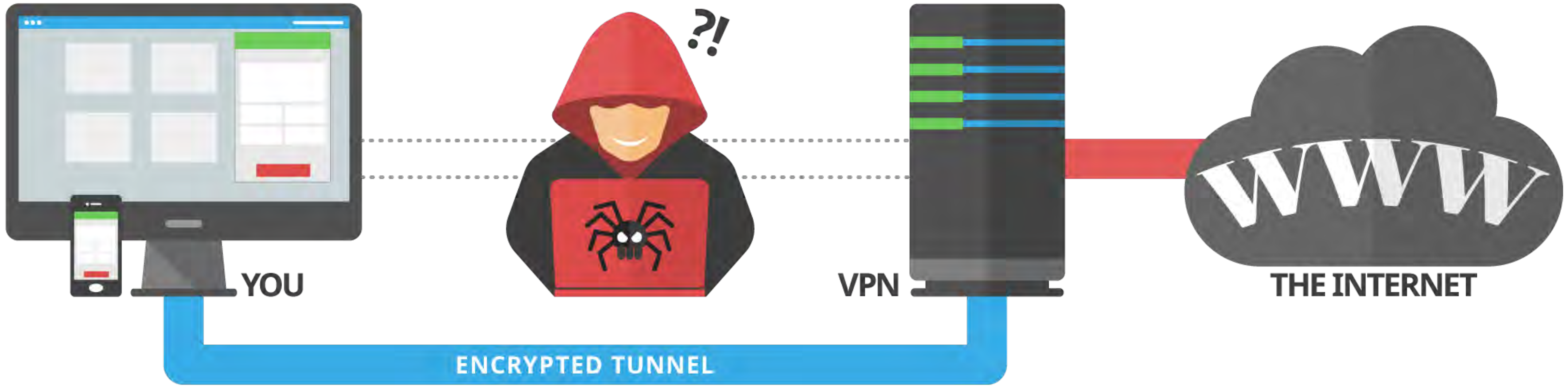
- If your device is connected to the internet, your internet service provider can see everything you do. Every search. Every file you download. Everything. To protect their privacy, more people are using virtual private networks, or VPN for short, to stop companies from tracking what they do online.



Security & Privacy

Protect your Mac

- **What is a VPN?**
- A VPN, or Virtual Private Network, is a layer of security between you and the web when on an unencrypted WiFi system. At home, you are on a secure network that is safe from eavesdropping, but in a public place with an unencrypted network, data could be intercepted between your device and the web.



Security & Privacy

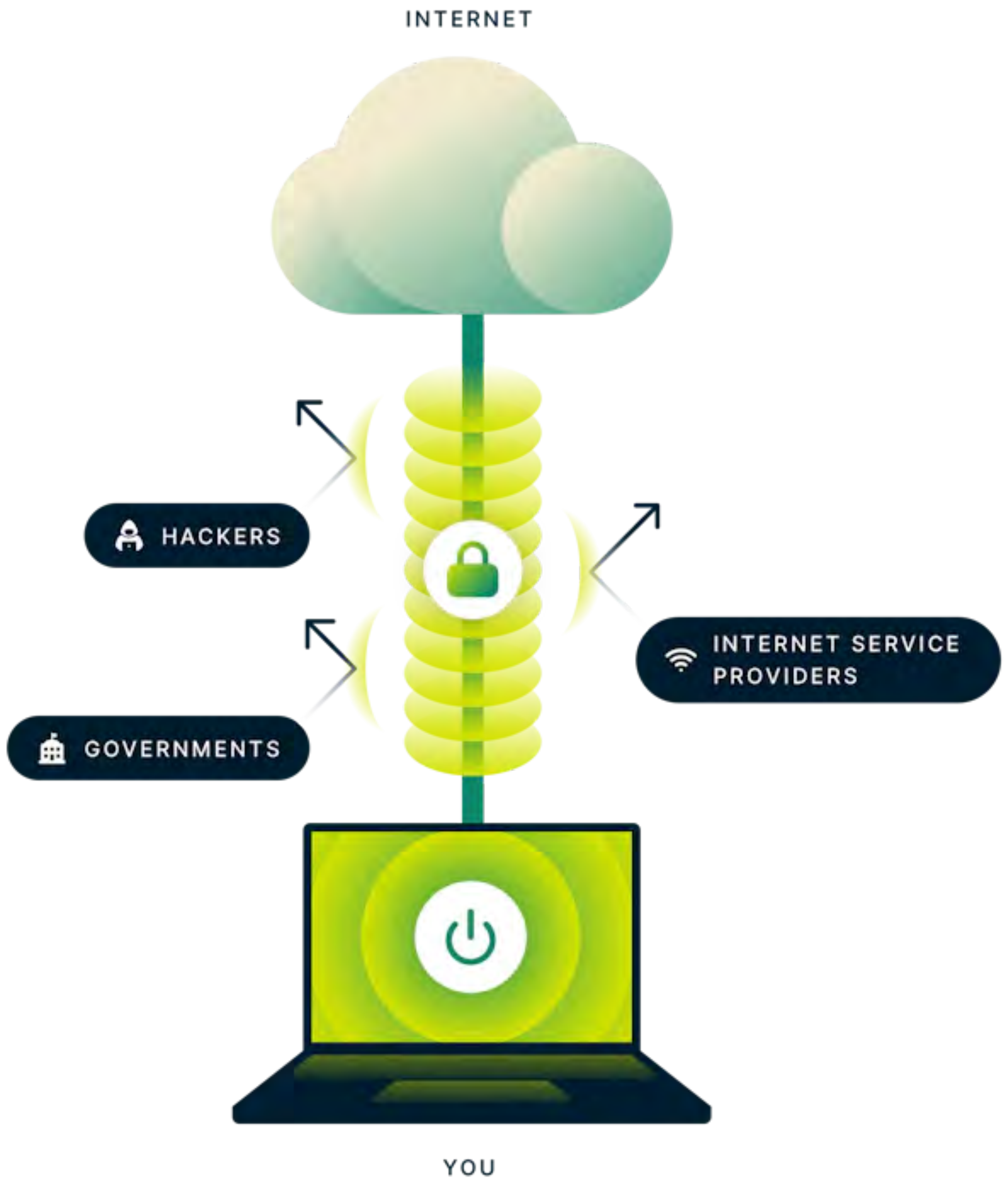
Protect your Mac

- **What is a VPN?**
- A VPN is a service that you sign up for online for a small monthly charge. Once you have an account, your VPN service should be "on" when you're online.
- A VPN, in action, takes your Internet connection and makes it more secure, helps you stay anonymous and helps you get around blocks and access censored sites.
- The key to a VPN is that it lends you a temporary IP address and hides your true IP address from every website or email to which you you connect.

Security & Privacy

Protect your Mac

- **What is a VPN?**
- It's **Virtual**...because it's as if you have a private connection directly to any website or another computer you connect to.
- It's **Private**...because all your website visits and online activity is between you and the websites you visit.
- It's a **Network**...because you're using a special network of VPN servers that covers the entire globe.



Security & Privacy

Protect your Mac

- Best Paid VPN: ExpressVPN

Security & Privacy

Protect your Mac

Security & Privacy

Protect your Mac

- Number of IP addresses: 30,000
- Number of servers: 3,000-plus
- Number of VPN server locations: 160
- Number of simultaneous connections: 5
- Country/jurisdiction: British Virgin Islands
- 94-plus countries
- Three months free with one-year plan

ExpressVPN

Security & Privacy

Protect your Mac

- Best paid VPN: ExpressVPN

- Get ExpressVPN on all your devices. A single ExpressVPN subscription comes with easy-to-use apps for every device you own. Mac, Windows, Android, iOS, Linux, routers, and so much more.

- Powerful online protection: Defeat hackers and spies with best-in-class encryption and leakproofing.

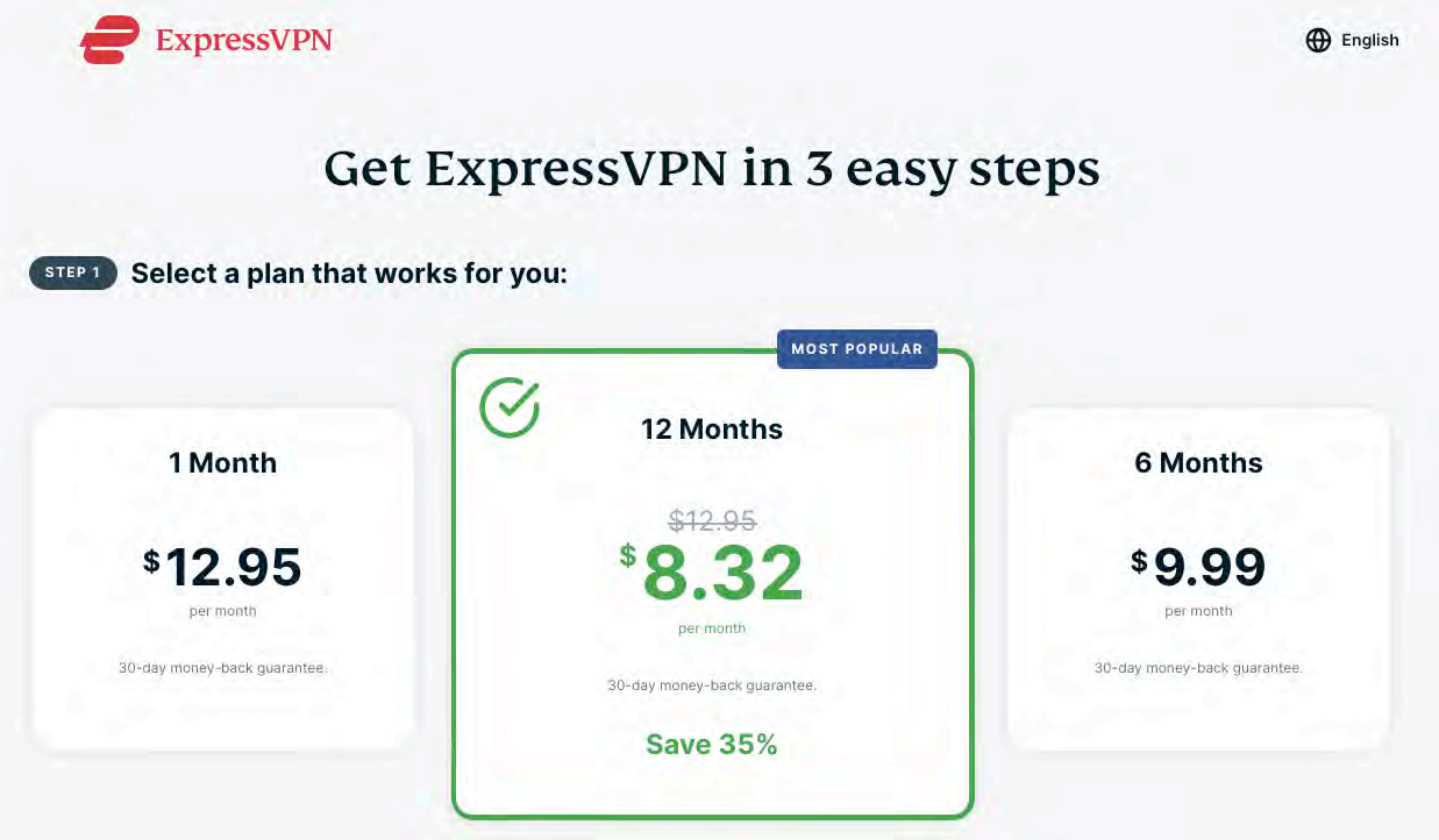
- Internet without borders: Access any content, no matter your location. Say goodbye to geo-blocks.

- Supercharged VPN: Connect to any of our unlimited-bandwidth, ultra-fast VPN servers.

ExpressVPN

Security & Privacy

Protect your Mac



Get ExpressVPN in 3 easy steps

STEP 1 Select a plan that works for you:

1 Month	12 Months	6 Months
	MOST POPULAR	
	~~$12.95~~	
$12.95 per month	$8.32 per month	$9.99 per month
30-day money-back guarantee.	30-day money-back guarantee.	30-day money-back guarantee.
	Save 35%	

Security & Privacy

Backup Strategies

There are two types of people:

those who backup

and those who will

Security & Privacy

Backup Strategies

- Peter Krogh, a photographer, writer, and consultant introduced the 3-2-1 backup rule when he published his book, “The DAM Book: Digital Asset Management for Photographers,” in 2005. The Cybersecurity and Infrastructure Security Agency (CISA) recommends that individuals and businesses use the 3-2-1 strategy.

- Here’s what the 3-2-1 backup rule involves:
- 3: Create one primary backup and two copies of your data.
- 2: Save your backups to two different types of media.
- 1: Keep at least one backup file offsite.

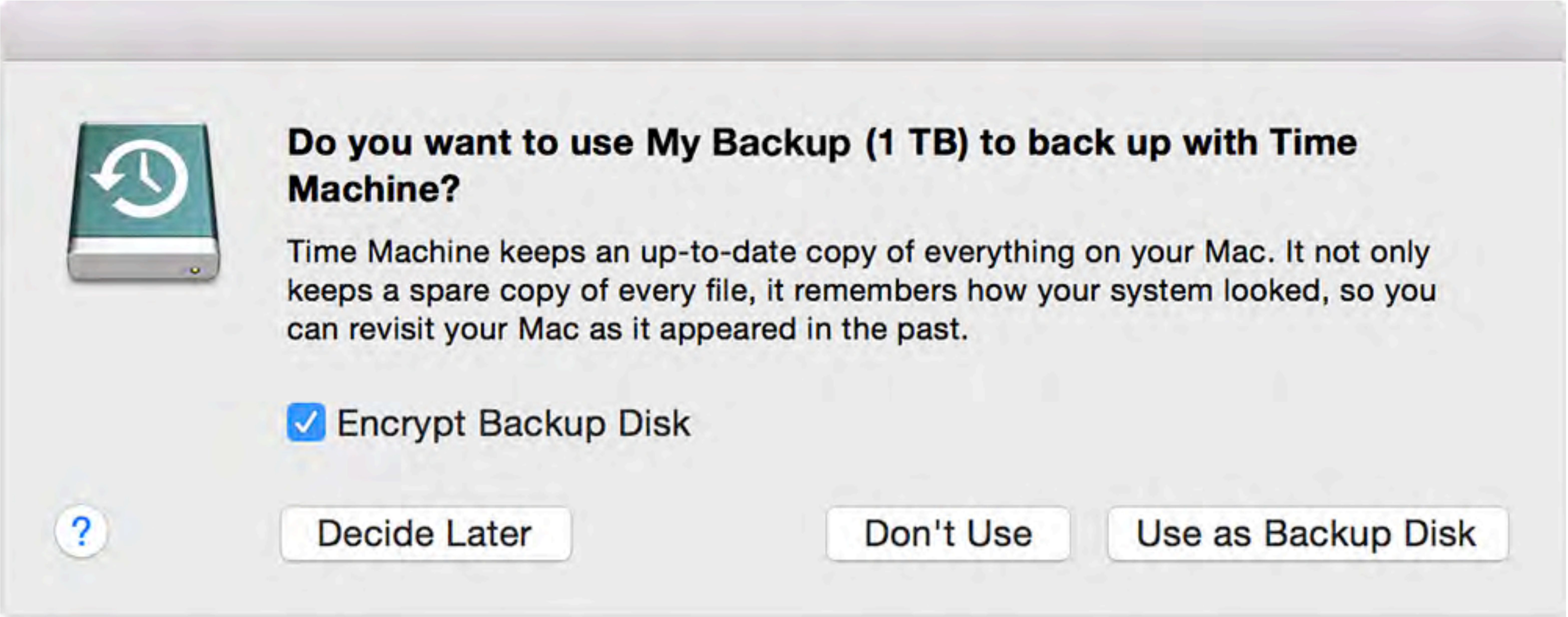
- A 3-2-1 backup strategy reduces the impact of a single point of failure, such as a disk drive error or stolen device. For example, you may keep a backup on an external hard drive, a USB drive and cloud storage. If a disaster wipes out your on-site backups, your off-site cloud-based backup can save the day.

Peter Krogh

Security & Privacy

Backup Strategies

- Software: Time Machine
-



Do you want to use My Backup (1 TB) to back up with Time Machine?

Time Machine keeps an up-to-date copy of everything on your Mac. It not only keeps a spare copy of every file, it remembers how your system looked, so you can revisit your Mac as it appeared in the past.

☑ Encrypt Backup Disk

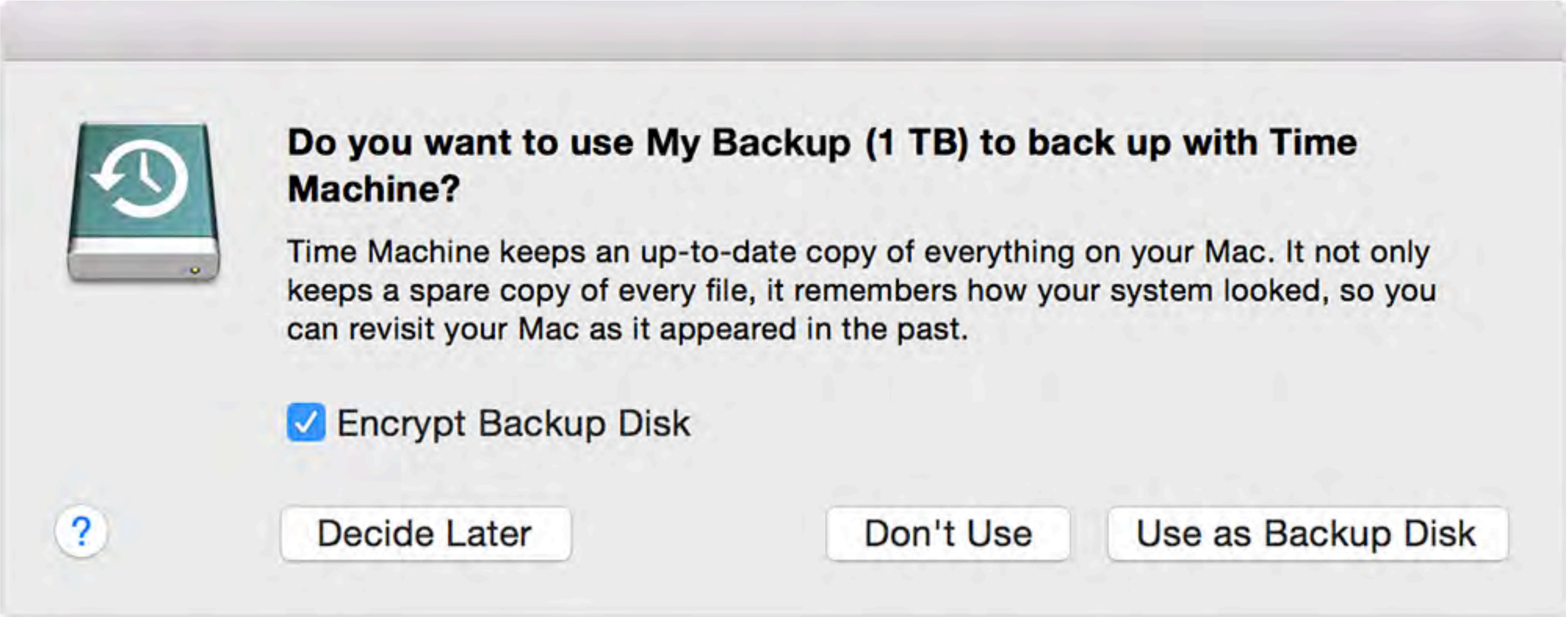
to use: simply connect an external drive

https://support.apple.com/en-us/HT201250

Security & Privacy

Backup Strategies

- Software: Time Machine
-



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☑ Encrypt Backup Disk

After you choose the destination, if it is a new drive, you will be prompted to Erase the disk, this is safe as it is empty and it is being formatted for your Mac!

Security & Privacy

Backup Strategies

- Software: Time Machine

Back up using Time Machine

After you set up Time Machine, it automatically makes hourly backups for the past 24 hours, daily backups for the past month, and weekly backups for all previous months. The oldest backups are deleted when your backup disk is full.

- To back up now instead of waiting for the next automatic backup, choose Back Up Now from the Time Machine menu .
- To stop automatic backups, open Time Machine preferences, then either deselect Back Up Automatically (macOS Sierra or later) or turn off Time Machine (OS X El Capitan or earlier). You can still back up manually by choosing Back Up Now from the Time Machine menubar icon.

https://support.apple.com/en-us/HT201250

Security & Privacy

Backup Strategies

- Software: Time Machine

-

Back up using Time Machine

- To cancel a backup in progress, choose Skip This Backup (or Stop Backing Up) from the Time Machine menu.
- To check backup status, use the Time Machine menu. The icon shows when Time Machine is backing up , idle until the next automatic backup , or unable to complete the backup .
- To exclude items from your backup, open Time Machine preferences from the Time machine menu, click Options, then click and select the item to exclude.

https://support.apple.com/en-us/HT201250

Security & Privacy

Backup Strategies

- Software: Time Machine

-

Back up using Time Machine
Restore specific items from a Time Machine backup

- Open a window for the item that you want to restore. For example:
- To restore a file you accidentally deleted from your Documents folder, open the Documents folder.
- To restore an email message, open your inbox in Mail.
- If you're using an app that automatically saves versions of documents as you work on them, you can open a document, then use Time Machine to restore earlier versions of that document.

https://support.apple.com/en-us/HT201250

Security & Privacy

Backup Strategies

- Software: Time Machine

Restore specific items from a Time Machine backup

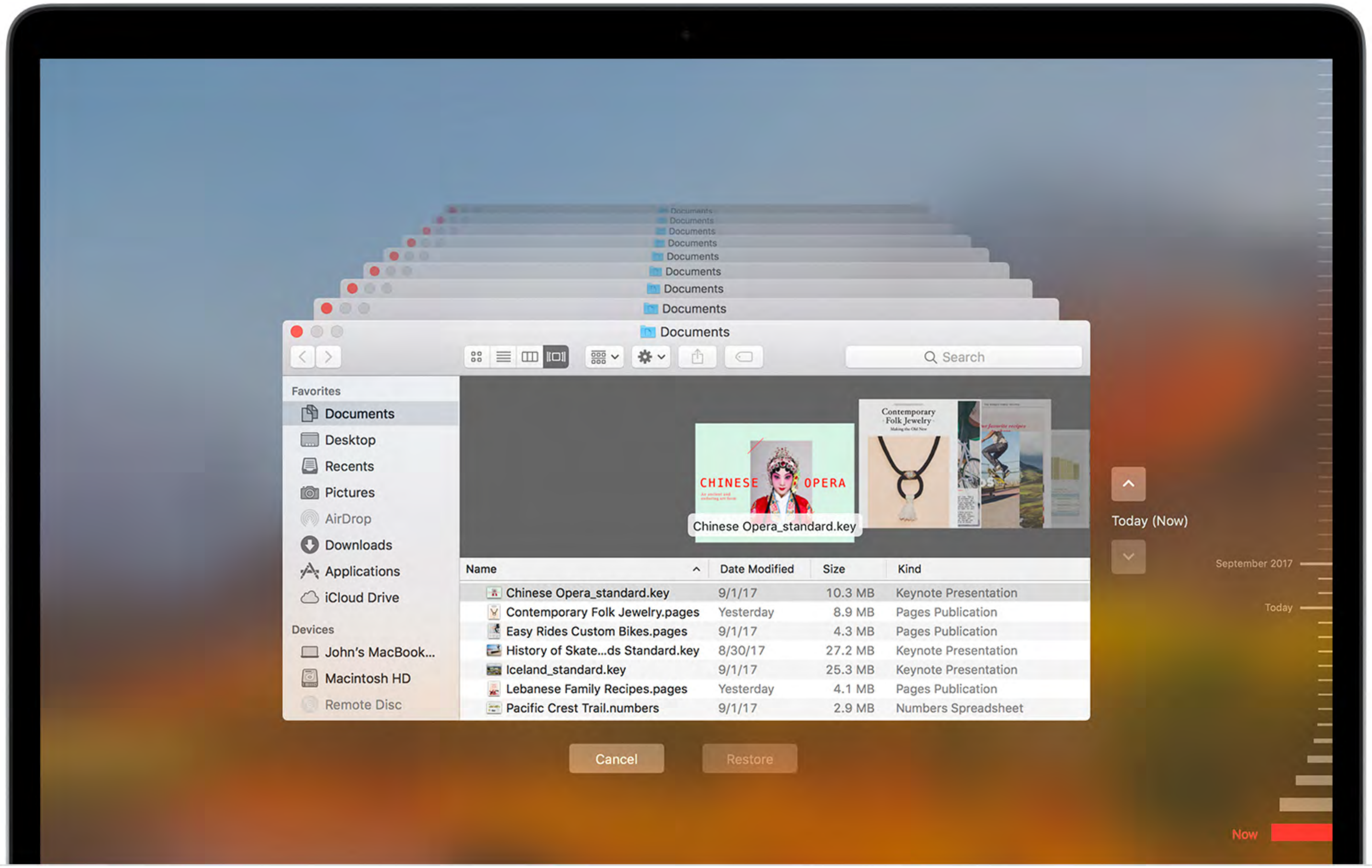
1. Choose Enter Time Machine from the Time Machine menu , or click Time Machine in the Dock.
2. Find the items to restore:
3. Use the timeline on the edge of the screen to see the items in your Time Machine backup as they were at that date and time. The timeline may also include local snapshots.
4. Use the onscreen up and down arrows to jump to the last time the contents of the window changed. You can also use the search field in a window to find an item, then move through time while focused on changes to that item.
5. Select an item and press Space Bar to preview it and make sure it's the one you want.
6. Click Restore to restore the selected item, or Control-click the item for other options.

https://support.apple.com/en-us/HT201250

Security & Privacy

Backup Strategies

- Software: Time Machine
-



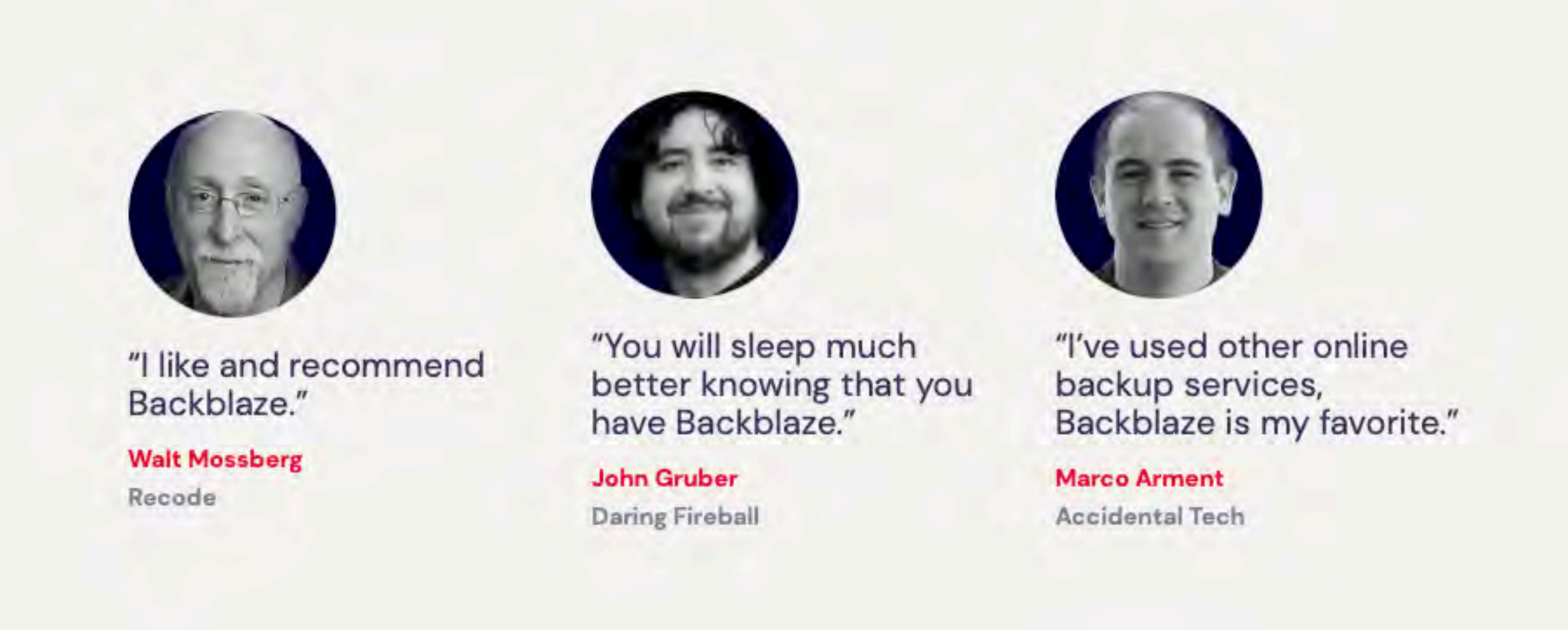
Name	Date Modified	Size	Kind
Chinese Opera_standard.key	9/1/17	10.3 MB	Keynote Presentation
Contemporary Folk Jewelry.pages	Yesterday	8.9 MB	Pages Publication
Easy Rides Custom Bikes.pages	9/1/17	4.3 MB	Pages Publication
History of Skate...ds Standard.key	8/30/17	27.2 MB	Keynote Presentation
Iceland_standard.key	9/1/17	25.3 MB	Keynote Presentation
Lebanese Family Recipes.pages	Yesterday	4.1 MB	Pages Publication
Pacific Crest Trail.numbers	9/1/17	2.9 MB	Numbers Spreadsheet

https://support.apple.com/en-us/HT201250

Security & Privacy

Backup Strategies

- Software: Backblaze
-



"I like and recommend Backblaze."

Walt Mossberg
Recode

"You will sleep much better knowing that you have Backblaze."

John Gruber
Daring Fireball

"I've used other online backup services, Backblaze is my favorite."

Marco Arment
Accidental Tech

Security & Privacy

Backup Strategies

- Software: Backblaze
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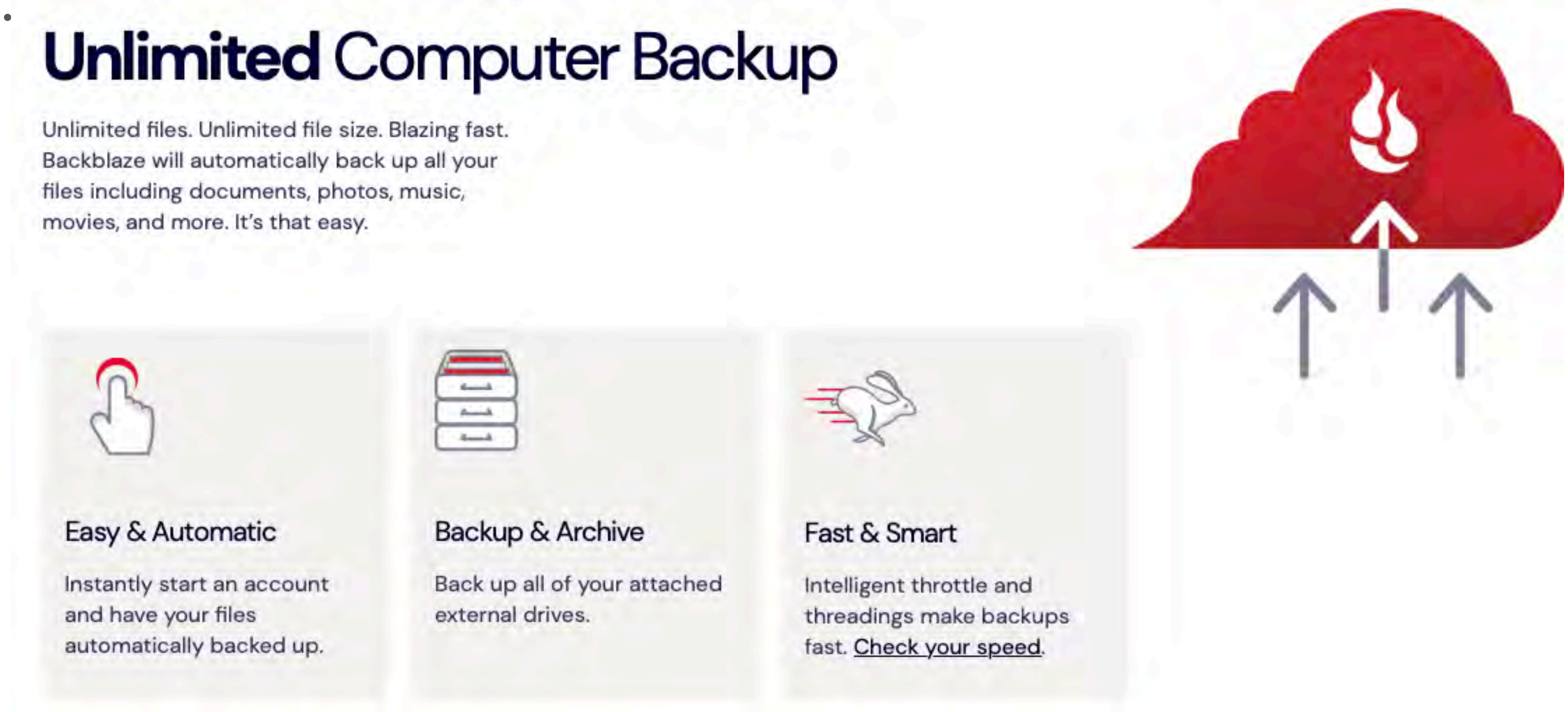

Unlimited Computer Backup

Unlimited files. Unlimited file size. Blazing fast. Backblaze will automatically back up all your files including documents, photos, music, movies, and more. It's that easy.

Easy & Automatic

Instantly start an account and have your files automatically backed up.

Backup & Archive

Back up all of your attached external drives.

Fast & Smart

Intelligent throttle and threadings make backups fast. Check your speed.

Security & Privacy

Backup Strategies

- Software: Backblaze
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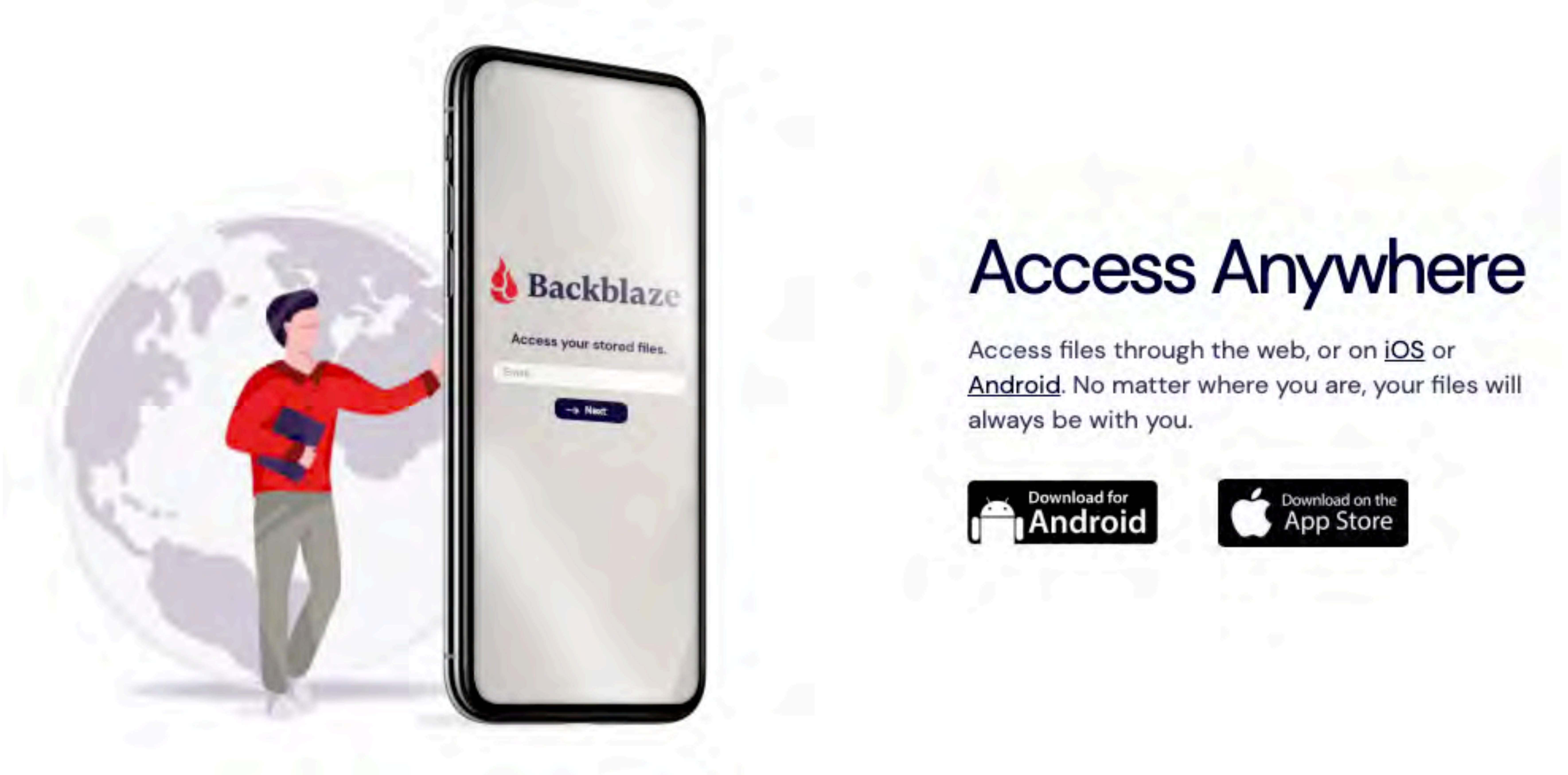

Access Anywhere

Access files through the web, or on iOS or Android. No matter where you are, your files will always be with you.

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Backup Strategies

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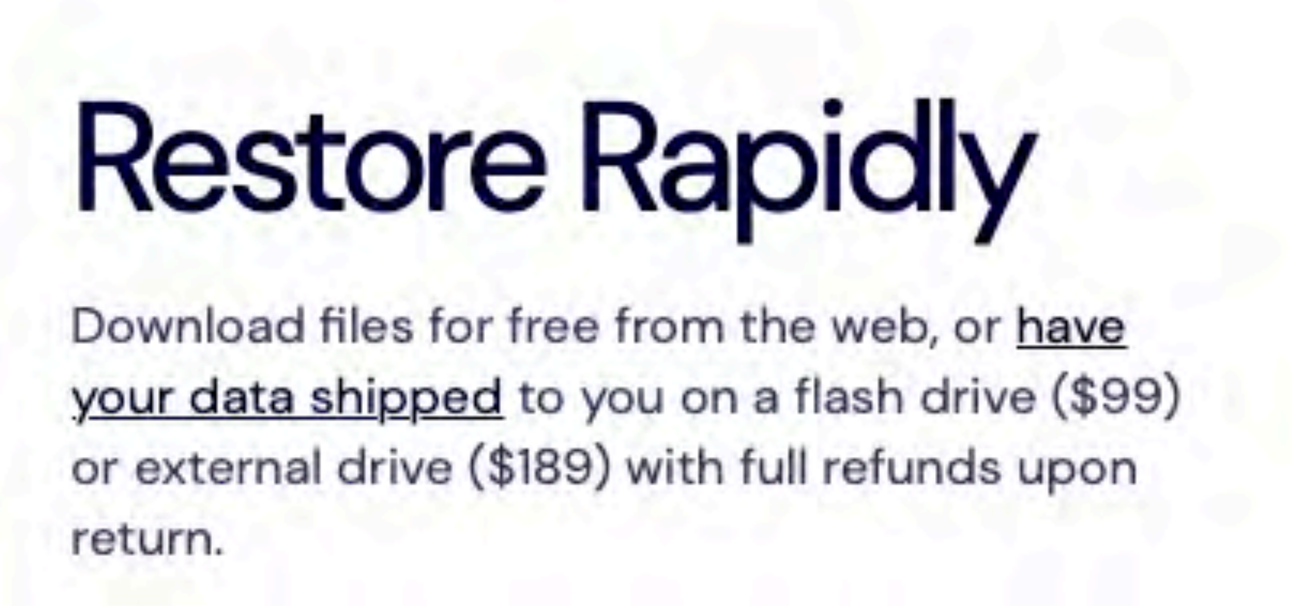

Restore Rapidly

Download files for free from the web, or have your data shipped to you on a flash drive ($99) or external drive ($189) with full refunds upon return.

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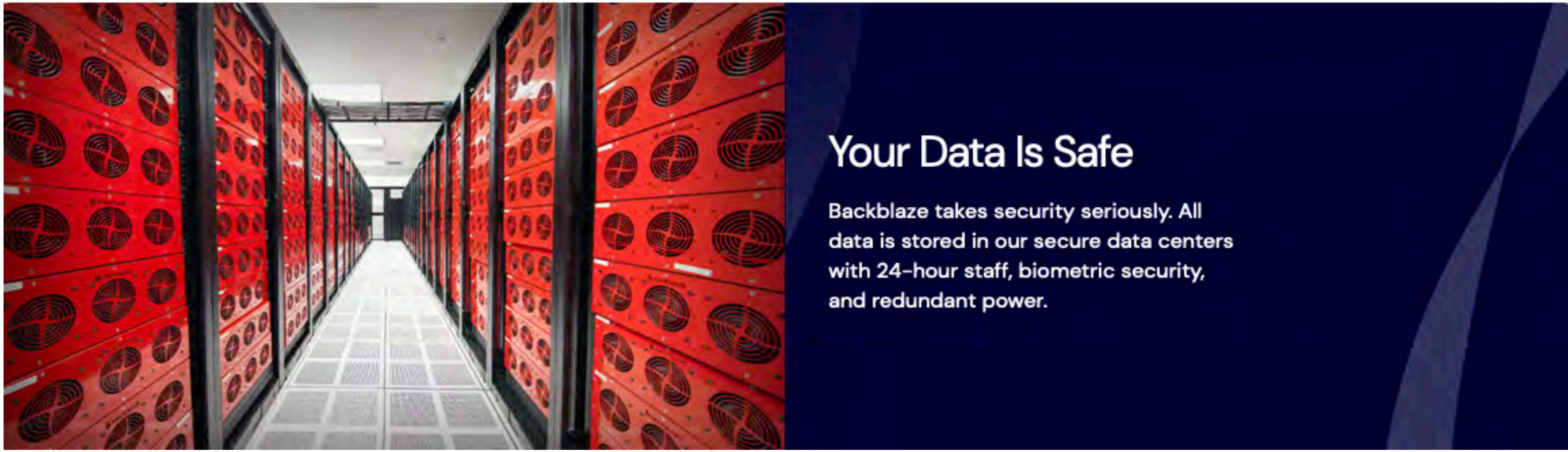

Your Data Is Safe

Backblaze takes security seriously. All data is stored in our secure data centers with 24-hour staff, biometric security, and redundant power.

Security & Privacy

Backup Strategies

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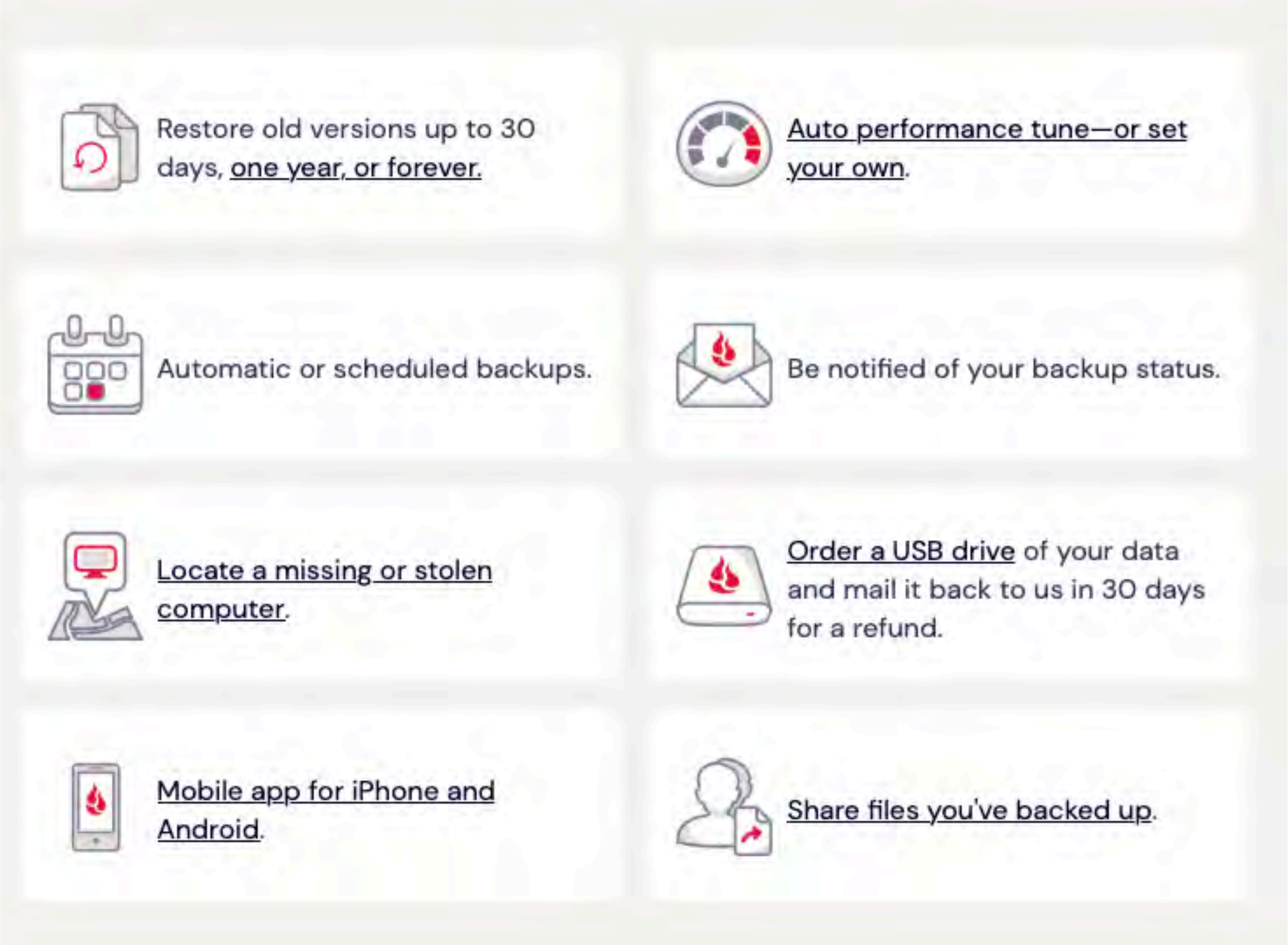

Restore old versions up to 30 days, one year, or forever.

Auto performance tune—or set your own.

Automatic or scheduled backups.

Be notified of your backup status.

Locate a missing or stolen computer.

Order a USB drive of your data and mail it back to us in 30 days for a refund.

Mobile app for iPhone and Android.

Share files you've backed up.

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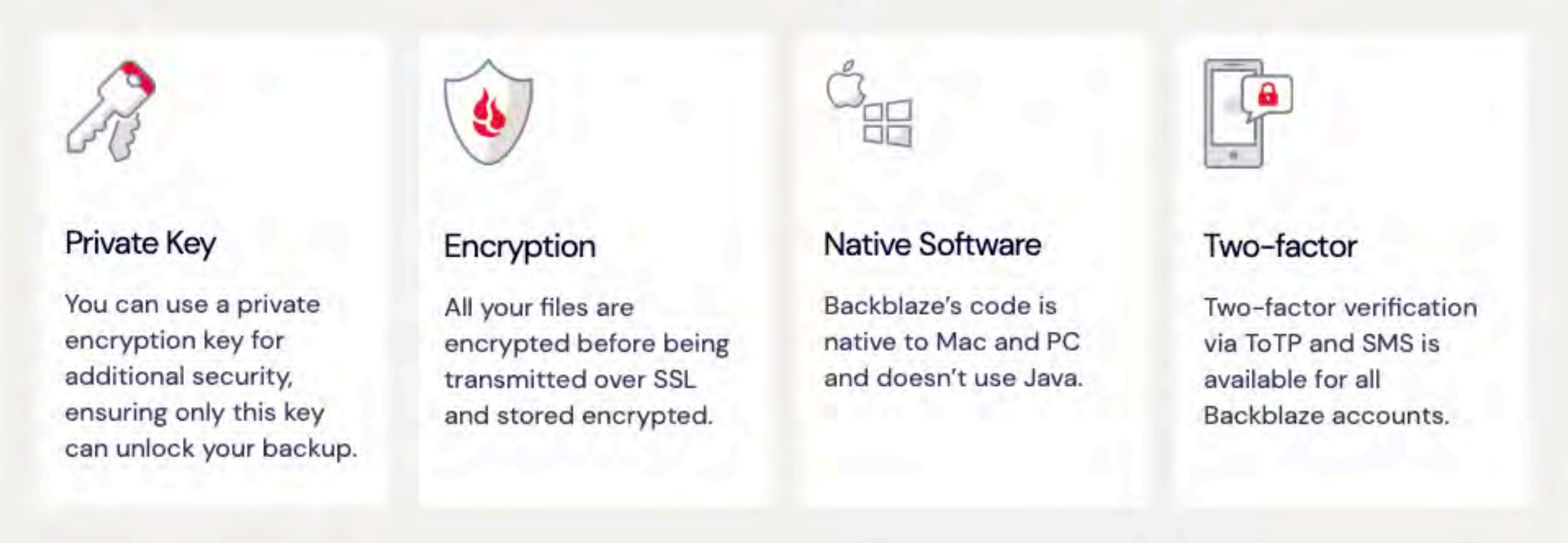

Private Key

You can use a private encryption key for additional security, ensuring only this key can unlock your backup.

Encryption

All your files are encrypted before being transmitted over SSL and stored encrypted.

Native Software

Backblaze's code is native to Mac and PC and doesn't use Java.

Two-factor

Two-factor verification via ToTP and SMS is available for all Backblaze accounts.

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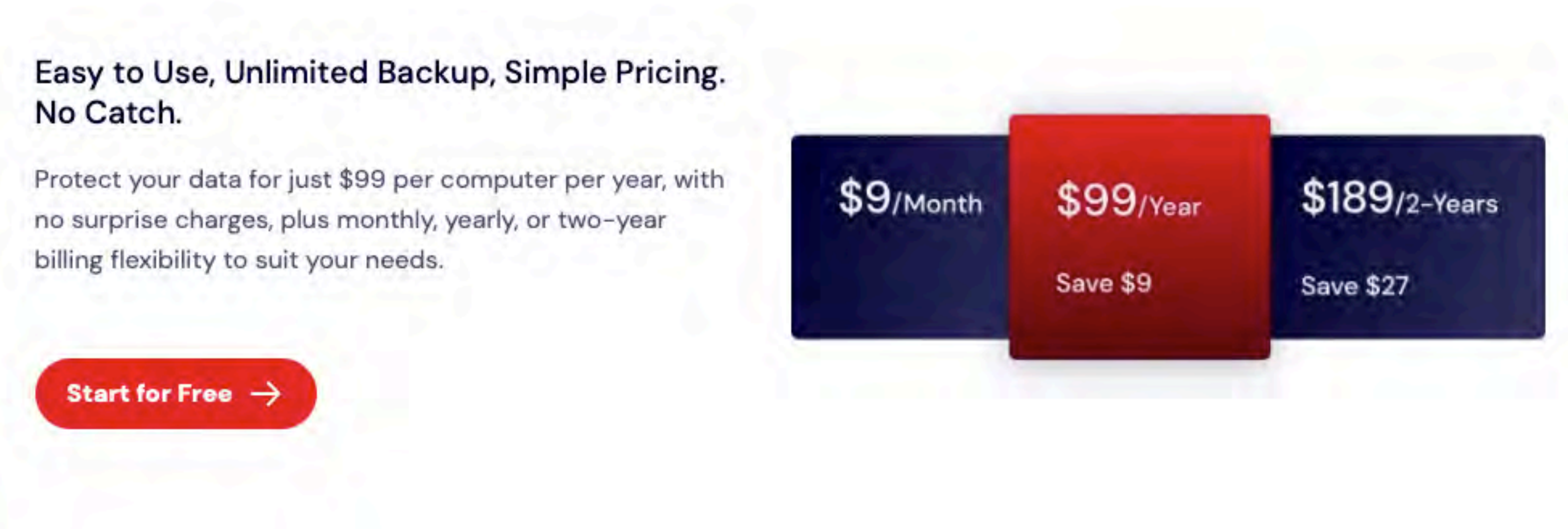
Backup Strategies



Easy to Use, Unlimited Backup, Simple Pricing. No Catch.

Protect your data for just $99 per computer per year, with no surprise charges, plus monthly, yearly, or two-year billing flexibility to suit your needs.

$9/Month

$99/Year
Save $9

$189/2-Years
Save $27

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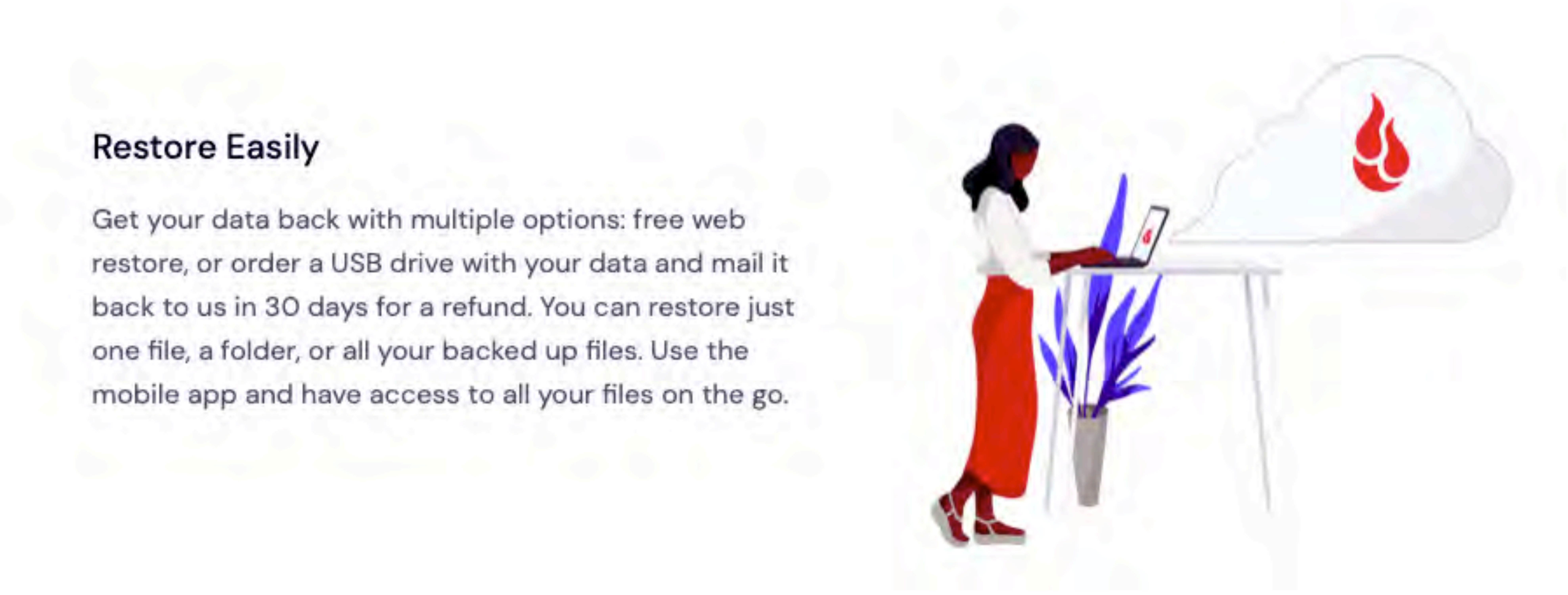
Backup Strategies

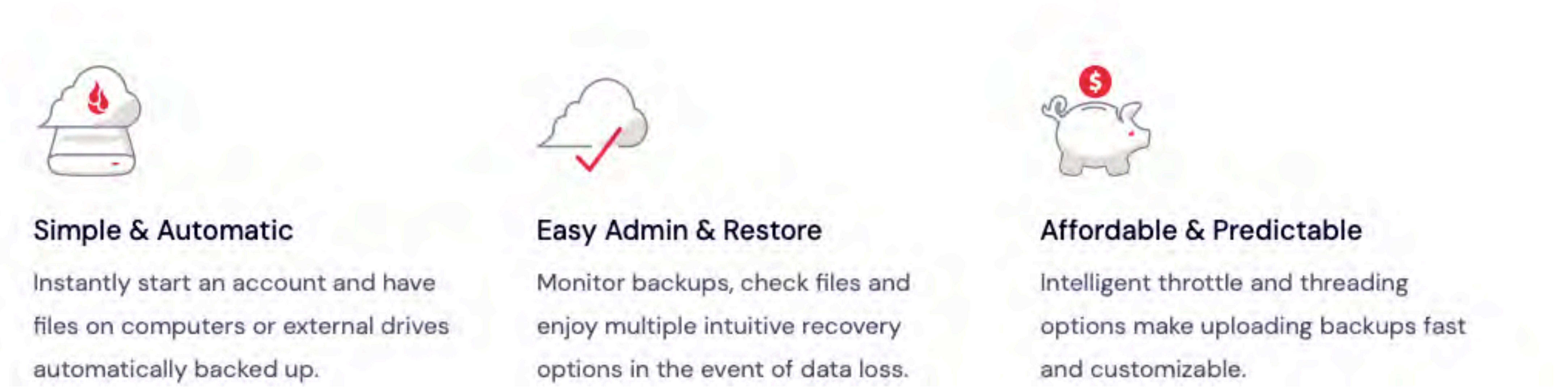


Restore Easily

Get your data back with multiple options: free web restore, or order a USB drive with your data and mail it back to us in 30 days for a refund. You can restore just one file, a folder, or all your backed up files. Use the mobile app and have access to all your files on the go.

Security & Privacy

Backup Strategies



Simple & Automatic

Instantly start an account and have files on computers or external drives automatically backed up.

Easy Admin & Restore

Monitor backups, check files and enjoy multiple intuitive recovery options in the event of data loss.

Affordable & Predictable

Intelligent throttle and threading options make uploading backups fast and customizable.

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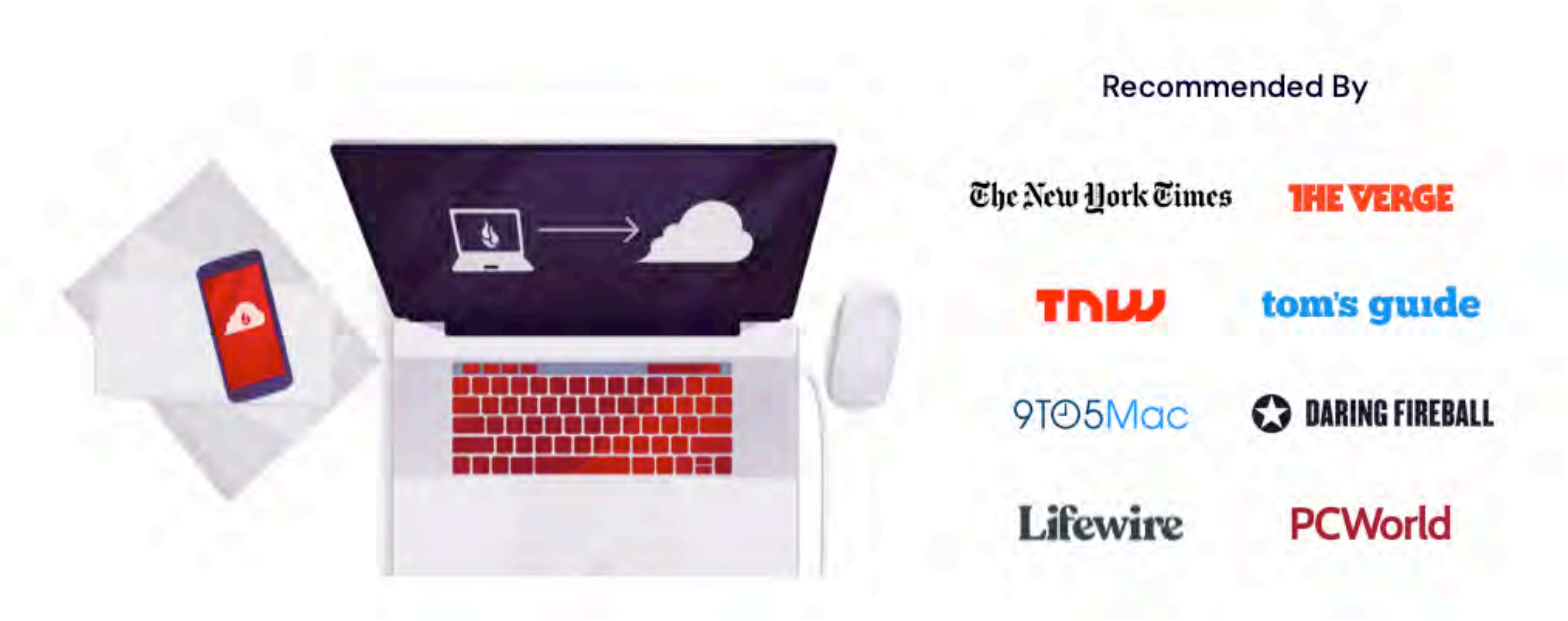
Backup Strategies



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Use this code for a 30 day free trial of Backblaze:

https://secure.backblaze.com/r/01ohgx

Backup Strategies

Carbon Copy Cloner and SuperDuper

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Backup Strategies

Carbon Copy Cloner and SuperDuper

With Apples new system architecture, bootable clones like CCC and SD performed are no longer possible, so they are just file-duplication services much like Time Machine. I no longer use either.

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Backup Strategies

Carbon Copy Cloner Statement

With the announcement of macOS Big Sur, Apple has retired Mac OS X (10) and replaced it with macOS 11. As the numeric change would suggest, this is the biggest change to macOS since Apple introduced Mac OS X roughly 20 years ago. The system now resides on a cryptographically sealed "Signed System Volume"

. That seal can only be applied by Apple; ordinary copies of the System volume are non-bootable without Apple's seal. To create a functional copy of the macOS 11 System volume, we have to use an Apple tool to copy the system, or install macOS onto the backup. CCC 6 will not attempt to create a bootable backup of Big Sur by default, however the functionality is available via the Legacy Bootable Backup Assistant.

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Backup Strategies

Carbon Copy Cloner and SuperDuper

How are bootable copies made differently on macOS Big Sur?
When configured via the Legacy Bootable Copy Assistant, CCC will use Apple's APFS replication utility, "ASR", to establish a bootable copy of your startup disk. Apple's utility does not offer as much flexibility as you've grown accustomed to with CCC on older OSes, in particular it requires that the destination is erased and that everything is copied from the source to the destination. When you configure a legacy bootable copy of your startup disk on Big Sur, CCC will offer a few options, depending on the size and current format of your destination device:
Allow CCC to erase the destination to make a bootable backup
Add a new, dedicated backup volume to an existing APFS destination (if there is enough free space)

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Carbon Copy Cloner and SuperDuper

Proceed with a Standard Backup (this is a complete backup of all of your data, applications, and system settings)
To learn more about these options, and what to expect when running your first "Full Volume Backup" see Creating legacy bootable copies of macOS (Big Sur and later).
Does my CCC backup have to be bootable for me to restore data from it? No, in fact we no longer recommend that you attempt to make your backup bootable. Bootability is a convenience that allows you to continue working if your startup disk fails, but it is not required for restoring data from a CCC backup. You can restore individual folders and older versions of files (i.e. from snapshots) using CCC while booted from your production startup disk. CCC backups are also compatible with Migration Assistant, so you can use Migration Assistant to restore all of your data to a clean installation of macOS (e.g. on a replacement disk).

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Backup Strategies

- As with many things in life, there is often no right or wrong, personal preferences are in play. There are often several ways to perform the same task in life and in tech. Pick one that works for you and stick with it.

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The End

Questions?

Comments?

Observations?

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Contact Jeff

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