



THE UNIVERSITY OF  
**CHICAGO**

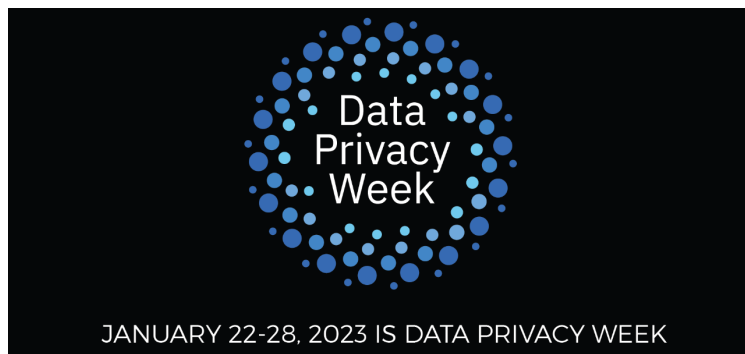
Biological Sciences  
Information Security Office

January 2023

## Cyber Security Awareness Newsletter

Protecting yourself and information from cyber security threats

For Data Privacy Week the BSD Information Security Office will be accepting and gathering BSD Department hard drives for destruction!



### When?

Wednesday, January 25<sup>th</sup> and Thursday January 26<sup>th</sup> 8:00 AM – 4:00PM

Friday, January 27<sup>th</sup> 8:00 AM – 11:00AM

### Where?

5812 S. Ellis Avenue, Corridor N, Room N162. Please bring your drives and we will have them securely destroyed.



This month's theme for Data Privacy week is "Data: The story of you." Everything you do online generates data. Websites, apps, and services collect data on your behaviors, interests, and purchases. Sometimes, this includes personal data, like your Social Security and driver's license numbers. It can even include data about your physical self, like health data – think about how a smartwatch counts and records how many steps you take.

While it's true that you cannot control how each byte of data about you is shared and processed, you are not helpless! Remember, your data is precious, and you deserve to be selective about who you share it with!

### WHY PROTECT YOUR DATA?

Per Consumer Reports:

“For consumers who expressed that they aren’t too concerned, if at all, about the privacy and security of their personal data, the most commonly stated reasons why not are that it’s just not something they worry about, they haven’t experienced any issues, or don’t have anything worth stealing. Some consumers also believe that their increase in cybersecurity behaviors will protect them if potential issues arise.”

**Reasons Consumers Are Not Concerned About The Privacy Of Their Personal Data Collected Online**

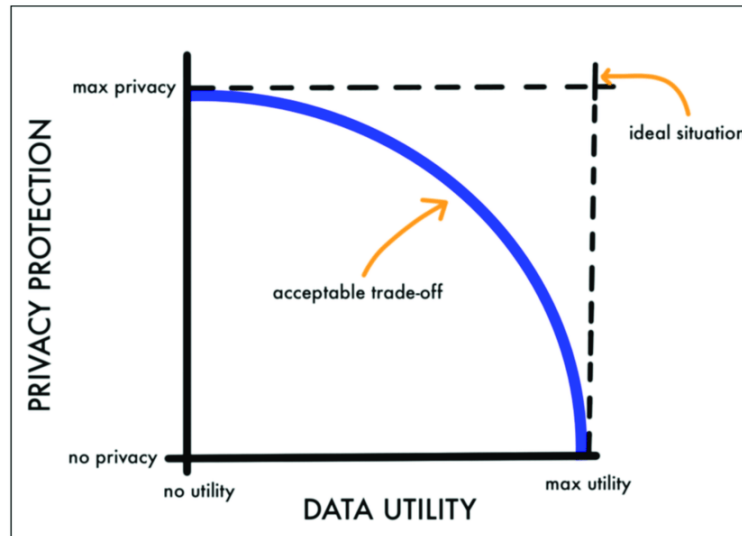
2022

It's just not something I worry about	42%
I've never had any issues related to the security and privacy of my personal data	33%
I don't have anything worth stealing	30%
There's nothing I can do about it anyway	24%
I take all of the privacy precautions that I can so I believe my personal data is secure and private	18%
I take all of the privacy precautions that I can so I believe the security and privacy of my personal data is out of my hands	18%
Even if there is a breach in security and privacy of my personal data, it is fixable	16%
The benefit of my online activities is worth the risk of potential privacy-related issues	11%
Though my online data might be shared without my knowledge or consent, what I don't know can't hurt me	8%
Data breaches are rare	7%
Other	3%
Unsure	7%

In many cases, you can control how you share your data with a few simple steps. In the spirit of preparation for data privacy week (January 22<sup>nd</sup> - 28<sup>th</sup>) Here are some simple, easy tips that will help you manage your data privacy:

#### 1. KNOW THE TRADEOFF BETWEEN PRIVACY AND CONVENIENCE

Nowadays, when you download a new app, open a new online account, or join a new social media platform, you will often be asked for access to your personal information before you can even use it! This data might include your geographic location, contacts, and photos.



Make informed decisions about sharing your data with businesses or services:

- Is the service, app, or game worth the amount or type of personal data they want in return?
- Can you control your data privacy and still use the service?
- Is the data requested even relevant for the app or service (that is, "why does a Solitaire game need to know all my contacts")?
- If you haven't used an app, service, or account in several months, is it worth keeping around knowing that it might be collecting and sharing your data?

## 2. ADJUST THE SETTINGS TO YOUR COMFORT LEVEL

For every app, account, or device, check the privacy and security settings. These should be easy to find in a Settings section and should take a few moments to change. Set them to your comfort level for personal information sharing; generally, we think it's wise to lean on the side of sharing less data, not more. You don't have to do this for every account at once, start small and over time you'll make a habit of adjusting all your settings to your comfort. You can check on how to manage your privacy settings at the following link here:

<https://staysafeonline.org/resources/manage-your-privacy-settings/>



### 3. PROTECT YOUR DATA



Data privacy and data security go hand-in-hand. Along with managing your data privacy settings, the follow are some recommended simple cyber security tips provided by the National Cyber Security Alliance to help keep you safe. They recommend the **Core 4**:

- Create long (at least 12 characters), unique passwords for each account and device. Use a password manager to store each password – maintaining dozens of passwords securely is now easier than ever.
- Turn on multi-factor authentication (MFA) wherever it is permitted – this keeps your data safe even if your password is compromised.
- Turn on automatic device, software, and browser updates, or make sure you install updates as soon as they are available.
- Learn how to identify phishing messages, which can be sent as emails, texts, or direct messages.