## Practical Paranoia. macOS 10.13

### Security Essentials

- ✓ The Easiest
- Step-By-Step
- Most Comprehensive
- Guide To Securing Data and Communications
- On Your Home and Office macOS Computer



Practical Paranoia: macOS 10.13 Security Essentials

Author: Marc Mintz

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#### **Dedication**

To Candace,
without whose support and encouragement
this work would not be possible

#### Contents At A Glance

De	dication	3
Co	ntents At A Glance	5
Co	ntents In Detail	7
1	Thank You For Studying Practical Paranoia!	19
2	Introduction	21
3	Data Loss	35
4	Passwords	63
5	System And Application Updates	103
6	User Accounts	115
7	Storage Device	145
8	Sleep And Screen Saver	157
9	Malware	163
10	Firewall	193
11	Firmware Password	205
12	Lost Or Stolen Device	209
13	Local Network	225
14	Web Browsing	271
15	Email	363
16	Apple ID And iCloud	461
17	Documents	479
18	Voice, Video, And Instant Message Communications	527
19	Internet Activity	549
20	Social Media	595

21 When It Is Time To Say Goodbye	659
22 Miscellaneous	671
23 The Final Word	681
macOS 10.13 Security Checklist	683
Revision Log	689
Index	692

De	edicat	ion		3			
Co	ntent	s At A (	Glance	5			
Co	ntent	s In Det	ail	7			
1	Tha	nank You For Studying Practical Paranoia!					
2	Intro	duction		21			
	2.1	Who S	Should Study This Course	22			
	2.2		s Unique About This Course and Book				
	2.3	Why V	Vorry?	25			
	2.4	-	V Check				
	2.5	-	The Author				
	2.6		cal Paranoia Updates				
		2.6.1	Newsletter	30			
		2.6.2	Blog	30			
		2.6.3	Facebook	30			
		2.6.4	Practical Paranoia Paperback Book Upgrades	30			
		2.6.5	Practical Paranoia Kindle Updates	31			
		2.6.6	Practical Paranoia Online Live Student Edition Updates	31			
	2.7 Notes for Instructors, Teachers, And Professors		32				
	2.8 Update Bounty		33				
3	Data						
	3.1	The No	eed for Backups	36			
		3.1.1					
			Carbon Copy Cloner				
		3.1.2	Assignment: Configure Time Machine				
		3.1.3	Assignment: Integrity Test The Time Machine Backup				
		3.1.4	Assignment: Install And Configure Carbon Copy Cloner				
		3.1.5	Assignment: Test Run The First Clone Backup				
		3.1.6	Assignment: Encrypt The Clone Backup				
		3.1.7	Assignment: Integrity Test The Clone Backup	59			
4	Pass	words		63			
	4.1	The G	reat Awakening	64			

	4.2	Strong Passwords	65
		4.2.1 Assignment: Create A Strong User Account Password	
	4.3	Keychain	72
		4.3.1 Assignment: View An Existing Keychain Record	75
	4.4	Challenge Questions	
		4.4.1 Assignment: Store Challenge Q&A In The Keychain	79
		4.4.2 Assignment: Access Secure Data From Keychain	
	4.5	Harden The Keychain	
		4.5.1 Assignment: Harden The Keychain With A Timed Lock	85
	4.6	Synchronize Keychain Across macOS And iOS Devices	
		4.6.1 Assignment: Activate iCloud Keychain Synchronization	88
	4.7	LastPass	92
		4.7.1 Assignment: Install LastPass	
		4.7.2 Assignment: Use LastPass To Save Website Authentication	
		Credentials	
		4.7.3 Assignment: Use LastPass To Auto Fill Website Authentica	tion
			98
	4.8	Password Policies	
		4.8.1 Assignment: Password Policies With macOS Server	99
5	Syst	em And Application Updates	103
	5.1	System Updates	
	0.1	5.1.1 Assignment: Configure Apple System And Application Upd	
		Schedule	
	5.2		
	0.2	5.2.1 Assignment: Install And Configure MacUpdate Desktop	
		5.2.2 Assignment: Application Updates With MacUpdate Desktop	
	5.3	Additional Reading	
6	I I a a a	Accounts	
6			
	6.1	User Accounts	
	0.2	Never Log In As An Administrator	
		6.2.1 Assignment: Enable The Root User	
		6.2.2 Assignment: Login As The Root User	
		6.2.3 Assignment: Change The Root User Password	
		6.2.4 Assignment: Disable the Root User	
		6.2.5 Assignment: Create an Administrative User Account	
		6.2.6 Assignment: Change From Administrator To Standard User	.127

	6.3	Applic	ation Whitelisting And More With Parental Controls	129
		6.3.1	Assignment: Configure A Parental Controls Account	130
		6.3.2	Assignment: View Parental Controls Logs	141
	6.4	Policy	Banner	143
		6.4.1	Assignment: Create A Policy Banner	143
7	Stora	age Dev	ice	145
	7.1		Access To Storage Devices	
		7.1.1	$\mathcal{E}$	
			Device Access	
		7.1.2	Assignment: Enable USB, FireWire, and Thunderbolt St	
			Device Access	
	7.2		ult 2 Full Disk Encryption	
		7.2.1	Assignment: Boot Into Target Disk Mode	
		7.2.2	Assignment: Boot Into Recovery HD Mode	
		7.2.3	Assignment: Boot Into Single-User Mode	
	7.3	7.2.4	Assignment: Enable And Configure FileVault 2	
	7.3		ult Resistance To Brute Force Attack	
	7.4	7.4.1	ely Access And Reboot a FileVault Drive	
			Assignment: Temporarily Disable FileVault	
8			creen Saver	
	8.1		e Password After Sleep Or Screen Saver	
		8.1.1	Assignment: Require Password After Sleep Or Screen S	aver 158
9	Malv	ware		163
	9.1	Anti-M	Ialware	164
		9.1.1	5	
			Only)	168
		9.1.2	$\mathcal{E}$	
			Endpoint Security (Business Users)	
	9.2	Additio	onal Reading	192
10	Firev	vall		193
	10.1	Firewa	11194	
		10.1.1	Assignment: Activate The Firewall	195
		10.1.2	Assignment: Close Unnecessary Ports	198
11	Firm	ware Pa	ssword	205
		EFI Ch		206

		11.1.1	Assignment: Enable The Firmware Password	206
		11.1.2	Assignment: Test The Firmware Password	207
		11.1.3	Assignment: Remove The Firmware Password	207
12	Lost	Or Stole	en Device	209
			y Mac	
		12.1.1		
		12.1.2	Assignment: Use Find My Mac From A Computer	
	12 2	12.1.3 Prey	· · ·	
13		•	rk	225
13			et Broadcasting	
			et Insertion	
			Encryption Protocols	
			s: An Overview	
	15.1	13.4.1		
		13.4.2	· · · · · · · · · · · · · · · · · · ·	
		13.4.3	<del>-</del>	
	13.5		AC Address To Limit Wi-Fi Access	
		13.5.1	Assignment: Restrict Access By MAC Address On An Ap	
			Airport	
		13.5.2	Assignment: Restrict Access By MAC Address To A Non	
			Apple Router	
	13.6	Router	Penetration	
		13.6.1	Assignment: Verify Apple Airport Port Security Configura 259	ation
		13.6.2	Assignment: Verify Non-Apple Airport Router Security	
			Configuration	265
14	Web	Browsii	ng	271
	14.1	HTTPS	3 272	
		14.1.1	Assignment: Install HTTPS Everywhere	274
	14.2	Choose	a Browser	276
		14.2.1	Assignment: Secure Browsing With Brave	277
	14.3	Private	Browsing	
		14.3.1	Assignment: Safari Private Browsing	281
		14.3.2	Assignment: Firefox Private Browsing	283
		14 3 3	Assignment: Google Chrome Incognito Mode	284

14.4	Secure	Web Searches	.286
	14.4.1	Assignment: Make DuckDuckGo Your Safari Search Engin 286	e
	14.4.2	Assignment: Make DuckDuckGo Your Firefox Search Engi	ne
	14.4.3	Assignment: Make DuckDuckGo Your Chrome Search Eng 288	ine
14.5	Clear H	listory	.290
	14.5.1	Assignment: Clear The Safari History	.290
	14.5.2	Assignment: Clear The Firefox Browsing History	.291
	14.5.3	Assignment: Clear The Chrome History	
14.6	Browse	r Plug-Ins	.294
	14.6.1	Assignment: Install TrafficLight Plug-In For Safari	
	14.6.2	Assignment: Install TrafficLight Plug-In For Google Chrom 295	ne
	14.6.3	Assignment: Install TrafficLight For Firefox	.297
	14.6.4	Assignment: Find And Remove Extensions From Safari	.299
	14.6.5	Assignment: Find And Remove Extensions From Chrome	.299
	14.6.6	Assignment: Find And Remove Add-Ons From Firefox	
		lent Websites	
14.8		Track	
	14.8.1	Assignment: Secure Safari	
	14.8.2	Assignment: Secure Firefox	
	14.8.3	Assignment: Secure Chrome	
	14.8.4	Assignment: Install Ghostery For Safari	
	14.8.5	Assignment: Install Ghostery For Chrome	
	14.8.6	Assignment: Install Ghostery For Firefox	
	14.8.7	Assignment: View Your Device Fingerprint	
14.9	Adobe	Flash And Java	
	14.9.1	Assignment: Configure Oracle Java for Automatic Updates	
14.10		cams	
		Recovering From A Web Scam	.330
14.1		333	
		Assignment: Install Tor For Anonymous Internet Browsing.	
		Assignment: Configure Tor Preferences	
		Sites And The Deep Web	
14.13	3Have I	Been Pwned	358

		14.13.1	Assignment: Has Your Email Been Hacked	.358
			Assignment: What To Do Now That You Have Been Breach	
			361	
15	Ema	i1		363
			ller App	
			g	
			Encryption Protocols	
			d SSL With Mail App.	
			Assignment: Determine If Sender And Recipient Can Use T 368	
	15.5	Require	e Google Mail To Be TLS Secured	.371
		15.5.1	Assignment: Configure Google G-Suite Mail For Only TLS	.371
	15.6		With Web Mail	
		15.6.1	Assignment: Configure Web Mail To Use HTTPS	.373
	15.7	End-To	-End Secure Email With ProtonMail	.374
		15.7.1	Assignment: Create a ProtonMail Account	.375
		15.7.2	Assignment: Create And Send An Encrypted ProtonMail En 379	nail
		15.7.3	Assignment: Receive And Respond To A ProtonMail Secure Email	
	15.8	End-To	-End Secure Email With GNU Privacy Guard	.389
		15.8.1	Assignment: Install GPG And Generate A Public Key	.390
		15.8.2	Assignment: Add Other Email Addresses To A Public Key.	.393
		15.8.3	Assignment: Configure GPGMail Preferences	.400
		15.8.4	Assignment: Install A Friend's Public Key	.402
		15.8.5	Assignment: Send A GPG-Encrypted And Signed Email	.403
		15.8.6	Assignment: Receive A GPG-Encrypted And Signed Email	
		15.8.7	Assignment: Encrypt And Sign Files With GPGServices	
	15.9		-End Secure Email With S/MIME	
		15.9.1	Assignment: Acquire A Free Class 1 S/MIME Certificate	.414
		15.9.2	Assignment: Acquire A Class 3 S/MIME Certificate For	
			Business Use	.419
		15.9.3	Assignment: Purchase A Class 3 S/MIME Certificate For	
			Business Use	
		15.9.4	Assignment: Install A Business S/MIME Certificate	
		15.9.5	Assignment: Exchange Public Keys With Others	
		15.9.6	Assignment: Send S/MIME Encrypted Email	.439

	15.10Virtru Email Encryption	442
	15.10.1 Assignment: Create A Free Virtru For Gmail Account	
	15.10.2 Assignment: Send Encrypted Gmail With Virtru	448
	15.10.3 Receive and Reply To A Virtru-Encrypted Email	
	15.11Email Validation with SPF, DKIM, and DMARC	
	15.11.1 Assignment: Configure SPF	
	15.11.2 Assignment: Configure DKIM	457
	15.11.3 Assignment: Sign Email With The Domain Key	
	15.11.4 Assignment: Configure DMARC	
16	Apple ID And iCloud	461
	16.1 Apple ID And iCloud	
	16.1.1 Assignment: Create An Apple ID	
	16.1.2 Assignment: Enable 2-Factor Authentication	467
	16.1.3 Assignment: Sign In To Your iCloud Account	473
	16.1.4 Assignment: Remove A Device From Two-Factor	
	Authentication	476
17	Documents	479
	17.1 Document Security	480
	17.2 Password Protect A Document Within Its Application	481
	17.2.1 Assignment: Encrypt An MS Word Document	
	17.3 Encrypt A PDF Document	
	17.3.1 Assignment: Convert A Document To PDF For Password	
	Protection	
	17.4 Encrypt a Folder For Only macOS Use	
	17.4.1 Assignment: Create An Encrypted Disk image	
	17.5 Encrypt A Folder For Cross Platform Use With Zip	
	17.5.1 Assignment: Encrypt A File Or Folder Using Zip	
	17.5.2 Assignment: Open An Encrypted Zip Archive	
	17.6 Cross-Platform Disk Encryption	
	17.6.1 Assignment: Download And Install VeraCrypt	
	17.6.2 Assignment: Configure VeraCrypt	
	17.6.3 Assignment: Create A VeraCrypt Container	
	17.6.4 Assignment: Mount An Encrypted VeraCrypt Container	520
18	Voice, Video, And Instant Message Communications	
	18.1 Voice, Video, And Instant Messaging Communications	528
	18.2 HIPAA Considerations	530

	18.3	Wire	531	
		18.3.1	Assignment: Install Wire	531
		18.3.2	Assignment: Invite PeopleTo Wire	535
		18.3.3	Assignment: Import Contacts Into Wire	540
		18.3.4	Assignment: Secure Instant Message A Wire Friend	541
		18.3.5	Assignment: Secure Voice Call With A Wire Friend	
		18.3.6	Assignment: Secure Video Conference With A Wire Fri	
19			vity	
	19.1	VPN-V	/irtual Private Network	550
	19.2	Gatewa	ny VPN	551
		19.2.1	Assignment: Search For A VPN Host	555
	19.3		PN	
		19.3.1	Assignment: Create A NordVPN Account	557
		19.3.2	Assignment: Configure IKEv2 VPN With NordVPN	560
	19.4	Resolvi	ing Email Conflicts With VPN	566
	19.5	Mesh V	/PN	567
	19.6	LogMe	In Hamachi	568
		19.6.1	Assignment: Create a LogMeIn Hamachi Account	568
		19.6.2	Assignment: Add Users To A Hamachi VPN Network	581
		19.6.3	Assignment: File Sharing Within A Hamachi VPN Netv	vork 590
		19.6.4	Assignment: Screen Share Within Hamachi VPN	592
		19.6.5	Assignment: Exit the Hamachi VPN Network	593
20			1	
			Me Worry?	
			ing Your Privacy On Social Media	
	20.3		ok	
		20.3.1	$\mathcal{E}$	
		20.3.2	$\mathcal{E}$	
		20.3.3	Assignment: Timeline And Tagging Settings	
		20.3.4	Assignment: Facebook Manage Blocking	
		20.3.5	Assignment: Facebook Public Posts	
		20.3.6	Assignment: Facebook Apps	
		20.3.7	Assignment: What Does Facebook Know About You	619
	20.4	Linked	In	
		20.4.1	Assignment: LinkedIn Account Security	
		20 4 2	Assignment: Find What LinkedIn Knows About You	632

	20.5	Google	635	
		20.5.1	Assignment: Manage Your Google Account Access and	
			Security Settings	635
		20.5.2	Assignment: Enable Google 2-Step Verification	650
			Find What Google Knows About You	
21	Whe	n It Is Ti	me To Say Goodbye	659
			ng a Computer for Sale or Disposal	
		21.1.1	Assignment: Prepare Your Mac For Sale Or Disposal	660
		21.1.2	Assignment: Secure Erase The Drive	664
		21.1.3	Assignment: Install macOS 10.13	669
22	Misc	ellaneou	S	671
			nd Time Settings	
			ment: Configure Date & Time	
			g Hardware Components	
			ll Institute Of Standards And Technology (NIST)	
			NIST-Specific Security Settings	
	22.5		States Computer Emergency Readiness Team (US-CERT).	
			ional Organization For Standardization (ISO)	
23	The 1	Final Wo	ord	681
			nal Reading	
ma	cOS 1	10.13 Se	curity Checklist	683
Re	vision	Log		689
Ind	lex	_		692

# PRACTICAL PARANOIA MACOS 10.13 SECURITY ESSENTIALS

MARC L. MINTZ, MBA-IT, ACTC, ACSP

I am concerned for the security of our great Nation; not so much because of any threat from without, but because of the insidious forces working from within.

-General Douglas MacArthur<sup>1</sup>

#### What You Will Learn In This Chapter

- Ethernet broadcasting
- Ethernet insertion
- Wi-Fi encryption protocols
- Determine your Wi-Fi encryption protocol
- Secure an Apple Airport
- Configure WPA2 on a non-Apple router
- Restrict access by MAC address on an Apple router
- Restrict access by MAC address on a non-Apple router
- Verify Apple Airport security configuration
- Verify non-Apple Airport router security configuration

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<sup>&</sup>lt;sup>1</sup> https://en.wikipedia.org/wiki/Douglas MacArthur

#### 13.1 Ethernet Broadcasting

It is common wisdom that Ethernet is more secure than Wi-Fi. But as with most things we believe, this is not accurate.

There are two security issues with Ethernet: Broadcasting and Insertion. At the most fundamental level, what is happening when data travels through Ethernet is that electrons are traveling along a metal cable. There are two unintended consequences that occur whenever electrons go for a ride—heat generation, and the creation of an electromagnetic field. For our purposes, heat isn't an issue. But the electromagnetic field is.

Sending data through copper wire effectively turns that wire into a very large antenna that is broadcasting your data through radio waves. If you have the right receiver and translation software, you can easily capture every bit of data being sent and received along that cable.

This vulnerability is not something about which the average person or business would or should be concerned. On the other hand, if you or your business requires the utmost in security, it is mandatory to add encryption to your Ethernet network.

Speaking specifically about macOS, computer-to-computer communications are not encrypted, and so are not recommended. When using computer-to-macOS/OS X Server communications, then all communications are encrypted. For business, this means that users should not do file sharing between themselves, but instead copy any file to the Server for others to copy back to their own computers.

#### 13.2 Ethernet Insertion

You would notice if someone came into your home, plugged a computer into your network, and sat there watching data go by. But in the typical business, nobody would notice.

Ethernet and Wi-Fi networks can be protected from unwanted insertions by implementing the 802.1x protocol (often referred to as RADIUS) <a href="https://en.wikipedia.org/wiki/IEEE\_802.1X">https://en.wikipedia.org/wiki/IEEE\_802.1X</a>. This protocol works with both Ethernet and Wi-Fi, mandating that anyone attempting to join the network authenticate with their own personal name and password. This is unlike the typical Wi-Fi authentication that uses the same password for everyone.

To implement 802.1x you need to have either a macOS/OS X, Windows, or Linux Server running within your network, or one of the many other 802.1x appliances that are available. Details on how to configure 802.1x are beyond the scope of this book. Please consult the following for more information:

- OS X Server Administrator Guide<sup>2</sup>
- Jedda<sup>3</sup>
- OS X Server Essentials 10.11<sup>4</sup>
- Microsoft TechNet documentation<sup>5</sup>

<sup>&</sup>lt;sup>2</sup> https://help.apple.com/advancedserveradmin/mac/

<sup>&</sup>lt;sup>3</sup> https://jedda.me/2012/11/configuring-basic-radius-os-108-server/

<sup>&</sup>lt;sup>4</sup> https://www.amazon.com/Support-Essentials-10-11-Supporting-Troubleshooting/dp/013442820X/ref=sr\_1\_1?ie=UTF8&qid=1468196548&sr =8-1&keywords=OS+X+10.11+server

<sup>&</sup>lt;sup>5</sup> https://technet.microsoft.com/en-us/library/hh831831.aspx

#### 13.3 Wi-Fi Encryption Protocols

Right out of the box almost all Wi-Fi base stations are insecure. Anyone that can pick up the signal can connect. This allows them not only to use your bandwidth to access the Internet, but also to see all the other data—such as usernames and passwords—that are travelling on that network. To start securing your Wi-Fi, add strong password protection with encryption.

Although cellular networks do use encryption, the protocol in use has been broken for many years, making it easy for a novice hacker to see all the data passing on it. In addition, it is common practice for police and other government law enforcement agencies to set up their own cellular towers with the purpose of harvesting data.

To prevent your data from being seen while on a cellular network or an unencrypted Wi-Fi network, it is necessary to use VPN (Virtual Private Network) encryption (more on that later.) If the Wi-Fi network is properly encrypted, you should have little concern over the security and privacy of your data.

Below you will find the brief on each of the Wi-Fi encryption protocols.

• WEP<sup>6</sup> (Wired Equivalency Protocol) was the first encryption protocol for Wi-Fi. Introduced in 1999, it was quickly broken, and by 2003 was replaced by WPA and WPA2 (Wi-Fi Protected Access). Any Wi-Fi base station manufactured in the past 5 years will offer WPA and WPA2, in addition to WEP

There is only one reason to ever use WEP—you simply have no other option. Kids driving by your home can likely break into your WEP network before leaving the block.

• **WPA**<sup>7</sup> (Wi-Fi Protected Access) superseded WEP in 2003. Although it is a great advancement, it too has been broken. As with WEP, the only reason to use WPA is that you have no other option.

<sup>&</sup>lt;sup>6</sup> http://en.wikipedia.org/wiki/Wired\_Equivalent\_Privacy

<sup>&</sup>lt;sup>7</sup> http://en.wikipedia.org/wiki/Wi-Fi\_Protected\_Access

• **WPA2**<sup>8</sup> is the only protocol considered secure. WPA2 superseded WPA in 2004. Although in the past year WPA2 has been broken, it is very difficult to do, and with strong passwords or with 802.1x still provides military-grade protection for your wireless networks.

There are two encryption algorithms that can be used—*TKIP* and *AES* (technically known as CCMP, but virtually all vendors refer to it as AES.) TKIP has been compromised and is no longer recommended. If your Wi-Fi device allows the option of AES, use only that. If it only allows for TKIP, trash the unit and purchase a more modern device.

<sup>&</sup>lt;sup>8</sup> http://en.wikipedia.org/wiki/Wi-Fi Protected Access

#### 13.4 Routers: An Overview

The connection point between your Internet Service Provider (ISP) and your Local Area Network (LAN) is most likely a router. A router is a device designed to connect two different types of networks, and provide resources for them to interact

Common brands of routers include: Cisco, Ubiquiti, Mesh, Linksys, Netgear, D-Link, Apple, and the many unbranded devices that Internet Service Providers lease to their customers.

Some newer routers, especially those provided by ISPs are all-in-one units containing several, if not all the components below:

- **Modem**<sup>9</sup>. The hardware that decodes and modulates the signal from your Internet provider to your cable or telephone jack. This is most likely to be a separate component if more than one device exists for your Internet connection.
- Router<sup>10</sup>. A component that runs a specialized program, which allows hundreds of different devices to interact on a network, usually sharing a single IP address to the Internet. Routers use *Network Address Translation* (NAT) to convert and direct Internet traffic from websites to your computer and from your computer to other computers and peripherals on the *Local Area Network* (LAN).
- **Firewall**<sup>11</sup>. Software which inspects data traffic between the internet and internally connected devices
- Intrusion Detection System and Intrusion Prevention System<sup>12</sup>. These features perform deep packet inspection to further protect the network from outside intruders.

<sup>&</sup>lt;sup>9</sup> https://en.wikipedia.org/wiki/Modem

<sup>&</sup>lt;sup>10</sup> https://en.wikipedia.org/wiki/Router (computing)

<sup>11</sup> https://en.wikipedia.org/wiki/Firewall (computing)

<sup>&</sup>lt;sup>12</sup> https://en.wikipedia.org/wiki/Deep\_packet\_inspection

- Network Switch<sup>13</sup>. A hardware component that allows multiple devices to be connected simultaneously and interact with the router
- Access Point<sup>14</sup>. A hardware component that allows tens or hundreds of wireless (Wi-Fi) devices to connect to it.

Every router has at least some basic security controls built in, including the ability to filter out what it thinks are attempts to hack into your network, and the ability to forward specific types of data packets to a specific computer within your LAN, or to point specific types of data packets to a specific computer on the Internet.

Malware, hackers, criminals, and even some government agencies, sometimes attempt to alter these configurations so that either the malware or the perpetrators have an easier time harvesting your data. Because of this, it is wise to routinely inspect the condition of your router. How often is *routine?* Within larger or security-conscious organizations with high-value data, it is common to have a network administrator dedicated to maintaining watch over the status of network equipment. For a small business or household, once every few months wouldn't be too often.

#### 13.4.1 Assignment: Determine Your Wi-Fi Encryption Protocol

You find yourself at a hotel with Wi-Fi and the need to access the Internet. You have the need to ensure that your data is not intercepted. How do you determine if the Wi-Fi network is using WPA or WPA2 instead of WEP? Just attempt to access the network, and the dialog box will tell what protocol is in use.

For this assignment, take yourself to a location that has an available Wi-Fi network. Your own home will do.

<sup>&</sup>lt;sup>13</sup> https://en.wikipedia.org/wiki/Network\_switch

<sup>14</sup> https://en.wikipedia.org/wiki/Wireless access point

1. From the *Wi-Fi* icon in the menu bar, select the target network.

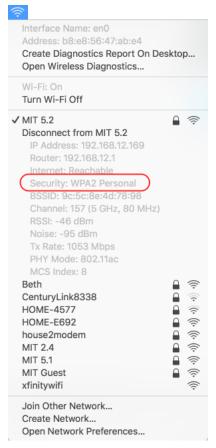


- 2. The authentication window will appear, requesting authentication and informing you of the security protocol.
  - If it does not appear, either the network does not use encryption, or your Keychain may be storing the password from a previous time you were connected.



If you have already connected to the Wi-Fi network and don't recall which security protocol it uses, you can find it from the Wi-Fi menu icon.

3. Hold down the *Option* key while clicking on the Wi-Fi menu icon. The Wi-Fi submenu will display with expanded information, including the encryption protocol in use, if any.



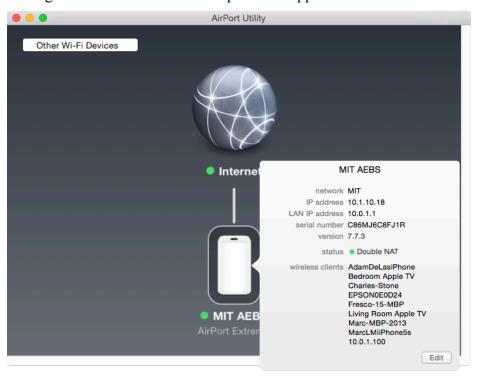
If the protocol is WPA2, life is all rainbows and unicorns. If it is anything else, *everything* you do on that network is clearly visible to others and I strongly recommend not using this network unless you have installed *VPN* software to encrypt your Internet traffic (more on this later.)

#### 13.4.2 Assignment: Secure An Apple Airport Extreme Base Station

Every Wi-Fi base station model has its own unique configuration method. We will detail how to configure your Apple Airport Extreme for WPA2 protection.

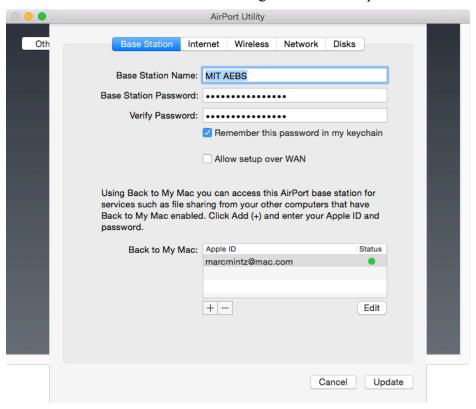
In this assignment, you configure an Apple Airport Extreme base station.

- Note: If in a classroom environment, the instructor will demonstrate while the students observe.
- 1. Open *Airport Utility.app*, located in your */Applications/Utilities* folder. Select the target base station.
- 2. The target base station information pane will appear. Select the *Edit* button.



3. If so prompted, enter the administrator name and password for the base station.

4. Select the *Base Station* tab. Enter a strong administration password here.



AirPort Utility Oth Base Station Internet Wireless Network Disks Network Mode: Create a wireless network Wireless Network Name: MIT Wireless Security: WPA2 Personal Wireless Password: ..... Verify Password: ••••••• Remember this password in my keychain ✓ Enable Guest Network: MIT Guest Guest Network Security: WPA2 Personal Guest Network Password: ..... Verify Password: ••••••• Wireless Options... Cancel Update

5. Select the *Wireless* tab and then configure as follows.

- From the Wireless Security pop-up menu, select *WPA2 Personal*. If you have older wireless equipment, you may need to change this to *WPA/WPA2 Personal* to offer compatibility with your older equipment. Keep in mind that doing so severely compromises your network security.
- In the *Wireless Password* and *Verify* Password fields, enter a strong password.
- 6. Click the *Update* button.
- 7. *Quit* Airport Utility.app.

Congratulations! All traffic across your Wi-Fi network is now securely encrypted.

#### 13.4.3 Assignment: Configure WPA2 On A Non-Apple Router

Although all Wi-Fi routers or base stations are configured differently, most follow a basic template. In this assignment, we will be using an ASUS RT-AC3200. We will assume you are on a network with a similarly managed router.

In this assignment, you configure your Wi-Fi router to use the secure WPA2 protocol.

 Note: If this assignment is performed in a class, the instructor will demonstrate while the students observe.

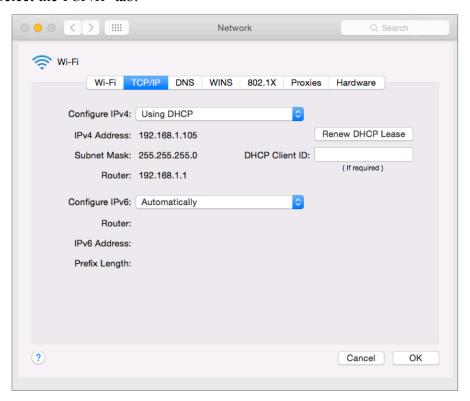
#### Find the IP address of your Wi-Fi router.

1. Open the *Apple* menu > *System Preferences* > *Network*.



- 2. If needed, click the lock icon and authenticate as an administrator.
- 3. Select the *Advanced* button.

4. Select the TCP/IP tab.



- 5. About half way down on the left side you will find the *Router* address. This is your Wi-Fi base station or router IP address.
- 6. Close System Preferences.

#### **Configure Router For WPA2**

- 7. Open a web browser.
- 8. In the URL or Address field, enter the IP address of the Wi-Fi base station or router.

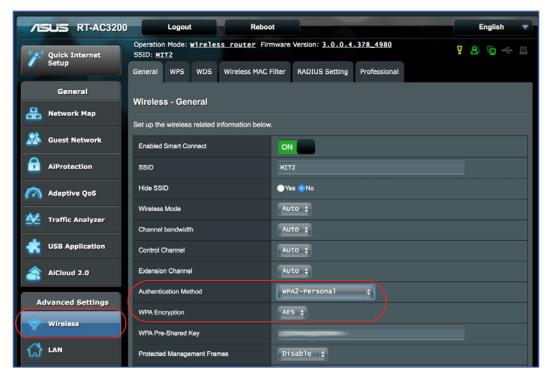
9. At the *Authentication* window, enter the administrator user name and password. This will be the administrator of the router, not of your computer.



10. The router control panel will appear.



11. From the sidebar, select the *Wireless* button. This will display the options available with your Wi-Fi. Of interest to us now is the *Authentication Method* and *WPA Encryption*. Verify that your Wi-Fi is configured to use the *WPA2* protocol. If it isn't, select it now, and then enter your desired strong password to access the network.



- Note: If your router has the option of using either *AES* or *TKIP*, select *AES*. The TKIP encryption scheme has been broken and is easily hacked.
- Note: Although the WPA2 Enterprise is the strongest security (even higher than WPA2), it requires network administrator skills and hardware that are outside the scope of this book.
- 12. If any changes were made, click the *Apply* button to save the changes.
- 13. Close the browser window to exit out of your router.

Congratulations! All traffic on your Wi-Fi is now securely encrypted.

#### 13.5 Use MAC Address To Limit Wi-Fi Access

Every device that can connect to a TCP network has a unique *MAC Address*<sup>15</sup> (Media Access Control). This address specifies the manufacturer of the device, and a device-specific number. Don't go to sleep on me yet! This MAC address can be used with most Wi-Fi base stations to limit what devices can connect to your network.

Although every Wi-Fi base station has a unique interface to filter by MAC address, they all operate on the same principle—either allow anyone with the proper password to gain access to the network, or allow anyone with the proper password *and* proper MAC address access to the network. In this way, you can easily lock down your Wi-Fi to only approved devices. So even if an employee knows the password, they are unable to connect their iPhone or personal computer to the Wi-Fi unless the MAC address for those devices are on the list.

#### 13.5.1 Assignment: Restrict Access By MAC Address On An Apple Airport

In this assignment, you configure your Apple Airport to allow only desired devices to connect.

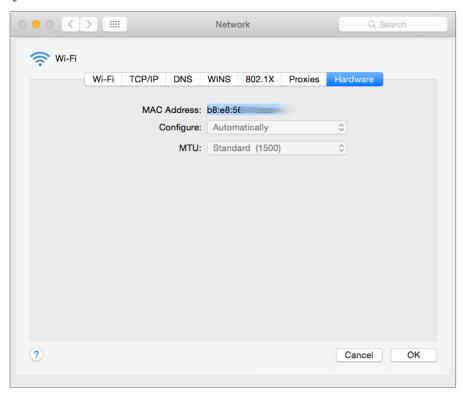
• Note: If this assignment is performed in a class, the instructor will demonstrate while the students observe.

241

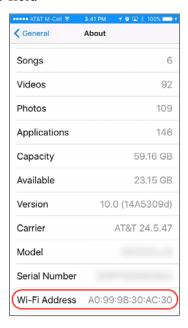
<sup>15</sup> http://en.wikipedia.org/wiki/MAC address

#### Make A List Of Devices Permitted Access To Your Wi-Fi Network

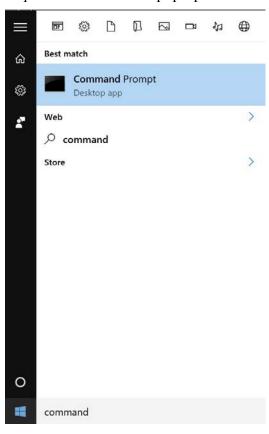
1. The MAC address of a macOS/OS X computer may be found in the *System Preferences > Network > Advanced...* button *> Hardware* tab.



2. The MAC address of an iPhone may be found in the *Settings > General > About > Wi-Fi Address* field



- 3. The MAC address of a Windows device can be found with the ipconfig command in the command prompt.
  - a) In Windows 10, click in the *Search the Web and Windows* field in the bottom left corner, and then enter *command prompt*. Double-click on *Command Prompt* in the *Best match* pop-up.



b) The Command Prompt window appears.

```
Command Prompt

Microsoft Windows [Version 10.0.10586]
(c) 2015 Microsoft Corporation. All rights reserved.

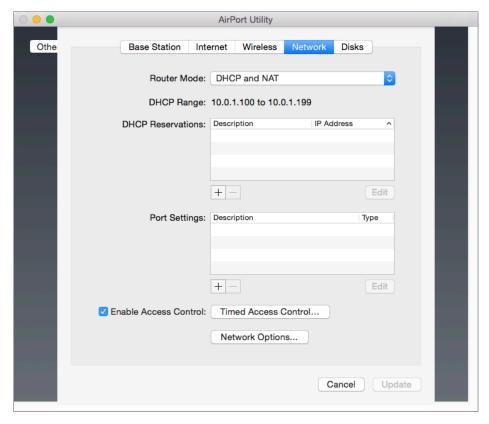
C:\Users\marc>
```

c) Enter ipconfig –all. A listing of all network addresses for the device appears. The MAC address will show as the *Physical Address*.

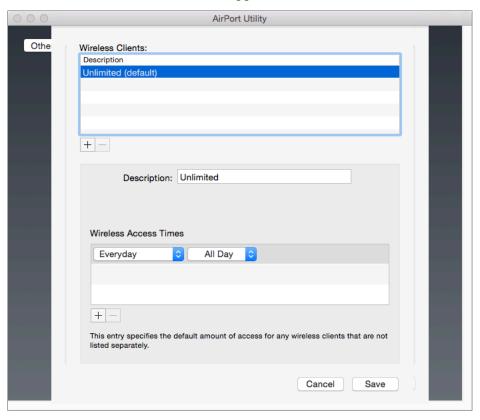
d) Close the Command Prompt.

# **Configure Your Airport To Allow Only These Devices**

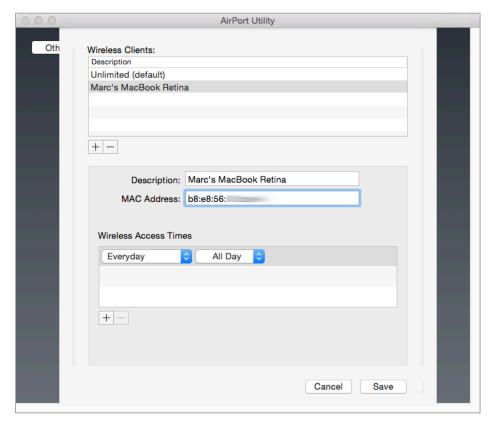
- 4. Launch Airport Utility. Located in the /Applications/Utilities folder.
- 5. Select your *Airport base station*, select the *Edit* button, and if necessary, authenticate for access.
- 6. Select the Network tab, enable the Enable Access Control check box, and then select the Timed Access Control... button.



7. The *Timed Access Control* window appears.



8. At the bottom left of the *Wireless Clients* field, select the + button. Configure as below:



- *Description*: Enter a human-recognizable description of the device to be allowed access.
- *MAC Address*: Enter the MAC address of the device.
- 9. Repeat step 6 for every wireless device to have access to your network.
- 10. Select the Save button.
- 11. Any device not listed will be immediately dropped from your network.
- 12. Quit Airport Utility.

Congratulations! You have secured your wireless network so that only authorized devices are granted access.

# 13.5.2 Assignment: Restrict Access By MAC Address To A Non-Apple Router

In this assignment, you configure a non-Apple wireless router to allow only desired devices to connect. Although every wireless router or Wi-Fi base station is configured differently, they tend to use a similar template. In this example, we will be using an Asus RT-AC3200.

• Note: If this assignment is performed in a class, the instructor will demonstrate while the students observe.

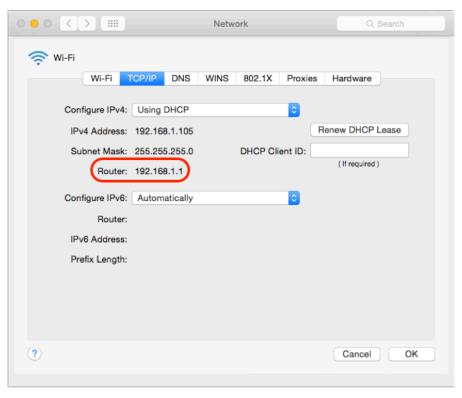
### Find And Record The IP address Of Your Wireless Router

1. Open Apple menu > System Preferences > Network.



- 2. If necessary, unlock the preference.
- 3 Select the *Advanced* button

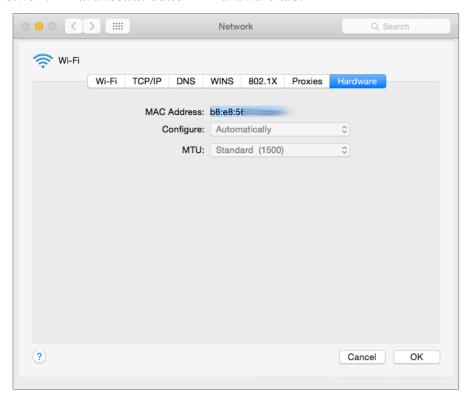
4. Select the *TCP/IP* tab. The wireless router/Wi-Fi base station IP address will be found at the *Router*: field.



5. Quit System Preferences.

# Make A List of Devices Permitted Access To Your Wi-Fi network

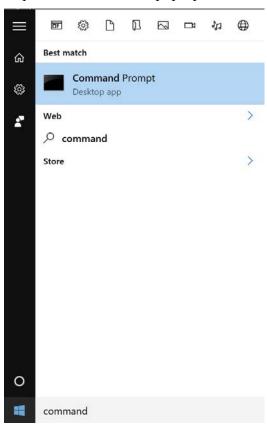
6. The MAC address of a Macintosh may be found in the *System Preferences* > *Network* > *Advanced* ... button > *Hardware* tab.



7. The MAC address of an iPhone may be found in the *Settings* > *General* > *About* > *Wi-Fi Address* field.



- 8. The MAC address of a Windows 10 device can be found with the ipconfig command in the command prompt.
  - a) In Windows 10, click in the *Search the Web and Windows* field in the bottom left corner, and then enter *command prompt*. Double-click on *Command Prompt* in the *Best match* pop-up.



b) The *Command Prompt* window appears.



c) Enter *ipconfig –all*. A listing of all network addresses for the device appears. The MAC address will show as the *Physical Address*.

```
X
Command Prompt
  Autoconfiguration Enabled . . . . : Yes
Tunnel adapter Local Area Connection* 4:
  Connection-specific DNS Suffix .:
  Description . . . . . . . . : Teredo Tunneling Pseudo-Interface
  Physical Address. . . . . . . : 00-00-00-00-00-00-00-E0
  DHCP Enabled. . . . . . . . . . . . No
  Autoconfiguration Enabled . . . . : Yes
 IPv6 Address. . . . . . : 2001:0:5ef5:79fd:3094:37c6:9e84:67b7(Preferred)
Link-local IPv6 Address . . . : fe80::3094:37c6:9e84:67b7%2(Preferred)
  Default Gateway . . . . . . . : ::
  DHCPv6 IAID . . . . . . . . : 167772160
  DHCPv6 Client DUID. . . . . . . : 00-01-00-01-1D-EE-41-E4-00-0C-29-EF-94-53
  NetBIOS over Tcpip. . . . . . : Disabled
 \Users\marc>^Z_
```

d) Close the Command Prompt.

## Create A List In Your Router Of Allowed Devices

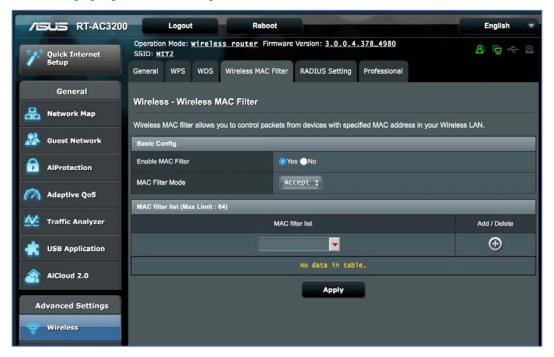
- 9. Launch a web browser.
- 10. Enter the IP address of the wireless router.
- 11. In the *URL* or *Address* field, enter the IP address of the wireless router.
- 12. At the *Authentication* window, enter the user name and password of the router administrator. This is not the administrator of your computer.



- 13. The wireless router control panel will appear.
  - Please keep in mind that all routers—even from the same company—have slightly different interfaces.

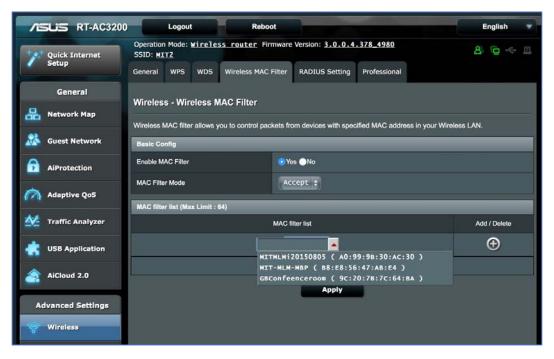


14. From the sidebar select *Wireless*, select the *Wireless MAC Filter* tab, enable the *Yes* radio button for *Enable MAC Filter*, and then set the *MAC Filter Mode* pop-up menu to *Accept*.



15. Clicking the disclosure triangle beneath the *MAC filter list* displays all the devices currently connected to the router via Wi-Fi. Selecting any of these

adds its MAC address to the *MAC filter list*. You may also manually enter a MAC address to this field.



- 16. With a desired MAC address entered in to the *MAC filter list* field, click the *Add/Delete* button to add the device to the list.
- 17. Repeat the previous 2 steps for each device to be allowed onto the Wi-Fi network.
- 18. Click the *Apply* button to save changes.
- 19. Close the browser window to exit out of your wireless router.

Congratulations! You have secured your wireless network so that only authorized devices are granted access.

# 13.6 Router Penetration

The connection point between your Internet provider cable, DSL, fiber, radio, etc. and your Local Area Network (LAN) is a *Router*. A router is a device designed to connect two different types of networks.

Every router has at least some basic security controls built in, including the ability to filter out what it thinks are attempts to hack into your network, and the ability to forward specific types of data packets to a specific computer within your LAN, or to point specific types of data packets to a specific computer on the Internet.

Malware often attempts to alter these configurations so that either the malware or the criminals behind the malware have an easier time harvesting your data. Because of this, it is wise to routinely inspect the condition of your router. How often is "routine?" Within larger and security-conscious organizations, it is common to have a network administrator dedicated to maintaining watch over the status of network equipment. For a small business or household, once every month wouldn't be too often.

Common areas of router penetration include:

- **Port forwarding**<sup>16</sup>: Port forwarding is useful if you have a service such as a web server running that you wish to be accessible from the internet. However, if ports are being forwarded without purpose, the firewall is being bypassed and your internal computers may be visible from the internet.
- **DMZ**<sup>17</sup>: Related to Port Forwarding is the DMZ, or De-Militarized Zone. DMZ is typically used to route *all* external traffic for a specific IP address, regardless of service request, to a specific computer. Unless there is a unique need, it should remain disabled.
- **RAM-Resident Malware:** Some router malware make their home in the RAM of the router. In this way, they can take control of your data traffic without showing in the interface.

<sup>&</sup>lt;sup>16</sup> https://en.wikipedia.org/wiki/Port\_forwarding

<sup>&</sup>lt;sup>17</sup> https://en.wikipedia.org/wiki/DMZ (computing)

• **Firmware**<sup>18</sup>: It is vital to keep the router firmware up to date. Just as with any software, router firmware will always have vulnerabilities. Over time, criminals (including some government organizations) discover how to use these vulnerabilities to their benefit. Keeping the firmware updated helps to stay a step ahead of this problem.

# 13.6.1 Assignment: Verify Apple Airport Port Security Configuration

In this assignment, you verify the integrity of your Apple Airport (Extreme or Express) base station.

• Note: If this assignment is performed in a class, the instructor will demonstrate while the students observe.

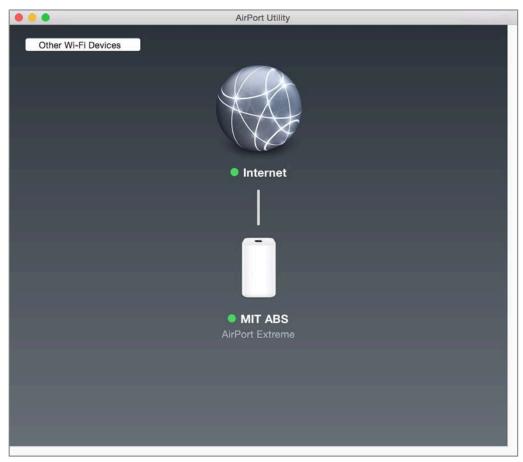
Some malware will make its home in the router RAM. Also, over time router RAM may accumulate corruption. The fix for both issues is the same–power cycling.

- 1. After verifying that all users have disconnected from the Internet and have closed any connections to other devices on the network, pull the power cord from the back of the Apple Airport.
- 2. Wait a minute.
- 3. Plug the power cord back into the Apple Airport. It may take up to two minutes for it to be fully operational.

259

<sup>&</sup>lt;sup>18</sup> https://en.wikipedia.org/wiki/Firmware

4. Open *Airport Utility*, located in *Applications/Utilities*. The main window opens. Click on the target base station (in this example, the *MIT ABS*.)



# Verify There Are No Reported Problems Or Firmware Updates Available

5. In the pop-up window, to the right of *Status*, verify that there are no reported problems and that no update notification is present. If either condition exists, select the associated button to either resolve the issue or update firmware.

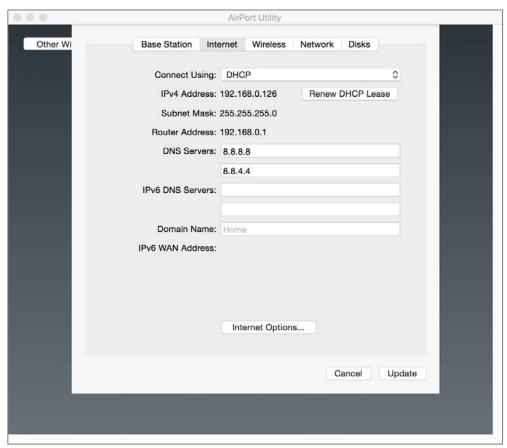


6. If there are no issues, select the *Edit* button.

# **Verify DNS Servers Are Configured Properly**

7. Select the *Internet* tab. Look in the *DNS Servers* fields and verify these are set to the IP address of the servers you wish to use. If you are uncertain, these may be set to:

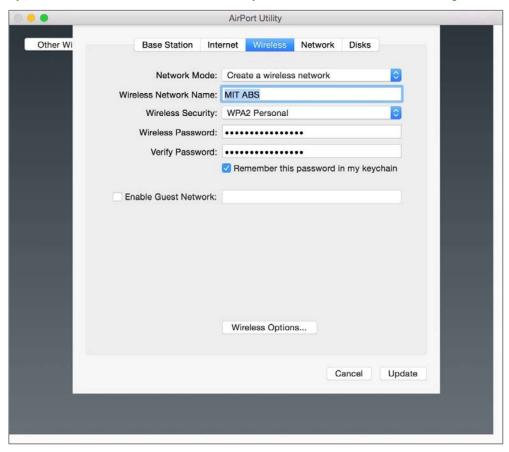
- DNS Servers under the control of your Internet provider. You may contact them for the proper IP addresses.
- DNS Servers under the control of your organization. You may contact your IT department for the proper IP addresses.
- The IP address of your modem (not recommended, as you don't have certainty that the modem has not been compromised.)
- Any of the thousands of free and commercial DNS providers. In this example, we are using Google DNS.



8. If changes to your *DNS Servers* has been made, select the *Apply* button.

# **Verify Encryption Is In Place**

- 9. Select the *Wireless* tab.
- 10. Verify the *Wireless Security* field is set to *WPA2 Personal*, or if you know you have a RADIUS<sup>19</sup> server within your environment, *WPA2 Enterprise*.

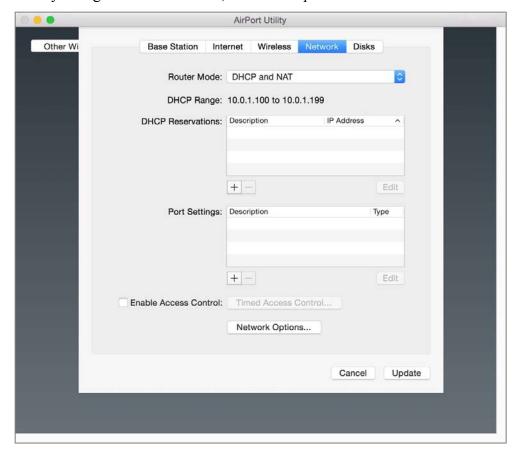


11. If changes have been made, select the *Update* button.

 $<sup>^{19}\</sup> https://en.wikipedia.org/wiki/RADIUS$ 

## **Verify Port Forwarding**

- 12. Select the *Network* tab. If there are any settings in the *Port Settings* area, verify there is a demonstrable business need for them, and that they are pointing to the proper devices. If not, remove them.
- 13. If any changes have been made, select the *Update* button.



14. Quit Airport Utility.

You are in great shape. Be sure to repeat this check at least monthly.

# 13.6.2 Assignment: Verify Non-Apple Airport Router Security Configuration

In the example below, I'm using an ASUS RT-AC3200. Although all routers have a somewhat different interface, most share the same functions.

In this assignment, you verify the security configuration of a non-Apple Router.

• Note: If this assignment is performed in a class, the instructor will demonstrate while the students observe.

## Remove Any RAM-Resident Malware

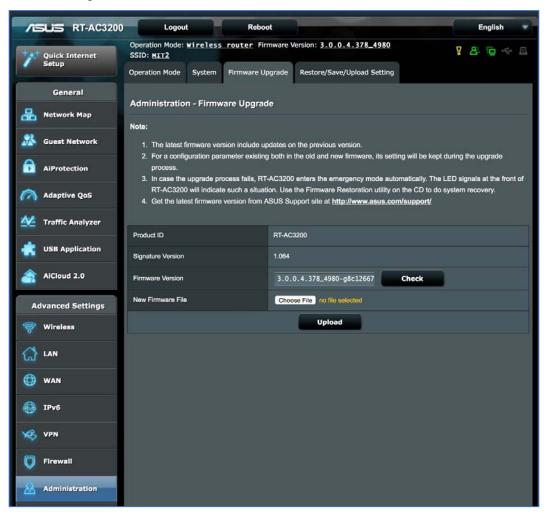
Some malware will make its home in the router RAM. Also, over time router RAM may accumulate corruption. The fix for both issues is the same–power cycling.

- 1. After verifying that all users have disconnected from the Internet and have closed any connections to other devices on the network, power off the router. If yours does not have an on/off switch, pull the power cord from the back of the router.
- 2. Remove the router batteries (if any).
- 3. Wait a minute.
- 4. Insert the router batteries (if any).
- 5. Power on the router. It may take up to 3 minutes for it to be fully operational.
- 6. Open a browser and enter the IP address of your router.
- 7. At the prompt, enter the administrator user name and password.

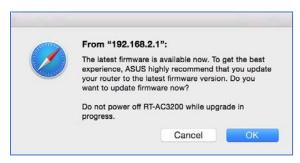
# **Verify Router Firmware Is Up To Date**

- 8. Select *Administration* from the sidebar, and then select the *Firmware Upgrade* tab.
- 9. Scroll down to the *Firmware Version* field. The currently installed version number is listed

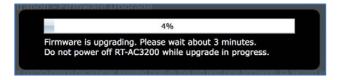
10. To the right of this field is the *Check* button. Select it.



11. A dialog box will display, stating either the firmware is up to date, or a new version is available.



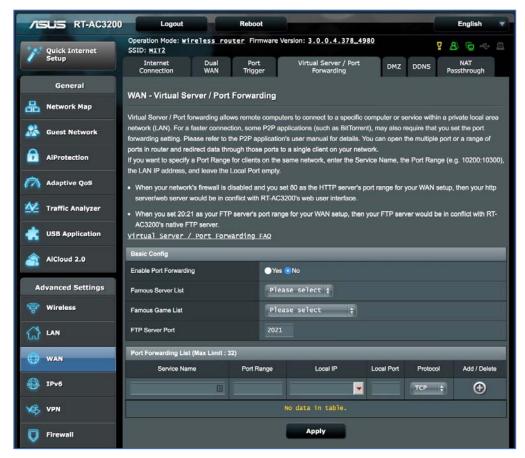
- 12. In this example, there is a more recent version, so we will select the *OK* button to download and install the update. If there is no new version available, exit the browser.
- 13. Note: During the download/install, the router will be offline, breaking Internet access for all on the network.
- 14. The firmware is downloaded.



15. When the download/install completes, you may exit the browser.

# **Verify No Unnecessary Port Forwarding**

16. In the sidebar select *WAN*, select the *Virtual Server/Port Forwarding* tab, scroll down to the *Basic Config* area. View if *Enable Port Forwarding* is set to *Yes*. If it is, verify there is a demonstrable business need for this feature to be on. More information will be found in the next step.

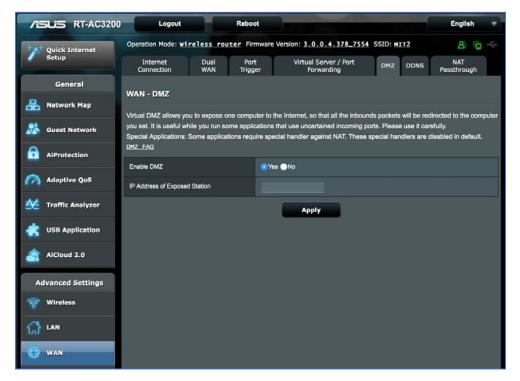


- 17. Scroll further down to the *Port Forwarding List* area. If Port Forwarding is turned on, this area will list which network services are being routed to which devices. Verify there is a demonstrable business need for this configuration. If not, then turn *Enable Port Forwarding* to *No*.
- 18. Select the *Apply* button.

## **Verify DMZ Configuration**

Similar to Port Forwarding is *DMZ*. When *DMZ* is enabled, all inbound packets are routed to that device. This allows a single device on your network to be accessible from the Internet. This presents a very high level of vulnerability for that device. Unless there is a demonstrated business need for this function, and adequate steps have been taken to prevent unwanted penetration, turn *DMZ* off.

19. From the router control panel sidebar, select *WAN*, and then select the *DMZ* tab.



- 20. Scroll down to the *Enable DMZ* area. If it is set to *Yes*, verify there is a demonstrable business need for this function. The next step will provide additional information.
- 21. Below *Enable DMZ* is *IP Address of Exposed Station*. If *DMZ* is enabled, verify there is a true need for it based on this device. If not, set *Enable DMZ* to *No*.
- 22. If changes were made, select the Apply button.

# 23. Exit the browser.

Congratulations, your router is in great shape. Remember to perform this same checkup at least monthly.

Distrust and caution are the parents of security.

-Benjamin Franklin<sup>1</sup>

# What You Will Learn In This Chapter

- Install HTTPS Everywhere
- Choose a browser
- Enable private browsing
- Enable secure web searches
- Clear browser history
- Install browser plug-ins
- Find and remove browser extensions
- Detect fraudulent websites
- Issues with Adobe Flash and Java
- Recover from a web scam
- Install Tor for anonymous browsing
- Find if you've been pwned

271

<sup>&</sup>lt;sup>1</sup> https://en.wikipedia.org/wiki/Benjamin Franklin

## **14.1 HTTPS**

Due to an extraordinary marketing campaign, everyone knows the catchphrase: *What happens in Vegas, stays in Vegas*. With few exceptions, web surfers think the same thing about their visits.

Most websites use HTTP<sup>2</sup> (Hypertext Transport Protocol) to relay information and requests between user and website and back again. HTTP sends all data in clear text–anyone snooping on your network connection anywhere between your computer and the web server can easily see everything that you are doing.

Typically, the only exceptions you will come across are financial and medical sites, as they are mandated by law to use HTTPS<sup>3</sup> (Hypertext Transport Protocol Secure). HTTPS uses the SSL<sup>4</sup> (Secure Socket Layer) encryption protocol to ensure that all traffic between the user and server is military-grade encrypted.

• Note: With the recent changes in Google Search Engine Optimization<sup>5</sup> (SEO) guidelines that give a higher priority to HTTPS sites, it will soon become common for sites to use encryption.

Although it is unlikely that you would ever be in the position to enter your password or bank account into an unsecure web page, you are almost guaranteed to enter your identity information, such as full name, address, phone number, and social security number. It is effortless for an identity thief to copy this information.

Anytime that you visit a web page that is secured using https, it will be reflected in the URL or address field of your web browser.

In the following example, I visit Wikipedia.org by entering <a href="http://www.wikipedia.org">http://www.wikipedia.org</a> in my browser address field:

<sup>&</sup>lt;sup>2</sup> https://en.wikipedia.org/wiki/Hypertext Transfer Protocol

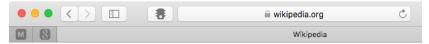
<sup>&</sup>lt;sup>3</sup> https://en.wikipedia.org/wiki/HTTPS

<sup>&</sup>lt;sup>4</sup> https://en.wikipedia.org/wiki/Transport\_Layer\_Security

<sup>&</sup>lt;sup>5</sup> https://en.wikipedia.org/wiki/Search\_engine\_optimization



In the next example, I visit Wikipedia again, but this time I enter <a href="https://www.wikipedia.org">https://www.wikipedia.org</a> in the address field:



Note how the address field reflects that I am now connected securely by displaying https and the *Lock* icon. Each browser will indicate security slightly differently–some displaying just the https, some just the lock.

• Note: As of this writing, Wikipedia has implemented automatic forwarding from HTTP to HTTPS, so if you enter <a href="http://wikipedia.org">http://wikipedia.org</a>, you are automatically forwarded to <a href="https://wikipedia.org">https://wikipedia.org</a>.

Now that I am connected securely to Wikipedia, snoops will not be able to see my actions. However, they still can see that I am connected to Wikipedia. If you would like to shield yourself completely, continue reading to our chapter on using a Virtual Private Network (VPN.)

Having to remember to connect via HTTPS for each web page is an impossible task. First, you have other, more important items to store in your synapses. Second, many websites do not have an HTTPS option, resulting in many error pages and wasted time during the day.

There are two options to resolve this:

- Automate the attempt to connect to sites via HTTPS
- Encrypt your entire online session using VPN

Using VPN is covered in a later chapter. Automating the attempt to connect via HTTPS is both easy and free. All it requires is a freeware plug-in, *HTTPS Everywhere*.

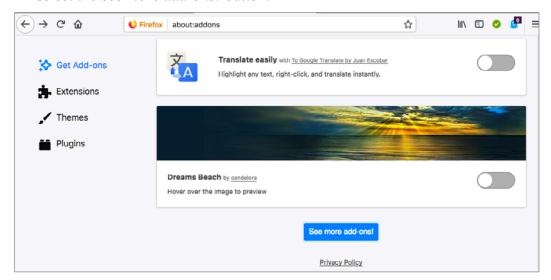
HTTPS Everywhere is available for Firefox, Opera, and Chrome. Unfortunately, this currently leaves Safari users without the option. If you are happy to use either of these two browsers instead of Safari, there is no reason not to install HTTPS Everywhere!

# 14.1.1 Assignment: Install HTTPS Everywhere

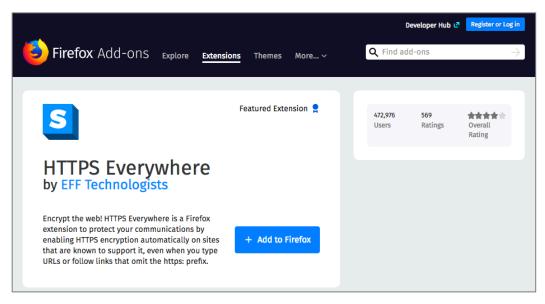
HTTPS Everywhere is available for Firefox, Opera, and Chrome.

In this assignment, you install HTTPS Everywhere into Firefox.

- 1. If the Firefox browser is not currently installed, open Safari, and the go to <a href="http://firefox.com">http://firefox.com</a> to download Firefox.
- 2. Open Firefox.
- 3. Select the *Tools* menu > *Add-ons*.
- 4. Select *Get Add-ons* from the sidebar, scroll to the bottom of the page, and then select the *See more add-ons!* button.



5. In the *Search* field, enter *https everywhere*, and then press the *Return* key. Matching items will appear below.



- 6. Select the Add to Firefox. HTTPS Everywhere will download.
- 7. At the *Add HTTPS Everywhere?* confirmation window, select the *Add* button, and then the *OK* button.
- 8. HTTPS Everywhere is now installed in Firefox.

You can repeat this process for Chrome and Opera.

# 14.2 Choose a Browser

There many web browsers available on the market, with each placing a different emphasis on various features. The most popular browsers for macOS are Safari, Mozilla Firefox, and Google Chrome. Safari is included with macOS, while Chrome and Firefox are available as free downloads. Why might you want to replace Safari with another browser? Chrome integrates tightly with Google's own services, offering features such as direct voice translation and an ultraminimalistic interface. Firefox touts itself as the most privacy-respecting browsers, and while that is a subjective claim, Firefox does not transmit your data to Google or any other 3<sup>rd</sup> party company every time you search using the address bar box. While Google considers this "non-identifying information", IP addresses are identifying at the Internet Service Provider level. This functionality can be changed, and with some tweaking, it is possible to make Chrome more privacy focused.

Browser	Platform	Price	Notable Features	Privacy
Brave	Android, iOS, macOS, Linux, Windows	Free	Speed	High
			Built-in HTTPS Everywhere	
			Malware protection	
			Ad block	
Chrome	Android, iOS, Linux, macOS, Windows	Free	Speed	Fair
			Google Services Integration	
			History and Bookmarks can be shared between your devices running Chrome	
Edge	Windows 10	Free (included with Windows 10)	Active X	Fair
			Windows Integration	
Firefox	Android, iOS, Linux, macOS, Windows	Free (Open Source)	Add-ons	Good
			Privacy	
			History and Bookmarks	

			can be shared between your devices running Firefox	
Safari	macOS, iOS	Free (included with macOS/OS X and iOS)	History and Bookmarks can be shared between all your macOS and iOS devices	Good

# 14.2.1 Assignment: Secure Browsing With Brave

Brave was designed to be the most secure browser available. It includes antimalware, ad-blocking, HTTPS Everywhere.

In this assignment, you install the Brave browse to help ensure a more secure browsing experience.

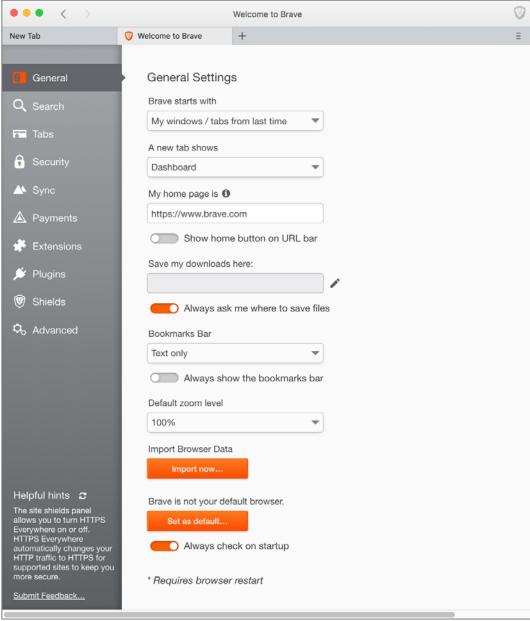
## **Download Brave**

- 1. Open a web browser, and then surf to https://www.brave.com
- 2. Click the *Download* button.
- 3. At the *Download Brave* page, select *Download Brave*. Brave will download to your computer.
- 4. Double-click to open the *Brave.dmg* file.
- 5. Drag Brave into your Applications folder.

# **Configure Brave**

- 6. Open the Brave browser.
- 7. Select the *Brave* menu > *Preferences*.

8. From the sidebar, select General.



9. Scroll down, and then select the *Import Now*... button.

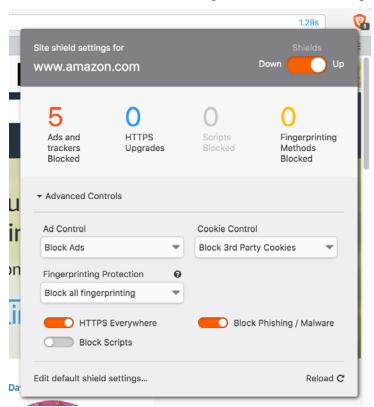
- 10. Select what data and settings you want to import, and then select the *Import* button.
- 11. Configure the rest of the *General* settings to your taste.
- 12. From the sidebar, select *Search*.
- 13. From the list of search engines, select *DuckDuckGo*.
- 14. Configure the rest of the *Search Engines* settings to your taste.
- 15. From the sidebar, select *Tabs*, and then configure to your taste.
- 16. From the sidebar, select *Security*.
- 17. Scroll to the bottom of the page, and then enable *Do Not Track*.
- 18. Enable Strict Site Isolation.
- 19. Configure the rest of *Security* page to your taste.
- 20. You may be prompted to restart Brave to enable these settings. Do so now.
- 21. Select and configure to your taste the *Sync, Payments, Extensions*, and *Plugins* pages.
- 22. From the sidebar, select Shields.
- 23. From the Ad Control pop-up menu, select Block Ads.
- 24. From the *Cookie Control* pop-up menu, select either *Block 3<sup>rd</sup> Party Cookies*, or *Block All Cookies*.
- 25. From the *Fingerprinting Protection* pop-up menu, select *Block All Fingerprinting*.
- 26. Enable HTTPS Everywhere.
- 27. Leave *Block Scripts* disabled. Unfortunately, most sites requires scripts to run properly.
- 28. Enable *Block Phishing / Malware*.
- 29. Enable Display block count badge on shields button.
- 30. From the sidebar, select Advanced.
- 31. Enable *Use hardware acceleration when available*.
- 32. Enable Enable Smooth Scrolling.

- 33. Configure the rest of the *Advanced* page to your taste.
- 34. You may be prompted to restart Brave to enable these settings. Do so now.
- 35. Once restarted, you are ready to surf the web.

### **Customizing For Each Website**

Brave can be customized on a site-by-site basis.

- 36. With Brave open, visit a website (in my example, Amazon.com).
- 37. The Brave Shield in the top right corner display how many trackers have been blocked.
- 38. Click the Brave Shield. The Shield configuration window will open.



39. If a website is behaving poorly due to the default Brave settings, this is where you can create a custom setting for this site.

# 14.3 Private Browsing

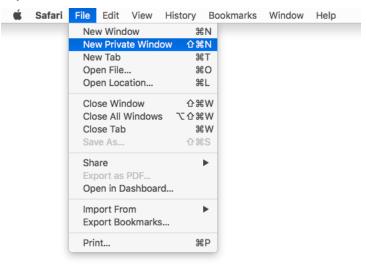
Private Mode (Safari), Private Browsing (Firefox), and Incognito Mode (Chrome), are features that prevent any normally cached data from being written to storage while using a browser. This data includes browsing history, passwords, user names, list of downloads, cookies, and cached files. This is an essential tool if you work on a computer where your account is shared (what's with that?.), or if there is the possibility that someone else will examine your browsing habits. This does not prevent your company IT department or Internet Provider from seeing or recording your browsing habits.

### 14.3.1 Assignment: Safari Private Browsing

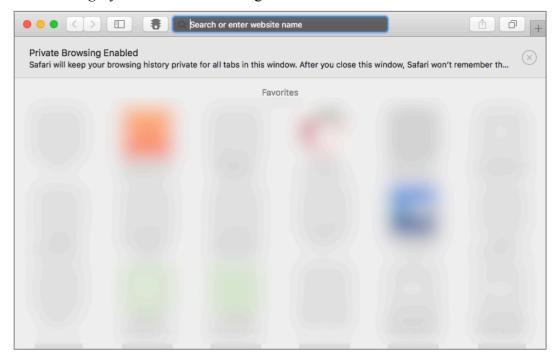
Before we secure your website travels from roaming eyes out on the Internet, we should first be secure from the roaming eyes on the home front. If you have secured your computer to this point, including: Strong password, nobody else has access to your account, your *System Preferences* > *Security & Privacy* are set to *Require password after sleep or screen saver begins*, it is unlikely that you also need to implement *Safari Private Browsing*. But just in case...

In this assignment, you enable Private Browsing within Safari

1. From the Safari File menu, select New Private Window.



2. A new Safari window will appear. You can see that you are in *Private Browsing* by the *Search* field being dark.

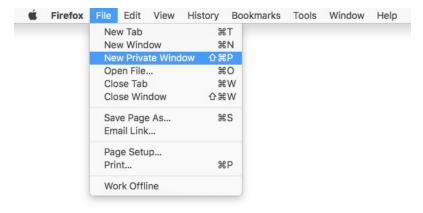


Sites that are visited from within this window will leave no trace in the *History*, and cookies are not shared with any other browsing windows.

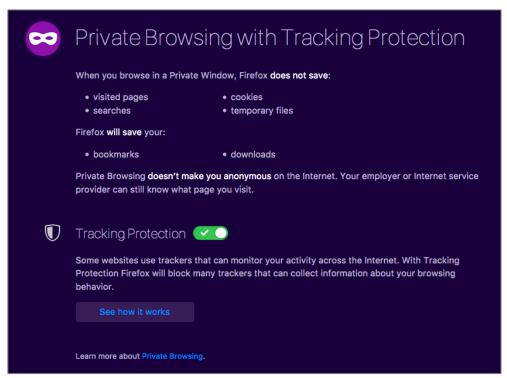
## 14.3.2 Assignment: Firefox Private Browsing

If you prefer Firefox to Safari, then let us enable its private browsing.

- 1. Launch Firefox.
- 2. Select the Firefox *File* menu > *New Private Window*.



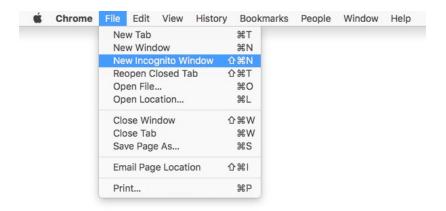
- 3. A new *Private Window* opens, informing that you are now, well, browsing privately.
  - Note: A Firefox *Private Window* will display a mask icon in the left side of a private tab, and in the top right corner of a private window.



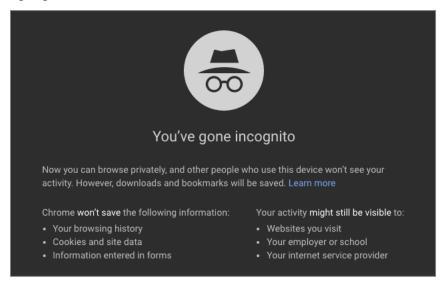
## 14.3.3 Assignment: Google Chrome Incognito Mode

If your preference leans toward Google Chrome, you can enable its *Incognito Mode*.

- 1. Launch Google Chrome.
- 2. Select the *File* menu > *New Incognito Window*.



- 3. A new *Incognito Window* opens, informing that you have now, gone incognito.
  - Note: A Chrome *Incognito Window* will display the incognito icon in the top right corner, and the title bar will turn dark.



#### 14.4 Secure Web Searches

With most web browsers, when performing a search, the search criteria and sites visited are collected and stored by the search engine. The Cookies assigned from one website can communicate with other sites and webpages you open. Also, most search engines record your searches and build a profile of your search history so that your search results will be unique and tailored to your interests.

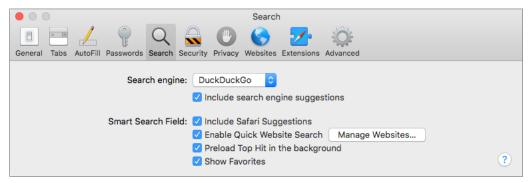
Not so with the *DuckDuckGo* search engine. DuckDuckGo's policy is that it keeps no information on user searches, nor does it track search queries via IP addresses. Subsequently, all search results are identical for everyone.

Starting with OS X 10.10, Safari offers the option to make DuckDuckGo your default search engine. This is a big step towards providing a better level of privacy on the Web.

### 14.4.1 Assignment: Make DuckDuckGo Your Safari Search Engine

In this assignment, you change the default Safari search engine from Google to the secure search engine DuckDuckGo.

- 1. Open Safari.
- 2. Open the *Safari* menu > *Preferences*.
- 3. Select the *Search* icon from the Toolbar.
- 4. From the *Search Engine* pop-up menu, select *DuckDuckGo*.



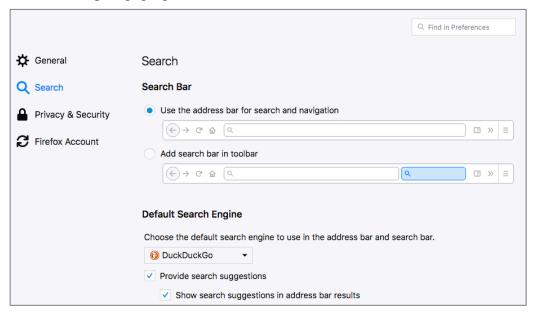
5 Close the Preferences window

From now on, your default search engine for Safari will be *DuckDuckGo*, hiding your search activities.

## 14.4.2 Assignment: Make DuckDuckGo Your Firefox Search Engine

In this assignment, you change the default Firefox search engine to the secure DuckDuckGo.

- 1. Open Firefox.
- 2. Select the *Firefox* menu > *Preferences*.
- 3. Select *Search* from the sidebar, and then select *DuckDuckGo* from the *Default Search Engine* pop-up menu.



4 Close the Preferences window

From now on, your default search engine for Firefox will be *DuckDuckGo*, hiding your search activities.

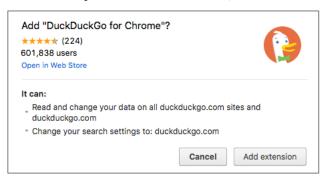
## 14.4.3 Assignment: Make DuckDuckGo Your Chrome Search Engine

In this assignment, you change the default Chrome search engine to DuckDuckGo.

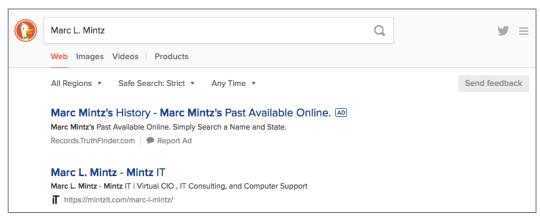
- 1. Open Chrome.
- 2. Go to https://duckduckgo.com.
- 3. On the DuckDuckGo home page, select Add DuckDuckGo to Chrome.



4. At the Add DuckDuckGo for Chrome? Window, select Add Extension.



5. To verify DuckDuckGo is the new default search engine, perform a search in Chrome. Note the Duck logo.



From now on, your default search engine for Chrome will be *DuckDuckGo*, hiding your search activities.

# 14.5 Clear History

By default, every browser maintains a full history of every site you have visited. Should someone gain access to your device, they will be able to view your browsing history.

You just realized that: 1) Your mother is coming over, 2) you have been naughty on the web all day, 3) you did not turn on Private Browsing, and 4) your mom will feel insulted if you insist that an account for her must to be created instead of accepting her protest: *Oh*, baby, I only need to check my AOL email. Just let me get on your account for a minute.

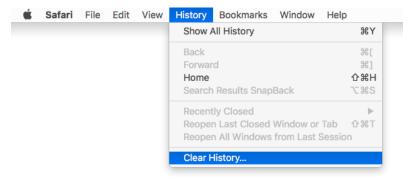
Is it time to panic?

Not yet! You can erase your entire (steamy) browsing history in one click.

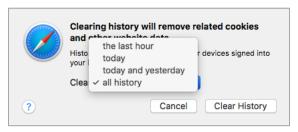
### 14.5.1 Assignment: Clear The Safari History

In this assignment, you clear your entire browsing history in Safari.

- Note: Be forewarned, there is no recovery from this action. If you wish to keep your history, pass on this assignment.
- 1. Open Safari, and then select the *History* menu > *Clear History* ...



2. A dialog box opens asking for what time frame you wish to clear your history. Make your selection, and then select the *Clear History* button.



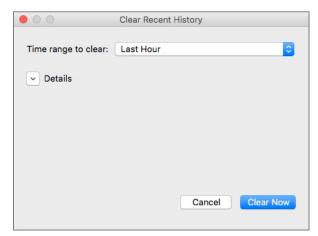
The Safari history is now cleared as you defined.

## 14.5.2 Assignment: Clear The Firefox Browsing History

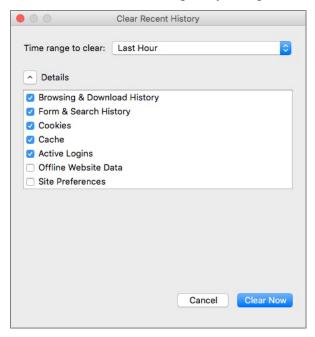
In this assignment, you clear your Firefox browsing history.

Note: Be forewarned, there is no recovery from this action. If you wish to keep your history, pass on this assignment.

- 1. Open Firefox.
- 2. Select the *History* menu > *Clear Recent History*... The *Clear All History* window opens.



3. Select the *Details* disclosure button to expand your options.



- 4. Select the *Time range to clear*, which history items are to be cleared, and then click the *Clear Now*.
- 5. Close the Clear Recent History window.

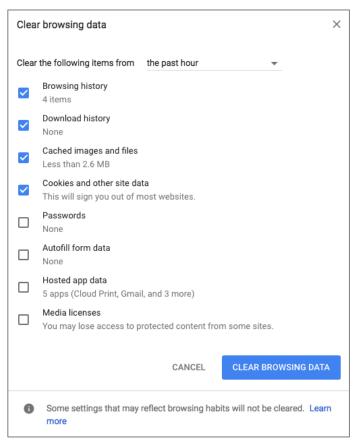
The Firefox history is now history.

## 14.5.3 Assignment: Clear The Chrome History

In this assignment, you clear your browsing history in Chrome.

- Note: Be forewarned, there is no recovery from this action. If you wish to keep your history, pass on this assignment.
- 1. Open Chrome.

2. Select the *Chrome* menu > *Clear Browsing Data*... The *Clear Browsing Data* window opens.



3. Select which items are to be cleared, and then click the *Clear Browsing data* button.

Done!

# 14.6 Browser Plug-Ins

One of the great advances in personal computer software development was the concept of plug-ins or extensions<sup>6</sup>. These small strings of code add functionality to the host application. In the case of web browsers, this may be anything from the ability to encrypt web-based email, to viewing proprietary video formats.

The bad news about plug-ins is that they run with the full power of the host application. This means that a malicious plug-in may have the power to secretly redirect your web browser to fake websites (such as a phony copy of your bank), or harvest all your passwords, monitor your purchases, etc.

There are many malicious plug-ins. It is vital to only install those plug-ins that you need to install, to know which plug-ins are installed, and to rid yourself of unnecessary plug-ins.

### 14.6.1 Assignment: Install TrafficLight Plug-In For Safari

In this assignment, you search for extensions for Safari, and then install the *TrafficLight* anti-malicious website extension.

- Note: Prior to macOS 10.13, Safari Extensions were found in a separate area of the Apple website. Starting with macOS 10.13, Safari Extensions are moving to the Mac App Store. As of this writing, Apple was in transition with how to acquire and install Safari Extensions, with almost all Safari Extensions still found on the Apple site, and none on the Mac App Store.
- 1. Open Safari.
- 2. Select the *Safari* menu > *Safari Extensions*... The *Safari Extensions* page opens. Scroll down to see the featured Extensions located on the Apple Safari Extensions site. You may also search for Extensions in this area.
- 3. Assuming Apple will quickly migrate Extensions to the Mac App Store, Select *Go to the Mac App Store*.

<sup>&</sup>lt;sup>6</sup> https://en.wikipedia.org/wiki/Plug-in\_(computing)

- 4. The Mac App Store opens to *Safari Extensions*. Select the *Popular, Recent*, or *Categories* links to explore the available *Safari Extensions*.
- 5. Explore and review some of the available extensions.
- 6. In the *Search* field, enter *TrafficLight*, and then tap the *Return* key. The *TrafficLight from Bitdefender* page opens. TrafficLight is a browser extension that adds protection from malicious websites. If you happen upon a compromised or malicious site, it will alert you and provide a button to back out of the site before your system is penetrated.
- 7. Select the *Install now* link located under the description of TrafficLight.
- 8. When installation completes, you will see a traffic light icon in your Safari tool bar.

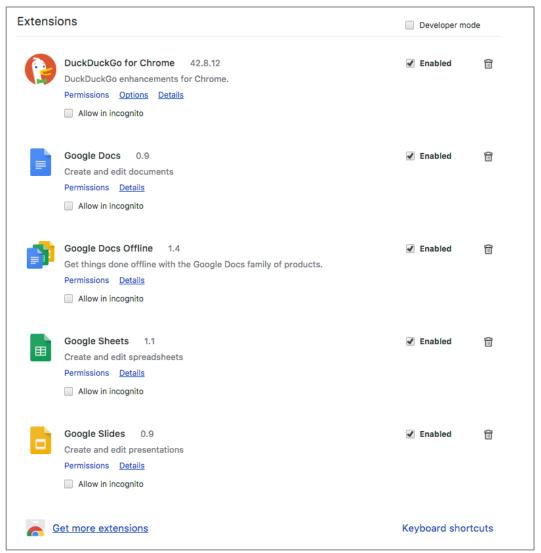


## 14.6.2 Assignment: Install TrafficLight Plug-In For Google Chrome

In this assignment, you search for extensions for Chrome, and install the *TrafficLight* anti-malicious website extension.

1. Open Google Chrome.

2. Select the *Menu* icon (3 lines at the right edge of the tool bar) > *More Tools* > *Extensions*. Any currently installed extensions will display.



- 3. Scroll to the bottom of the page, and then select Get *More Extensions*.
- 4. Explore the available extensions.

5. In the sidebar, select *Extensions*, in the *Search the store* field, enter *TrafficLight*, and then tap the *Return* or *Enter* key. The results page appears.



- 6. In the *TrafficLight offered by trafficlight Bitdefender* area, select the *Add To Chrome* button. If prompted to confirm, confirm the addition.
- 7. At the *Add TrafficLight?* Window, select *Add extension*.
- 8. Once installed, you will see the TrafficLight icon in the Chrome tool bar–a green dot.

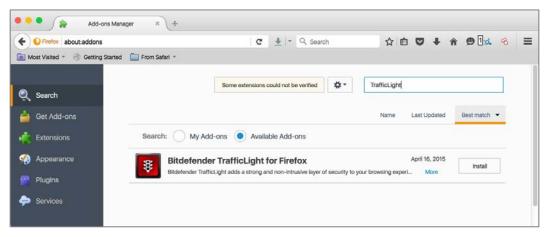


## 14.6.3 Assignment: Install TrafficLight For Firefox

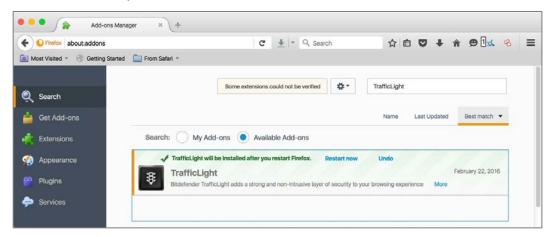
In this assignment, you search for plug-ins for Firefox, and install the *TrafficLight* anti-malicious website extension.

- 1. Open Firefox.
- 2. Select the *Menu* menu (3 lines at the right edge of the tool bar) > *Add-ons*.
- 3. Select Get Add-ons from the left sidebar.
- 4. Explore the available add-ons.

5. In the *Search all add-ons* field, enter *TrafficLight*, and then tap the *Return* key. The results page appears.



- 6. In the Bitdefender TrafficLight for Firefox area, select the Install button.
- 7. At the confirmation window, confirm OK.
- 8. Once installed, select the Restart now link.



9. Once installed, you will see the TrafficLight icon in the Chrome tool bar–a green dot.



### 14.6.4 Assignment: Find And Remove Extensions From Safari

In this assignment, you see the installed Safari Extensions, determine if they are what you need, and remove those that are not needed.

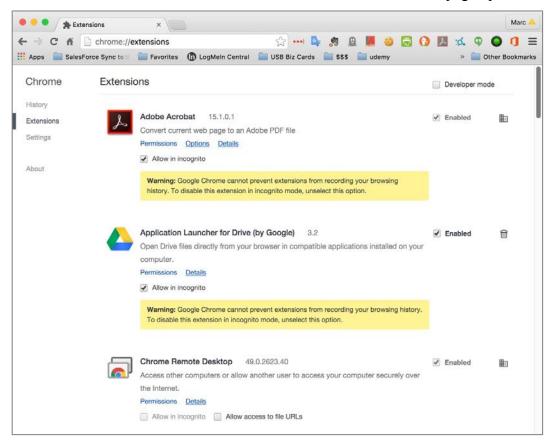
- 1. Open Safari.
- 2. Select the *Safari* menu > *Preferences*.
- 3. From the Preferences tool bar, select *Extensions*.
- 4. All currently installed Extensions will display in the sidebar.
- 5. If you see any Extensions that you do not remember installing, perform an Internet search to discover what they do, and if they present a vulnerability.
- 6. If you determine you don't want any Extensions installed, select the target Extension in the sidebar, and then select the *Uninstall* button under the target extension.

## 14.6.5 Assignment: Find And Remove Extensions From Chrome

In this assignment, you see the installed Chrome Extensions, determine if they are what you need, and remove those that are not needed.

1. Open Chrome.

- 2. Select the *Menu* menu (3 lines at the right edge of the tool bar) > *Settings*.
- 3. Select Extensions from the left sidebar. The Chrome Extensions page opens.

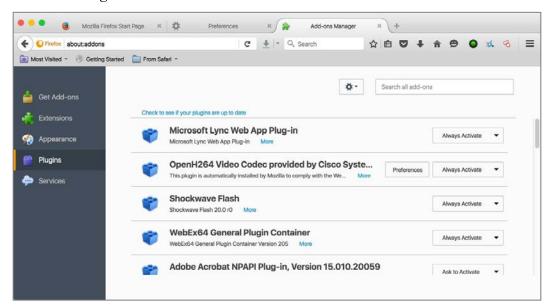


- 4. If you see any Extensions that you do not remember installing, perform an Internet search to discover what they do, and if they present a vulnerability.
- 5. If you determine you don't want any Extensions installed, click the *Trash* icon to the far right.

# 14.6.6 Assignment: Find And Remove Add-Ons From Firefox

In this assignment, you see the installed Firefox Extensions, determine if they are what you need to be installed, and remove those that are not needed.

- 1. Open Firefox.
- 2. Select the *Menu* menu (3 lines at the right edge of the tool bar) > *Add-ons*.
- 3. Select *Extensions* from the left sidebar.
- 6. If you see any Extensions that you do not remember installing, perform an Internet search to discover what they do, and if they present a vulnerability.
- 7. If you determine you don't want any Extensions installed, click the *Remove* button to the far right.
- 8. Select *Plugins* from the left sidebar.

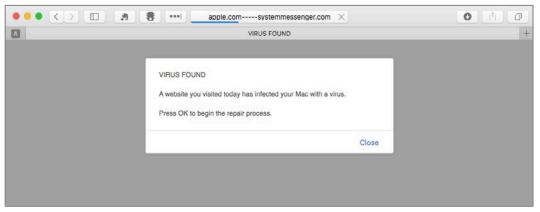


9. Perform an Internet search on any plugins that are unfamiliar to you. If you determine you don't want one active, select *Never Activate* from the pop-up menu to the far right.

### 14.7 Fraudulent Websites

As of this writing, there are over 1,000,000,000 active websites<sup>7</sup>. Within that, there may be millions of fraudulent websites. Of the diverse types of fraud found on the Internet<sup>8</sup>, among the most common are websites that misrepresent who they are. This may be in the form of appearing like Bank of America, but with a URL of perhaps http://bankofamerica.cm, instead of the true http://bankofamerica.com. In this case, the criminal is hoping for someone to make the typo. Once at their site, you would enter your account and password as typical. The difference is that this time, the criminal now has your credentials—and all your money within minutes.

As a side note, in this specific example as of the time of this writing, this URL actually *is* as scam site. But not for the scheme mentioned. When I went to <a href="http://bankofamerica.cm">http://bankofamerica.cm</a>, I was routed to the following:



If we look at the full URL, it is: http://apple.com-----systemmessenger.com/dgkg/?city=Albuquerque&region=New%20Mexico&country=US&ip=71.222.135.33&isp=Qwest%20Communications%20Company%20Llc&os=OS%20X&osv=OS%20X%2010.11%20El%20Capitan&browser=Safari&browserversion=Safari%209&voluumdata=BASE64dmlkLi4wMDAwMDAwNi01Yzg0LTRjNjYtODAwMC0wMDAwMDAwMDAwMDBfX3ZwaWQuLmR1...

<sup>&</sup>lt;sup>7</sup> http://www.internetlivestats.com/total-number-of-websites/

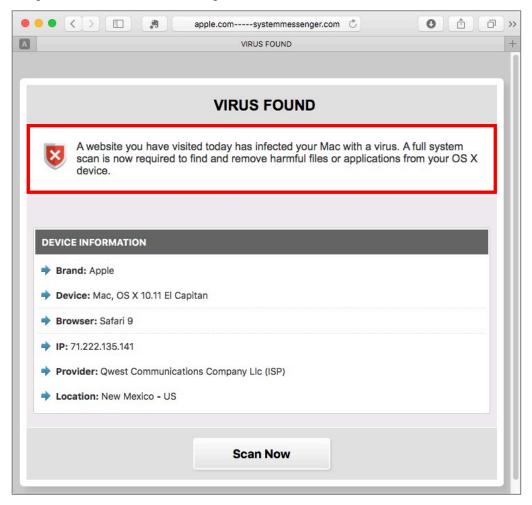
<sup>&</sup>lt;sup>8</sup> https://en.wikipedia.org/wiki/Internet\_fraud

From this URL, we can see that the criminal site attempts to appear as though it is Apple reporting that I have a virus.

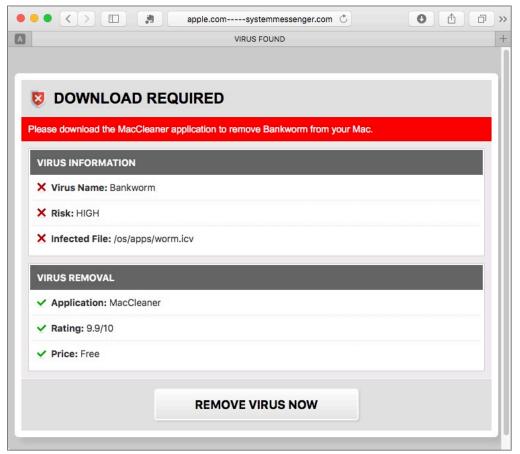
They have also discerned my city, state, IP address, Internet provider (Qwest Communications), that I am using OS X 10.11 El Capitan, with Safari version 9.

If I were the typical user, I'd probably think there was a virus present and press the *OK* button as recommended. You may have also noticed the criminal was bright enough to do all of this, but not bright enough to put an *OK* button in the script!

So, I press the *Close* button. I'm presented with a new window:

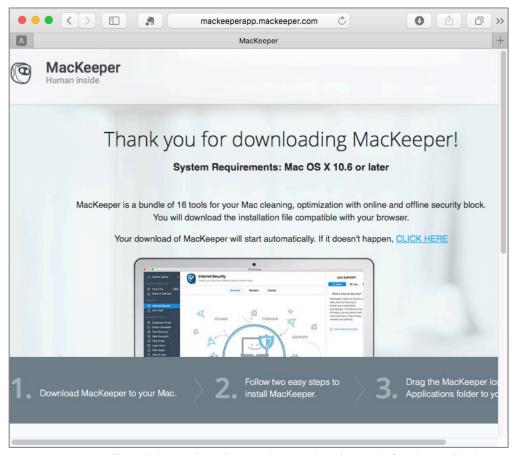


Hey, who needs an *OK* button when the *Close* button will do the intended scam! So, let's see what happens when clicking the *Scan Now* button:



Appears they think I am infected with the *Bankworm* virus (which may or may not be a real malware name), and the infected file is in /os/apps/worm.icv. The only real problem I see is that there is no such file, and no such directory.

But they are offering a free solution to my non-existent problem. Let's see where that takes us by clicking the *Remove Virus Now* button:



MacKeeper?! Really! This product lost a class action lawsuit for deceptively advertising its functionality<sup>9</sup>.

If you have followed along so far, just trash the MacKeeper download.

So, how to protect yourself against fraudulent sites? We will go through the few steps that can be taken, but the most important tool is your awareness.

<sup>9</sup> https://topclassactions.com/lawsuit-settlements/closed-settlements/94767-mackeeper-class-action-settlement/

### 14.8 Do Not Track

Most websites track which pages you visit, how long you stay on each page, and other metrics to better understand their visitors. That is a little creepy. Imagine going to the library, and having a librarian looking over your shoulder as you scan the card catalogue, and records each of the books and pages you glanced at.

Now let's take the analogy further. You leave the library and go across town to have lunch, and then shop for shoes. You look around and the same librarian is still watching and recording not only everything you have eaten, but everything you looked at on the menu.

Later you go for a date, and the librarian is sitting right behind you in the theater, noting who you are with, what scenes you reacted to, and more.

Web browsing isn't much different—except the snoop is normally invisible in the form of cookies, trackers, and browser fingerprinting.

Any website can initiate cookies on your browser. These keep a record of the pages you visit on the site. But they have evolved to report all the other places you visit and things that you do. This is why you can visit Amazon, look up my books, quit the web browser, launch it, go to okcupid, and see an ad for my books!

In addition, there are 3<sup>rd</sup>-party trackers that are integrated with many sites. When you visit one site, you are uniquely identified. In this way, when you visit another site, the tracker knows who you are. Trackers are able to piece together a solid psychological, sociological, and financial profile on you.

There is the option to disable cookies, but most of your websites will demand they be enabled to visit the site.

Trackers are invisible by default. However, we do have tools to thwart them. Some web browsers have a preference setting to ask web sites not to track you. Notice that is *ask*. Good luck with that.

We can take *Do Not Track* to another level. To do this, we need to install a browser extension which prevents sites from tracking you. There are several available.

Device fingerprinting, however, is a bit more of a problem. When opening a webpage, it is possible for the site (or a search engine) to uniquely identify your device amongst the hundreds of millions of other devices on the internet. Once you have been fingerprinted, it is easy to track your activity across the internet. As ghastly as this is, there is currently little that can be done.

There are promises from browser developers to build in fingerprinting blocking technology. But it is currently only reasonably implemented in Tor. There are browser extensions to block fingerprinting, but these are in early stage development and not very effective.

The only 100% solution at this time is to use a bootable thumb drive with Tails installed, and then do nothing to alter the drive or OS setup. When booting from this Tails, you will look exactly like all of the other Tails users, and it will be impossible to fingerprint you.

### 14.8.1 Assignment: Secure Safari

In this assignment, you secure Safari.

- 1. Open Safari, click the Safari menu > Preferences > Security.
- 2. Enable Warn when visiting a fraudulent website.



3. Select the *Privacy* tab.

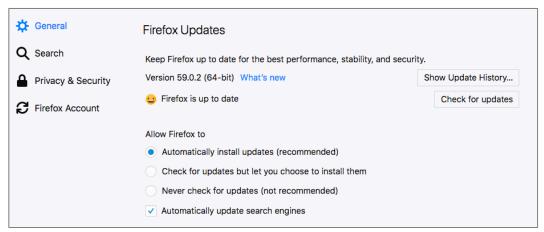


- 4. Enable Website tracking: Prevent cross-site tracking
- 5. Enable Website tracking: Ask websites not to track me.
- 6. Close Safari Preferences.

### 14.8.2 Assignment: Secure Firefox

In this assignment, you secure Firefox.

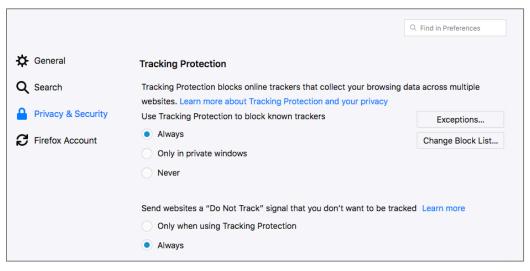
- 1. Open Firefox, click the *Firefox menu* (three horizontal lines), and then select the *Preferences* button.
- 2. In the Preferences page, select *General* from the sidebar, and then scroll down to *Firefox Updates*. Set to *Automatically install updates*.



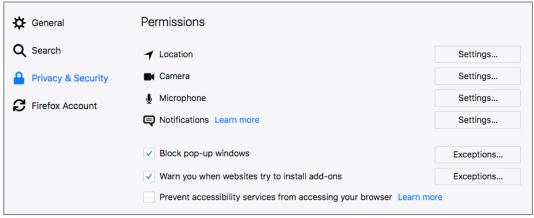
3. In the Preferences window, select on *Privacy & Security* in the left-hand pane, scroll down to *History*, and then select *Firefox will Use custom settings for history*. Configure to your taste, and here are my recommendations:



- 4. Scroll down to the *Tracking Protection* area, enable *Use Tracking Protection* to block known trackers Always.
- 5. Set Send websites a "Do Not Track" signal that you don't want to be tracked to Always.



6. Scroll down to *Permissions*. For *Location*, *Camera*, *Microphone*, and *Notifications*, select the *Settings* button. If there are sites listed to have access these services, remove them as desired.



- 7. Enable *Block pop-up windows* to prevent them.
- 8. Enable Warn you when websites try to install add-ons.
- 9. Scroll down to Security. Enable Block dangerous and deceptive content.
- 10. Enable *Block dangerous downloads*.
- 11. Enable Warn you about unwanted and uncommon software.
- 12. Close Firefox Preferences.

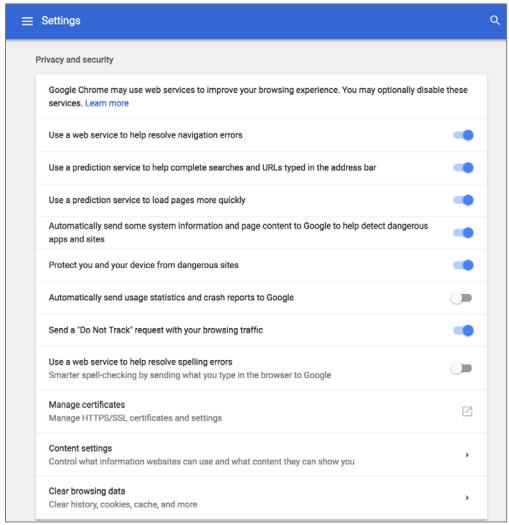
Congratulations. Your Firefox Browser is now secured from phishing attacks, third-party advertisers and known malware sites.

### 14.8.3 Assignment: Secure Chrome

Just as with Firefox, there are settings within Chrome that will keep you properly secured against the bad guys.

In this assignment, you secure Chrome

- 1. Open *Chrome*, select the menu item (3 dots), and then click *Settings*.
- 2. Click the 3 horizontal lines at the top left, select *Advanced*, and then select *Privacy & Security*. Recommended privacy and security settings are shown below:



3. While you are here, have a look around and configure the rest of the *Privacy & Security* area.

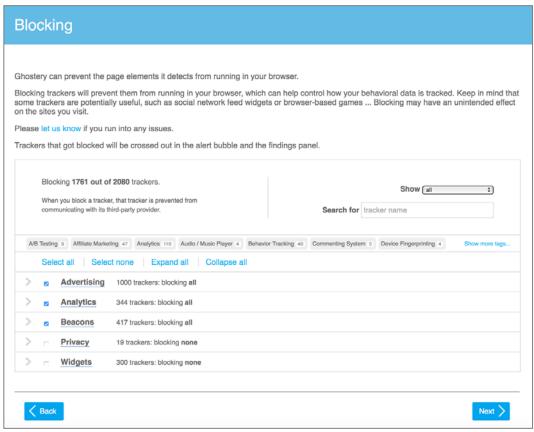
Congratulations. Your Chrome Browser is now securing from phishing attacks, third-party advertisers and known malware sites.

### 14.8.4 Assignment: Install Ghostery For Safari

In this assignment, you install the Ghostery extension for Safari, monitor who is monitoring you, and then block them.

- 1. Open Safari.
- 2. Browse to https://ghostery.com.
- 3. Select the *Install Ghostery* button. A link will download.
- 4. In your Downloads folder, locate and then double-click the *Ghostery.safariextz*.
- 5. In the *Ghostery is from the Safari Extension Gallery* window, select *Visit Gallery*.
- 6. In the Safari Extensions web page, select Install now.
- 7. The *Ghostery Introduction* page will open. Read the information, and then click the *Next* buttons.
- 8. At the *Notification* page, enable *Click here to enable Alert Bubble*. This will briefly display the trackers at each page visited. Then select *Next*.

9. At the *Blocking* page, select which trackers you want blocked, and then select the *Next* button. My recommended settings are shown below:



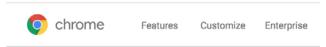
- 10. When complete, click the *Next* button, and then close the Ghostery page.
- 11. To test Ghostery, visit *https://slashdot.com*. Note the purple alerts that appear in the bottom right corner, and the new Ghostery icon in the toolbar.
- 12. Click the Ghostery icon in the toolbar to learn more about Ghostery, and to configure preferences.

From now on when visiting sites, you can see who is tracking you, and choose to allow or block this from happening.

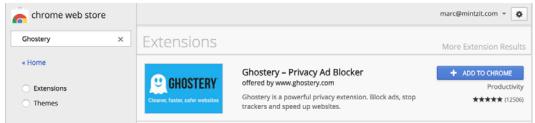
### 14.8.5 Assignment: Install Ghostery For Chrome

In this assignment, you install the Ghostery extension for Chrome, monitor who is monitoring you, and then block them.

- 1. Open Chrome.
- 2. Go to https://chrome.google.com.
- 3. Click *Customize* link at the top center of the window.



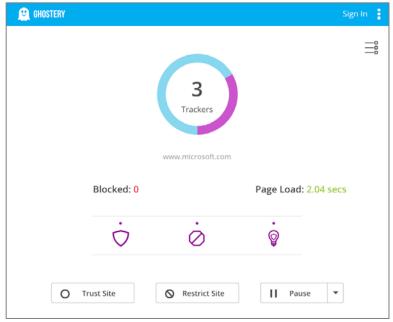
4. In the *Search the Store* field, enter *Ghostery*, and then tap the *Enter* or *Return* key. Extensions matching this search term will appear.



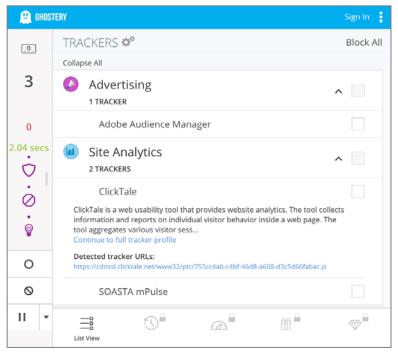
- 5. When Ghostery is found, click *ADD TO CHROME* button.
- 6. In the Add "Ghostery"? dialog, click Add extension.
- 7. Ghostery will display a few screens asking for your preferences. You may click the *One-Click Setup* button to automatically configure, or click *Custom Setup* to configure to your taste.
- 8. Notice that you now have the Ghostery icon in the Chrome Tool bar. In this example, it is notifying me that there are 3 trackers on the Ghostery page.



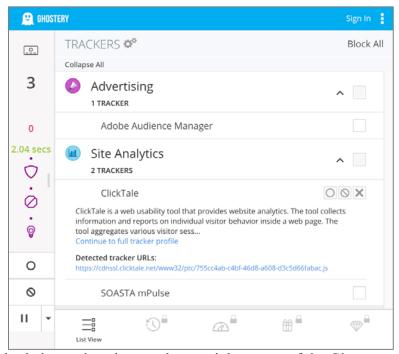
9. Click the Ghostery icon. This will display information about who is tracking you.



- 10. Click the *Detail View* icon under the *Sign in* link to display more information.
- 11. Click on one of the trackers to see details on it. In this example, *ClickTale*.



12. Hover your cursor to the right of one of the tracker names (in this example, *ClickTale*), and you now have icons allowing you to *Trust on this site*, *Block on this site*, and *Block on all sites*.



- 13. Click the 3-dot settings icon at the top right corner of the Ghostery window > *Settings*. Explore the options, and then configure to your taste.
- 14. Close Chrome.

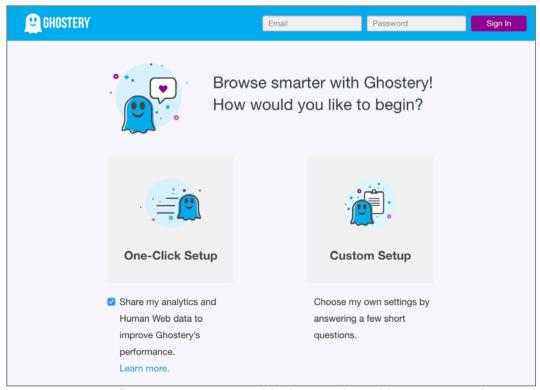
From now on when visiting sites, you can see who is tracking you, and choose to allow or block this from happening.

# 14.8.6 Assignment: Install Ghostery For Firefox

In this assignment, you install the Ghostery extension for Firefox, monitor who is monitoring you, and then block them.

- 1. Open Firefox.
- 2. Click the menu icon (three horizontal lines) > Add-ons.
- 3. From the sidebar, select *Extensions*.
- 4. In the *Search* field, enter *Ghostery*.
- 5. Select Ghostery-Privacy Add Blocker.

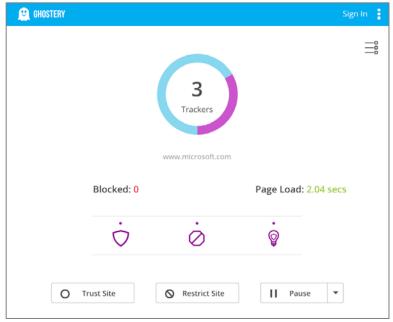
- 6. Click the *Add to Firefox* button.
- 7. At the Add Ghostery Privacy Ad Blocker? dialog box, click Add.
- 8. Ghostery will display a few screens asking for your preferences. You may click the *One-Click Setup* button to automatically configure, or click *Custom Setup* to configure to your taste.



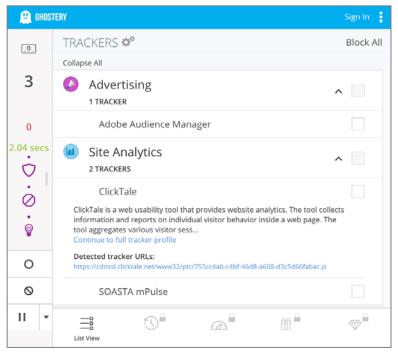
- 9. You may configure to your taste at this time, or do nothing. You can always configure later.
- 10. Notice that you now have the Ghostery icon in the Chrome Tool bar. In this example, it is notifying me that there are 3 trackers on the Ghostery page.



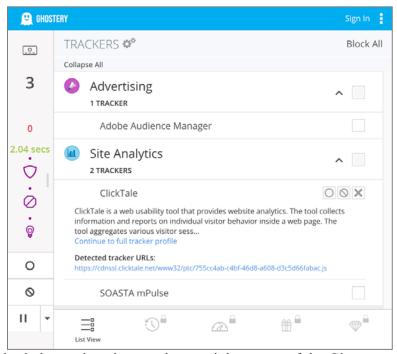
11. Click the Ghostery icon. This will display information about who is tracking you.



- 12. Click the *Detail View* icon under the *Sign in* link to display more information.
- 13. Click on one of the trackers to see details on it. In this example, *ClickTale*.



14. Hover your cursor to the right of one of the tracker names (in this example, *ClickTale*), and you now have icons allowing you to *Trust on this site*, *Block on this site*, and *Block on all sites*.

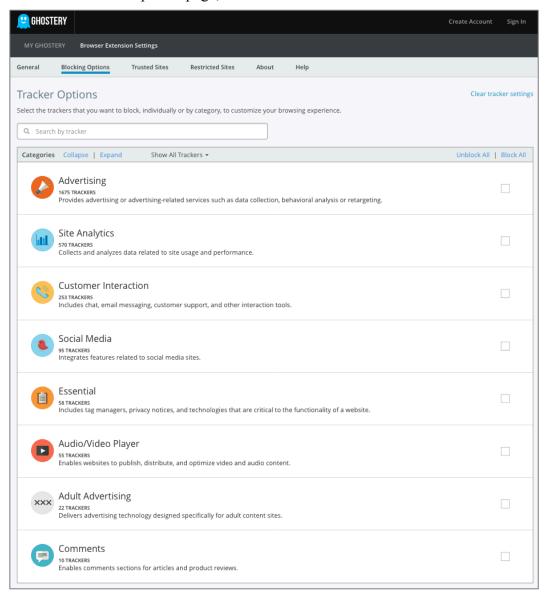


15. Click the 3-dot settings icon at the top right corner of the Ghostery window > *Settings*. Explore the options, and then configure to your taste.

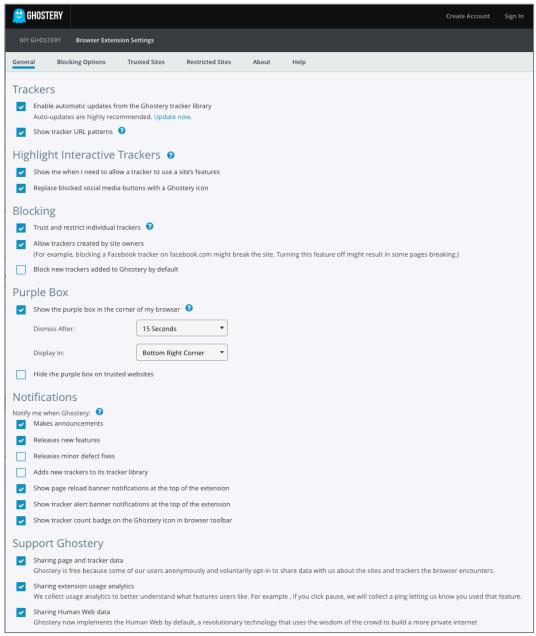
## 16. Close Firefox.

From now on when visiting sites, you can see who is tracking you, and choose to allow or block this from happening.

17. At the *Tracker Options* page, select the trackers to be blocked.

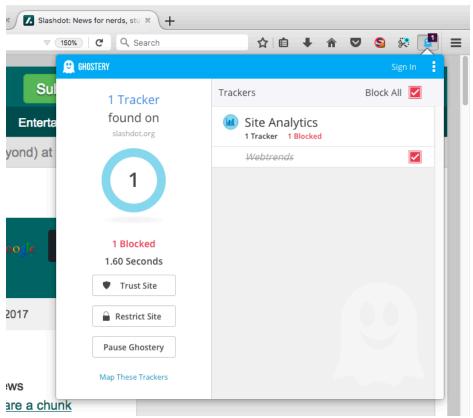


18. Select the *General* tab, and then configure to your taste.



19. Close the *Ghostery* page.

- 20. To test, visit https://slashdot.com.
- 21. Select the *Ghostery* icon in the toolbar. The Ghostery window will open, displaying any trackers on this page, and if they were blocked.



22 Close Firefox

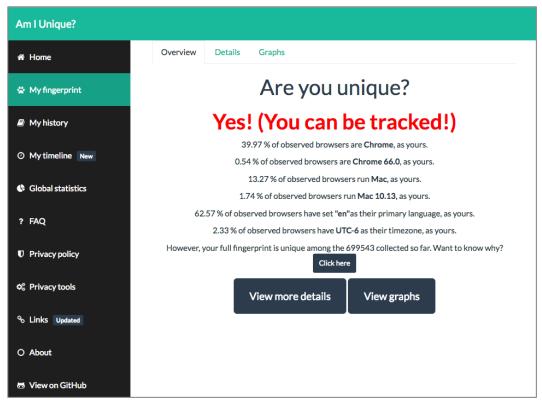
# 14.8.7 Assignment: View Your Device Fingerprint

Each device on the internet is unique based on its combination of features, traits, fonts, settings, etc. This can be used to identify the device, and then to track it across the internet. This is called a *device fingerprint*<sup>10</sup>.

 $<sup>^{10}\</sup> https://en.wikipedia.org/wiki/Device\_fingerprint$ 

In this assignment, you view your device fingerprint.

- 1. Open a browser, and then go to *https://amiunique.org*. You are taken to the site home page.
- 2. From the sidebar, select *My Fingerprint*. In a minute or two a summary of your unique fingerprint will be displayed.



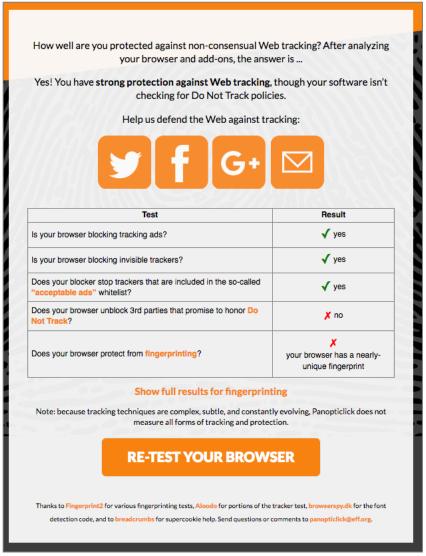
3. Select the *View more details* button to see all of your fingerprint attributes.

4. Open a new browser window, and then go to <a href="https://panopticlick.eff.org">https://panopticlick.eff.org</a>. This site is similar in function to <a href="amiunique.org">amiunique.org</a>, and provide some unique information.



5. Enable the Test with a real tracking company checkbox.

6. Select the *Test Me* button. After a few minutes, a results summary will appear.



7. Select *Show full results for fingerprinting* to display to view all of your fingerprint details.

## 14.9 Adobe Flash And Java

Both Adobe Flash and Oracle Java are used by many websites to create a more animated or interactive web experience. Flash is no longer supported as a standalone System Preference and should be removed. Its functions are now built into the major web browsers, but will be removed when Adobe discontinues Flash support in 2020. The functions of both will soon be absorbed by HTML 5.

The power these products offer is a double-edged sword. They can also be used to take control of your computer. And often are. There is a vicious cat and mouse game played by hackers who have discovered how to bend Flash and Java to their wills, and Adobe and Oracle patching these vulnerabilities.

The result for users is they have a choice to make:

- Do not install Java, which renders some sites unusable.
- Install Java, and be vigilant with updates.
- Install Java, but don't be vigilant with updates, rendering your system vulnerable

I suspect if you are one who ops for the last option, you aren't taking this course.

Either of the other two options are legitimate strategies. Oracle has tried to make updates automatic, but we have found this process to be less than perfect. Many times, we have found systems with out of date versions, even with their preference settings on *Automatic Updates*.

Associated with the vulnerabilities caused by out of date Java, are malicious or compromised web pages that prompt the visitor to update Flash, Java, or some audio/video codec. In most cases, if you follow the links provided on the site all that gets downloaded is malware.

If a site prompts you do install software, visit the website of the recommended software and download from there, not from the requesting site.

# 14.9.1 Assignment: Configure Oracle Java for Automatic Updates

In this assignment, you install Java and configure it to automatically update.

## **Install Oracle Java**

- 1. Open *Apple* menu > *System Preferences*. If you see the Java icon, it is already installed. If so, skip to the next section *Configure Java for Auto-Updates*.
- 2. Open your browser to surf to http://www.java.com/.
- 3. Click the *Free Java Download* button.
- 4. Click the *Agree and Start Free Download* button.
- 5. Once the Java installer has downloaded, launch it, and then follow the onscreen instructions to complete installation.
- 6. When installation completes, restart your computer.

# **Configure Java For Auto-Updates**

- 7. Select System Preferences > Java.
- 8. Select the *Update* tab, and then enable the *Check for Updates Automatically* checkbox.

At this point, both your Flash and Java are up to date, and configured to automatically update. However, there is a decent chance that they will not do so. It is wise to perform a manual update check at least monthly.

# **Manually Check For Java Updates**

- 9. Open System Preferences > Java.
- 10. Select the *Update* tab.
- 11. If updates are available, select the *Update Now* button, and then follow the onscreen instructions to download and install.

# 14.10 Web Scams

Over the past couple of years, a new type of scam has become popular. Instead of directly compromising the user computer, web sites are either compromised, or are deliberately designed to be malicious.

When a user visits such a site, they may receive a pop-up window stating something to the effect of: *Your computer has been found to be infected with XX viruses. Please call Apple at XXX-XXX-XXXX to have this infection removed.* 

Upon calling the provided toll-free phone number (which, of course, is not Apple, but that of the scammer), with your permission, they will install remote control software. After looking around your computer, they will assure they can remove the malware for only \$\$\$.

There are two problems here. First, they have installed remote control software that allows the criminal access any time they wish. This gives them access to your usernames, passwords, banking, and other information. The second is that they now have your credit card information.

# 14.10.1 Recovering From A Web Scam

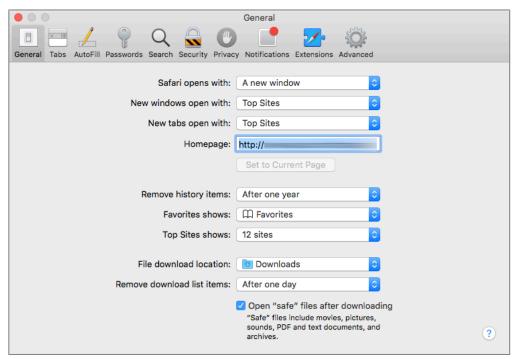
What to do if this happens to you?

In this assignment, you examine Safari for possible modifications.

#### 1 Don't call!

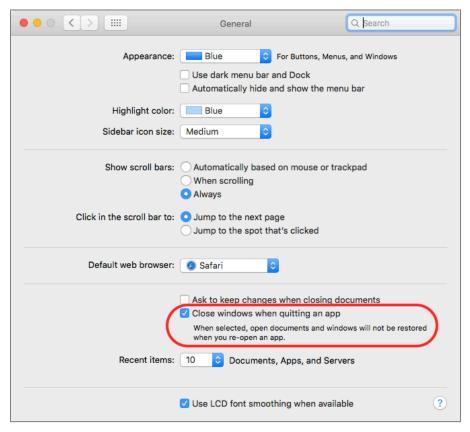
In most cases, the malicious website has modified your web browser preferences to make the malicious page your home page.

2. Open your browser *preferences* (in this example, Safari) > *General*. If the *Homepage* field is not what you have set, delete the entry.



3. Malicious attacks on a browser often will block access to the browser preferences. If you are not able to access your browser preferences to delete

the homepage setting, open *System Preferences* > *General*, and then enable *Close windows when quitting an app*.



- 4. Quit Safari.
- 5. Open Safari to test. You should no longer have the malicious page open. Done!

## 14.11 Tor

Tor<sup>11</sup> is a technology developed by the US Department of the Navy that enables anonymous web browsing. It has long since been released to the open source community for the public to use in the form of the *Tor Browser*. Many people within the security community are strong supporters of Tor, including Edward Snowden. Entire books have been written on just Tor. I'm not so sadistic as to subject you to that. What we are going to do is cut to the core of Tor, and learn the basics of how to surf the web anonymously.

The advantages of Tor include:

- Strong anonymity for all activity on the Internet.
- Can be used with Tails<sup>12</sup> which is a bootable, self-contained, flash drive that can run on most Windows, Linux, and Apple computers that leaves no trace behind
- The bootable Tails flash drive can be immediately disconnected from the host computer, causing the computer to erase memory of all trace of your session, and reboot.

The disadvantages of Tor include:

- It was developed by the US Department of the Navy. It is possible there are back doors only the government knows about.
- The US government has been forthright about having its own Tor relays in place, which enable it to monitor online activity. Not a big deal if you only wish to be anonymous to criminals. It is a big deal if you wish to be anonymous while performing black-market deals for my Aunt Rose's raisin Noodle Koogle recipe.

These features make Tor ideal for those in oppressed countries, journalists working undercover, and anyone who may need to use someone else's computer and leave no trace behind.

<sup>11</sup> http://en.wikipedia.org/wiki/Tor\_(anonymity\_network)

<sup>12</sup> https://tails.boum.org

Tor works by encrypting your packets as they leave your computer, routing the packets to a Tor relay computer hosted by thousands of volunteers on their own systems, many of which are co-located at ISPs. The relay knows where the packet came from, and the next relay the packet is handed to, but that is all. The user computer automatically configures encrypted connections through the relays. Packets will pass through several relays before being delivered to the intended destination. Tor will use the same relays for around 10 minutes, and then different relays will be randomly selected to create the next path for 10 minutes.

Alas, there is no free lunch. The encryption process and the relay process combine to create *latency*, which mean a delay in processing. Most users will experience around a four-fold performance degradation. So, if accessing a web page without Tor normally takes 3 seconds, it may take 12 seconds with Tor.

Even though Tor does as good a job as anything to keep you anonymous on the Internet, you must take precautions to protect your identity. These steps include:

- Don't enable JavaScript when using Tor. This has been used to track users within the Tor network.
- Don't reveal your name or other personal information in web forms.
- Don't customize the Tails boot flash drive. This will create a unique digital fingerprint that can be used to identify you.
- Connect to sites that use HTTPS so your communications are encrypted point to point.

For many security-conscious users, Tor becomes their only tool for defense. However, Tor by itself is at best a partial solution. It can protect your anonymity while surfing the web. At the very least, this still leaves email and messaging to be secured. A bigger issue is what to do when you need to use a computer and leave no trace behind on that system. This is where *Tails* comes into play.

*Tails* is a Linux Debian fork designed with two primary purposes in mind:

- Provide a highly secure operating system in a format that can be booted from either DVD or thumb drive on almost any PC or Apple computer, and
- Include the tools and applications necessary to provide a secure, anonymous Internet experience

What this means is that you can create a thumb drive that has an operating system capable of booting almost any computer, whereby you can then run Tor for secure anonymous Internet activity, send and receive email that is securely encrypted with GPG/PGP, and message with others in complete privacy. Then, when you remove the Tails thumb drive, there is absolutely no record of your activity on either the computer *or* the thumb drive!

For those of you chomping at the bit to just use Tor, we will start there. When your curiosity has been satisfied, please take the next step to learn Tails<sup>13</sup>.

# 14.11.1 Assignment: Install Tor For Anonymous Internet Browsing

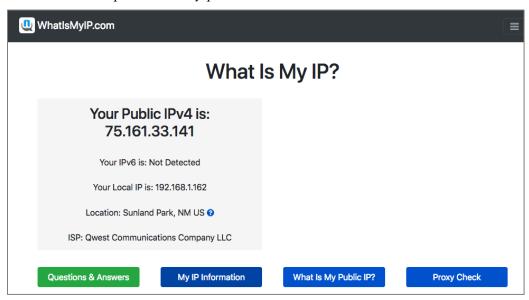
Tor is a stripped down, simplified web browser, designed to provide an encrypted, anonymous browsing experience.

In this assignment, you download and install Tor.

\_

<sup>13</sup> https://tails.boum.org

1. As a first step, we need to know our public IP address. This information will be used a few steps away to verify Tor has hidden our address. Open a web browser to <a href="https://whatismyip.com">https://whatismyip.com</a>. Write down *Your IP*.



2. Open a web browser and then go to https://www.torproject.org. Select the Download Tor button.

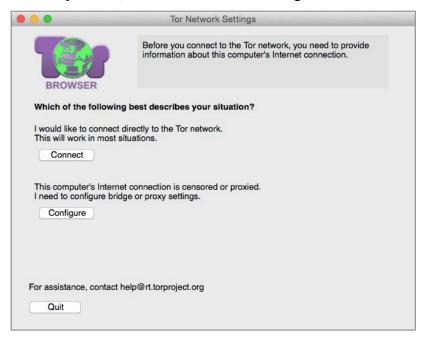


- 3. Select the *Download Tor Browser* button. The Tor installer will begin to download.
- 4. While the download is in progress, scroll down the page to read all the other steps that one must take to ensure your privacy is maintained. These include:

- Use the Tor Browser. If you are concerned about protecting your privacy and security, do not use other browsers.
- **Don't torrent over Tor.** If you wish to file-share via torrent, don't use Tor. It is painfully slow, it slows down others using the Tor network, and in many cases, torrent software bypasses all the security and anonymity precautions built into Tor.
- **Don't enable or install browser plugins in Tor.** Tor is designed to protect your security and anonymity. Many innocuous-looking plugins break that security.
- **Use HTTPS versions of websites.** Tor has *HTTPS Everywhere* built in (more on HTTPS Everywhere later in this book.) It will force a secure connection if a website has an option for https. This will enable a point-to-point encryption between your computer and the web server.
- Don't open documents downloaded through Tor while online. Many documents—particularly .doc, .xls, .ppt, and .pdf—contain links or resources that will force a download when the document is opened. If they are opened while Tor is open, they will reveal your true IP address and you will lose your anonymity and security. If you are concerned about these issues, we strongly recommend that you instead:
  - Open the documents on a computer fully disconnected from the **Internet**. This prevents any malicious files from "phoning home" or infecting your computer.
  - Install a Virtual Machine (VM) such as Parallels, Fusion, or VirtualBox, configured with no network connection, and open documents within the VM. This is an alternate way to prevent malicious files from phoning home or infecting your computer.
  - **Or use Tor while within Tails**. This is an alternative way to prevent malicious files from phoning home or infecting your computer.
- Use bridges and/or find company. Tor cannot prevent someone from looking at your Internet traffic to discover you are using Tor. If this is a concern for you, reduce the risk by configuring Tor to use a *Tor Bridge relay* instead of a direct connection to the Tor network. Another option is

to have many other users running Tor on the same network. In this way, your use of Tor is hidden.

- 5. Locate the Tor installer, and then double-click to open. It will mount and open a disk image onto the Desktop.
- 6. Drag the *TorBrowser.app* into your *Applications* folder.
- 7. Locate the *TorBrowser* in your Applications folder, and then double-click to open it. The *Tor Network Settings* window appears. Select how you would like to connect to the Tor Network
  - I would like to connect directly to the Tor network. This will work in most situations. This option provides a faster Internet experience with no additional configuration. The possible downside is that a network administrator or your ISP can see that you are using the Tor Network.
  - This computer's Internet connection is censored or proxied. I need to
    configure bridge or proxy settings. This option provides a more secure and
    anonymous Internet experience as a network administrator or ISP is
    unable to see you using the Tor Network. The downside is a slower
    Internet experience, and some additional configuration.



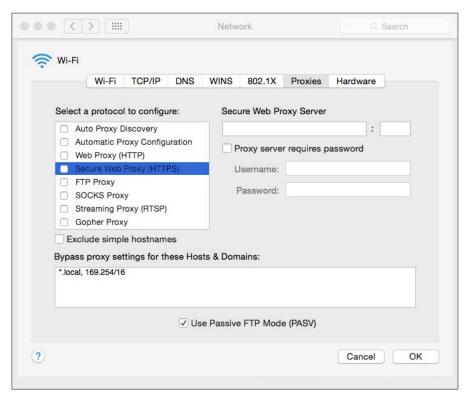
- 8. If you selected *This computer's Internet connection is censored or proxied. I need to configure bridge or proxy settings*, go to the next step. If you *selected I would like to connect directly to the Tor network*, skip to step 14.
- 9. If you elected to use a *Tor bridge relay*, the following window appears. If your network requires a proxy to access the Internet, go to the next step and select *Continue*. Otherwise, select *No*, select the *Continue* button, and skip to step 12.



10. If you selected *Yes* to *Does this computer need to use a proxy to access the Internet* you will now see the Enter the Proxy settings window.

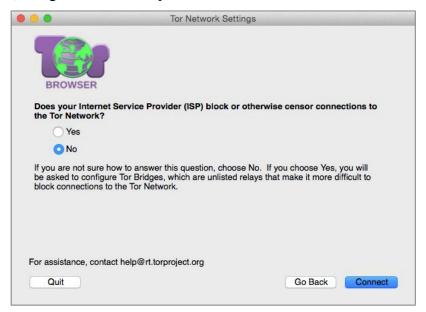


11. These will be the same settings your computer requires normally, and if used, will be found in *System Preferences* > *Network* > *Advanced* > *Proxies* tab. Copy your settings from this pane into the Tor window, and then select the *Continue* button. If your ISP blocks or otherwise censor's connections to the Tor network, go to the next step to create a Tor bridge relay. If they do not, skip to step 14 to start using Tor.



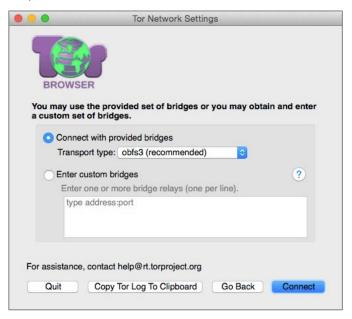
12. At the *Does your Internet Service Provider (ISP) block or otherwise censor connections to the Tor Network* window, for the overwhelming majority of users the answer is *No*, and then select the *Connect* button, and then skip to

step 14. If your answer is *Yes*, select the *Yes* option, select the *Continue* button, and go to the next step.



13. If you selected Yes to the *Does your ISP block or otherwise censor* connections to the *Tor* Network window, you now see the You may use the provided set of bridges or you may obtain and enter a customer set of bridges

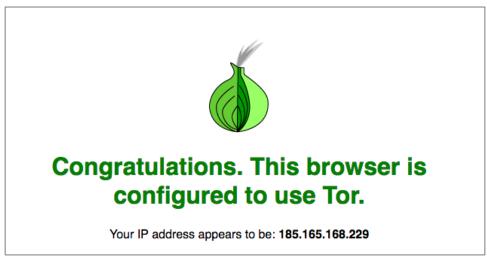
window. Select *Connect with provided bridges, Transport type obsf3* (recommended), and then select the *Connect* button.

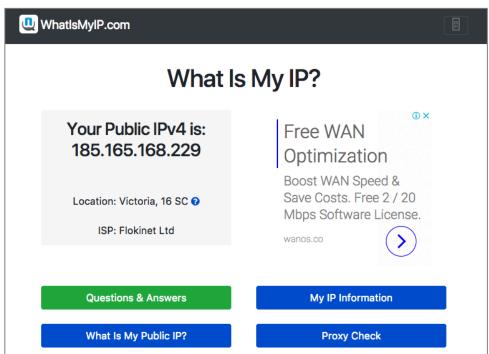


14. The Tor Browser updates often. If your copy is out of date, you will be welcomed by a message asking you to update. Follow the instructions, clicking on the *onion* icon > *Download Tor Browser Bundle Update...*to update. Once the download is complete, Quit Tor Browser, and then replace it with the new version. Otherwise, if you are up to date, skip to the next step.



15. It is vital to test your connection to verify your IP address is hidden/changed. While in Tor, go to <a href="https://check.torproject.org">https://check.torproject.org</a>. You can also return to <a href="https://whatismyip.com">https://whatismyip.com</a> as well.





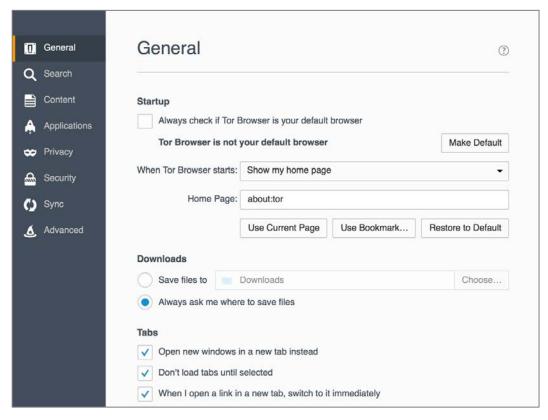
Wahoo! You are now on Tor, completely anonymous and encrypted on the Internet. Next step is to configure Tor.

# 14.11.2 Assignment: Configure Tor Preferences

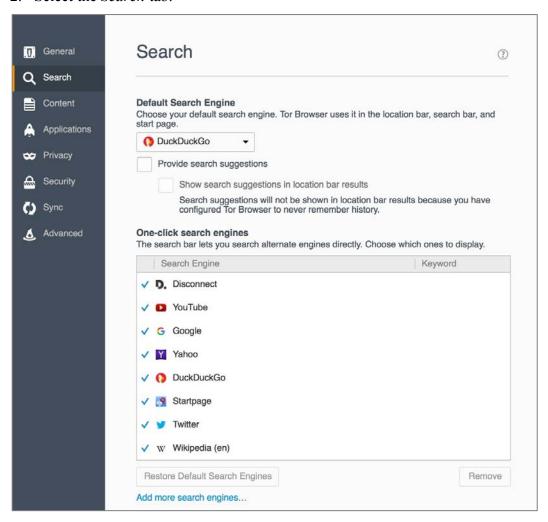
One of the first things one should do when launching an application for the first time is to configure its preferences. No different for Tor.

In this assignment, you configure Tor preferences.

1. Open TorBrowser, and then select the *3 horizontal line* menu (top right) > *Preferences* > *General* tab. This pane may be configured to taste.

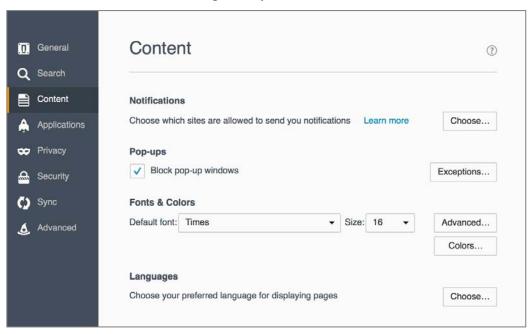


2. Select the *Search* tab.

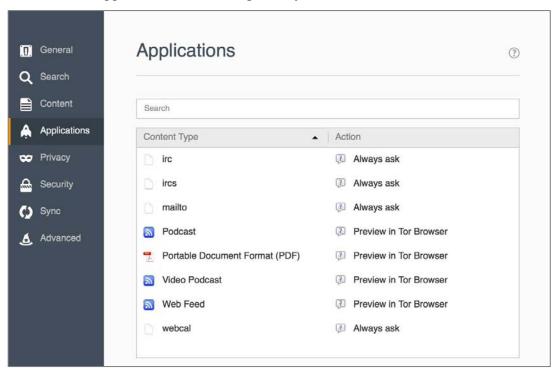


- For Default Search Engine, select DuckDuckGo.
- Other settings may be configured to your taste.

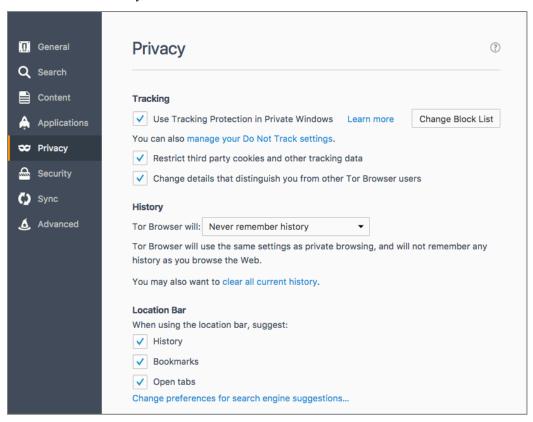
3. Select the *Content* tab. Configure to your taste.



4. Select the *Applications* tab. Configure to your taste.

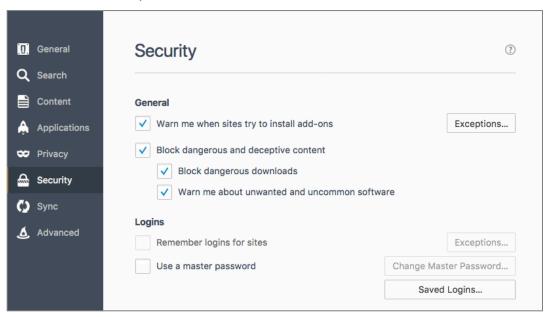


5. Select the *Privacy* tab.



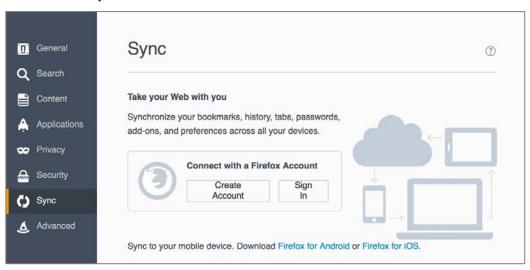
- Enable *Tracking > Use Tracking Protection in Private Windows*
- Enable *History > Tor Browser will: > Never remember history*
- Location Bar may be configured to your taste.

6. Select the *Security* tab.

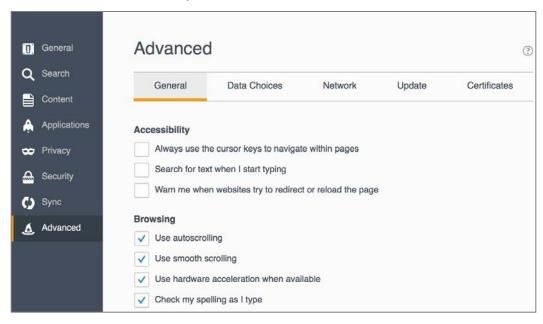


- Enable General > Warn me when sites try to install add-ons.
- Enable *General* > *Block reported attack sites*.
- Enable *General* > *Block reported web forgeries*.
- Configure other settings to your taste.

7. Select the *Sync* tab.

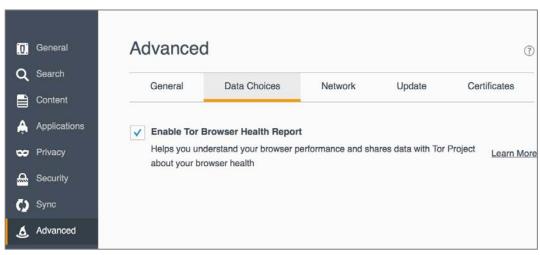


- Configure to your taste.
- 8. Select the Advanced tab, and then select the General tab.

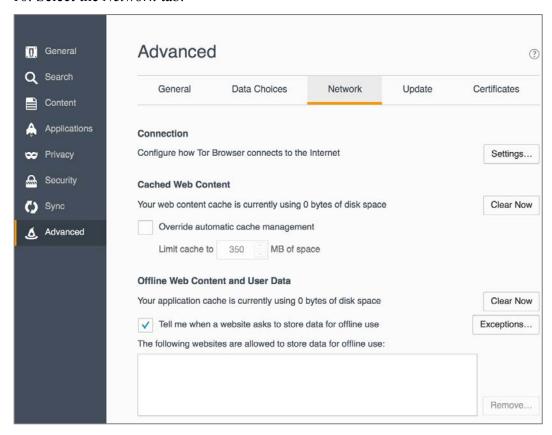


• Configure to your taste.

9. Select the *Data Choices* tab, and then enable *Enable Tor Browser Health Report*.

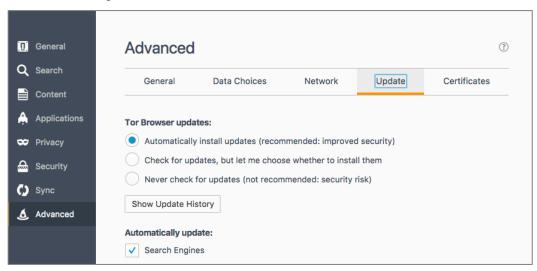


#### 10. Select the *Network* tab.



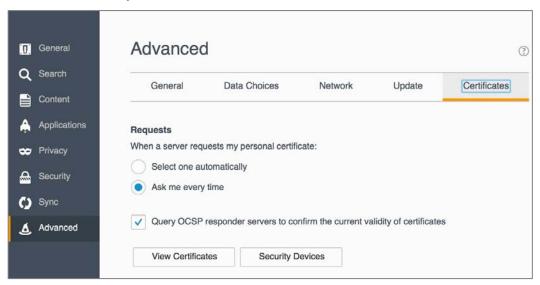
- Enable Tell me when a website asks to store data for offline use.
- Configure other settings to your taste.

### 11. Select the *Update* tab.



- Enable Automatically install updates (recommended: improved security).
- Enable Warn me if this will disable any of my add-ons.
- Enable Automatically update: Search Engines.
- Configure other settings to taste.

# 12. Select the *Certificates* tab.



- Enable *Requests* > *Ask me every time*.
- Enable Query OCSP responder servers to confirm the current validity of certificates.

### 13. Close the preferences tab in Tor.

*Great work!* You are now ready to use Tor to securely and anonymously browse the Internet.

But remember, Tor is just one small part of *real* anonymity and security on the Internet. Many in the Internet Security field (including Edward Snowden) believe that to do this right, you will want a bootable Tails thumb drive. Learn all about it in our upcoming *Practical Paranoia: Tails Security Essentials* book. In the meantime, visit the Tails<sup>14</sup> home page.

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<sup>14</sup> https://tails.boum.org

# 14.12 Onion Sites And The Deep Web

Tor not only allows you to have anonymous access to your regular web sites, it is also the only gateway to the *Deep web*<sup>15</sup>. The deep web is also known as the *Invisible Web*. It consists of web content deliberately not indexed with standard search engines, and only accessible by Tor. These sites are also called *Onion sites*, as they end with *.onion*.

Although the deep web is primarily thought of as a collection of sites to sell illegal products and services, there are also good and responsible uses for it. For example, in repressive countries such sites provide an avenue for freedom workers to work, for reporters to securely exchange information with sources (Ed Snowden did this), and there are sites to provide resources for whistleblowers.

As the deep web is not indexed by Google, Bing, or any other standard search engine, how do you go about discovering its resources? The list is in constant flux, but as of this writing, here are some good starting points:

- TorLinks<sup>16</sup>
- Torch<sup>17</sup>
- Torch Tor Search<sup>18</sup>

<sup>15</sup> https://en.wikipedia.org/wiki/Deep\_web\_(search)

<sup>16</sup> http://torlinkbgs6aabns.onion

<sup>&</sup>lt;sup>17</sup> http://xmh57jrzrnw6insl.onion/

<sup>18</sup> http://torchtorsearch.com

#### 14.13 Have I Been Pwned

"WHAT!?!" is probably the first thing that just went through your mind. No, it's not a typo. *Pwn*, as defined in the dictionary, is to be totally defeated or dominated. Although most commonly used when trouncing your online game opponent, it is also used to describe when your email or online accounts have been hacked.

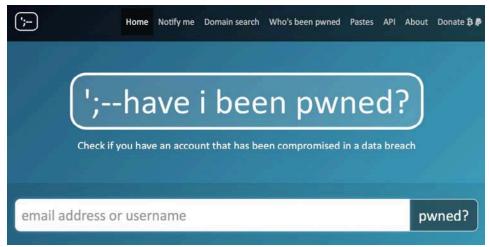
And there is a pretty good chance that you have been pwned!

There are several websites that track email and online account breaches. My favorites are *haveibeenpwned* and *hacked-emails.com*.

# 14.13.1 Assignment: Has Your Email Been Hacked

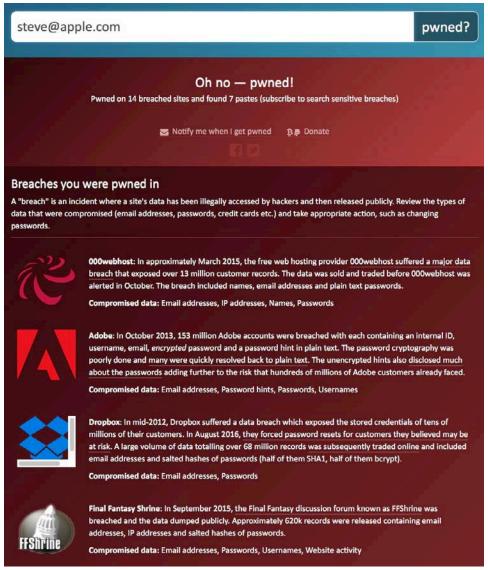
In this assignment, you search the haveibeenpwned.com and hacked-emails.com databases to discover if any of your online accounts have been hacked/pwned.

1. Open a web browser to https://haveibeenpwned.com. The home page appears.



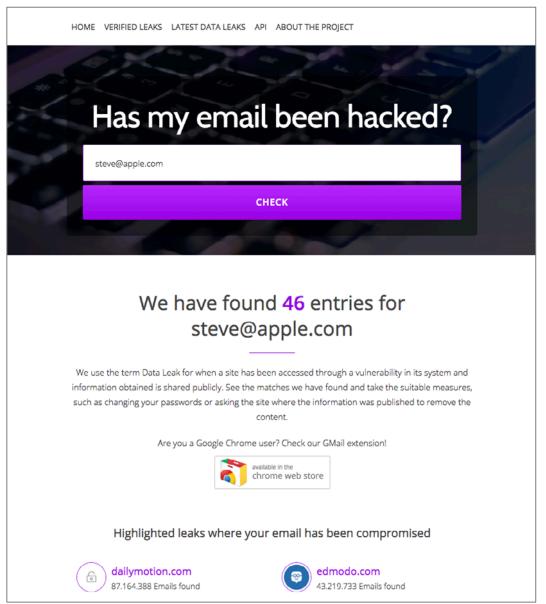
2. Enter your email address, and then click the *pwned?* Button.

3. In a few seconds, the results will display.



- 4. Make a note of the sites with breaches.
- 5. In your browser, go to https://hacked-emails.com.
- 6. Enter your email address, and then click *Check*.

### 7. All found breaches will display.



8. Close your browser.

### 14.13.2 Assignment: What To Do Now That You Have Been Breached

In this assignment, you take action to repair any found breaches.

- Prerequisites: Completion of the previous assignment.
- 1. Open a web browser, and then go to the first breach site.
- 2. Change your account password, following best practices:
  - o Passphrase is a minimum of 15 characters, in an easy to remember, easy to enter phrase.
  - Use the password/passphrase for only one site. Should a site become compromised and your password harvested, the automated hacking systems will use your credentials at every bank, online store, etc. to see if you are like most folks, using one password for everything.
  - Keep a secure record of your passwords/passphrases. I personally like to
    use *LastPass* as my password manager. Using a current version of *Excel* to
    create an encrypted spreadsheet also works well.
  - o Only enter a username and password when in a secure web page (https).
- 3. Repeat steps 1 & 2 for each breached site.

# 15 Email

Human beings the world over need freedom and security that they may be able to realize their full potential.

–Aung San Suu Kyi<sup>1</sup>, Burmese opposition leader and chairperson of the National League for Democracy in Burma

# What You Will Learn In This Chapter

- Prevent phishing
- Email encryption protocols
- Configure Mail to use TLS and SSL
- Configure web mail to use HTTPS
- End-to-End Secure Email with Proton Mail
- End-to-end Secure Email with GNU Privacy Guard
- End-to-end Secure Email with S/MIME
- End-to-End Secure Email with Virtru

363

<sup>&</sup>lt;sup>1</sup> https://en.wikipedia.org/wiki/Aung San Suu Kyi

# 15.1 The Killer App

It can be rightfully argued that email is the killer app that brought the Internet out of the geek world of university and military usage and into our homes (that is, if you can ignore the overwhelming impact of Internet pornography.) Most email users live in some foggy surreal world with the belief they have a God or constitutionally given right to privacy in their email communications.

No such right exists. Google, Yahoo!, Microsoft, Comcast, or whoever hosts your email service all are very likely to turn over all records of your email whenever a government agency asks for that data. In most cases, your email is sent and received in clear text so that anyone along the dozens of routers and servers between you and the other person can clearly read your messages. Add to this knowledge the recent revelations about PRISM<sup>2</sup>, where the government doesn't have to ask your provider for records, the government simply *has* your records.

If you find this as distasteful as I do, then let's put an end to it!

<sup>&</sup>lt;sup>2</sup> https://en.wikipedia.org/wiki/PRISM (surveillance program)

# 15.2 Phishing

The act of phishing is epidemic on the Internet. Phishing<sup>3</sup> is the attempt to acquire your sensitive information by appearing as a trustworthy source. This is most often attempted via email.

The way the process often works is that you receive an email from what appears to be a trustworthy source, such as your bank. The email provides some motivator to contact the source, along with what appears to be a legitimate link to the source website.

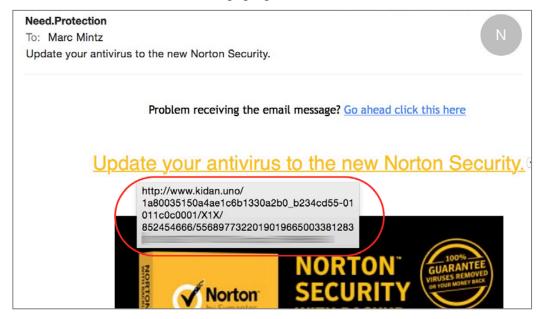
When you click the link, you are taken to what appears to be the trustworthy source (perhaps the website of your bank), where you are prompted to enter your username and password.

At that point, they have you. The site is a fraud, and you have just given the criminals your credentials to access your bank account. In a few moments, your account may be emptied.

The key to preventing a successful phishing attack is to be aware of the *real* URL behind the link provided in the email.

<sup>&</sup>lt;sup>3</sup> https://en.wikipedia.org/wiki/Phishing

The link that appears in an email may have nothing at all to do with where the link takes you. To see the *real* link, hover (don't click) your cursor over the link. After 3 seconds, the *real* link will pop-up.



Some of these scams are getting a bit more sophisticated in their choice of URL links, and attempt to make them appear more legitimate. For example, the email may say it is from *Bank of America*, and the link say *bankofamerica.com*, but the actual URL will be *bankofamerica.tv*, or *bankofamerica.xyz.com*.

If you have any doubts at all, it is best to contact your bank, stock broker, insurance agent, etc. directly by their known email or phone number.

# 15.3 Email Encryption Protocols

There are three common protocols that provide encryption of email between the sending or receiving computer and the SMTP (outgoing), IMAP (incoming), and POP (incoming) servers:

- TLS<sup>4</sup> (Transport Layer Security)
- SSL<sup>5</sup> (Secure Socket Layer), the TLS predecessor
- **HTTPS**<sup>6</sup> (Hypertext Transport Layer Secure)

Understand that these protocols only encrypt the message as it travels between your computer and your email server and back. Unless you are communicating with only yourself (sadly, as most programmers are prone), this does little good unless you know that the other end of the communication also is using encrypted email. If they aren't, then once your encrypted mail passes from your computer to your email server, it demotes to either the less secure SSL, or if the other end of the communications doesn't support that, demotes to clear text from your email server, through dozens of Internet routers, to the recipient email server, and finally onto the recipient's computer.

<sup>&</sup>lt;sup>4</sup> http://en.wikipedia.org/wiki/Secure Sockets Layer

<sup>&</sup>lt;sup>5</sup> http://en.wikipedia.org/wiki/Secure\_Sockets\_Layer

<sup>&</sup>lt;sup>6</sup> http://en.wikipedia.org/wiki/Https

# 15.4 TLS and SSL With Mail App

Although SSL was originally considered highly secure, it has been broken and should no longer be used for email that is sensitive, secure, or related to the healthcare, legal, government, or military. To use TLS, the following criteria must be met:

- Your email provider offers a TLS. Many do not. If your provider does not offer this, *run*, don't walk, to another provider. If you are not sure which to select, I'm a fan of Google mail.
- You are using an email application as opposed to using a web browser to access your email.
- Your email application supports TLS.
- Your email provider has enabled and configured your email service to use TLS (they may *offer* TLS, but it may not be *enabled* by default).
- You have configured your email application to use TLS (most email applications now do this automatically. Apple Mail.app has gone to the point they have removed the preference setting for both SSL and TLS).
- Lastly, although not a requirement for TLS, a requirement to stall off breaking your password is that your email provider allows for strong passwords, and you have assigned a strong password to your email (many providers still are limited to a maximum of 8 character passwords.)

# 15.4.1 Assignment: Determine If Sender And Recipient Can Use TLS

In this assignment, you discover if both your own email and that of a recipient can use TLS email encryption.

- Note: If you use a web browser for email, you may skip this assignment and move on to the next where we configure your browser-based email to use https.
- 1. Open a web browser, and then go to *CheckTLS.com*.

- 2. Scroll halfway down the home page to the *Internet Secure Email is Easy* section.
- 3. In the *Just domain or full address* field, enter the domain name of your email address. For example, my email address is *marc@mintzit.com*, so my domain is *mintzit.com*. Then select the *Check It* button.



4. The website will run tests against the domain's mail servers (MX servers), and then report on their level of security.



- 5. If your *Test Results* are not 100% secure, either discuss this with your email provider for a resolution, or change providers.
- 6. Repeat steps 1-4 using the domain of your recipient email address.
- 7. If their *Test Results* are not 100% secure, advise them to discuss this with their email provider, or change providers.

• Remember: Email will typically downgrade to lowest common security protocol.

# 15.5 Require Google Mail To Be TLS Secured

Google mail (Gmail, G-Suite email) uses TLS by default. However, if both the sender and recipient don't support TLS, Google will deliver messages over a non-secure connection. And neither sender nor recipient will know.

However, your Google G-Suite (not Gmail) account can be configured to *only* use TLS. When so configured:

- Your outgoing Google mail (to a non-TLS account) will not be delivered, will bounce back to you, you will received a non-delivery report (NDR). No additional delivery attempts will be made.
- Your incoming Google mail (from a non-TLS account) will be rejected at entry to Google servers. You will not receive any notification. The sender will receive an NDR.

### 15.5.1 Assignment: Configure Google G-Suite Mail For Only TLS

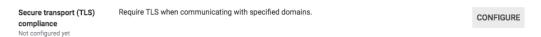
In this assignment, you configure your Google mail account to only allow use of TLS security. This feature is available only with paid G-Suite accounts, not with the free Gmail accounts.

Full details for this operation may be found on the Google *Require mail to be transmitted via a secure (TLS) connection* help page<sup>7</sup>

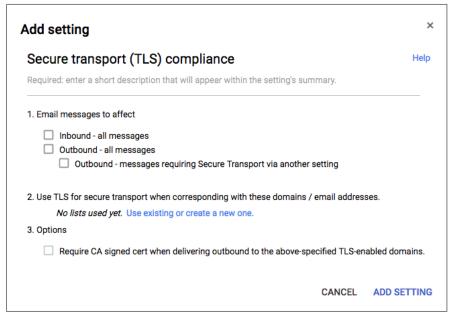
- 1. Open a web browser, visit and log in to the Google Admin Console at <a href="https://admin.google.com">https://admin.google.com</a>.
- 2. Go to Apps > G Suite > Gmail > Advanced settings.
- 3. If the G-Suite account includes more than one *Organization*, select the desired Organization from the left sidebar.

<sup>&</sup>lt;sup>7</sup> https://support.google.com/a/answer/2520500?hl=en

4. Scroll down to the *Compliance* section, hover over *secure transport (TLS) compliance*, and then select the *Configure* button.



5. In the Add setting page, select ADD SETTING.



- 6. In the *Secure transport (TLS) compliance* field, enter a description of this setting. For example: *Force TLS with contractors*.
- 7. In 1. Email messages to effect, enable both Inbound and Outbound.
- 8. In 2. Use TLS for secure transport when corresponding with these domains / email addresses, add the domain names to be included in forced TLS.
- 9. In 3. Options, enable Require CA signed cert when delivering outbound to the above-specified TLS-enabled domains. This will prevent man-in-the-middle attacks.
- 10 Select Save.

#### 15.6 HTTPS With Web Mail

We discussed HTTPS in the previous chapter. It is an encryption protocol used with web pages. It also can be used to secure email that is accessed via a web browser. When using HTTPS your user name and password are fully encrypted, as are the contents of all email that you create or open.

When using a web browser to access email, it is vital that your email site use the HTTPS encryption protocol to help ensure data and personal security.

# 15.6.1 Assignment: Configure Web Mail To Use HTTPS

If you use a web browser to access your email, it is critical that your web connection use HTTPS. In this assignment, you will verify that your browser-based email uses HTTPS.

In this assignment, you verify your browser-based email uses HTTPS.

- Note: If you do not use browser-based email, you may skip this assignment, and perform the previous assignment.
- 1. Launch your web browser.
- 2. Go to your log in page for your email. In this example, we will be using Google Mail (Gmail).
- 3. As in the screen shot below, make sure that the URL field shows either the lock to the left of the URL, or *https://* and not *http://*. This indicates you are communicating over a secure, encrypted pathway.



- 4. If instead your browser shows the URL to be http://, try revisiting your email log in page, but this time manually enter https://.
- 5. If you get to the log in page, all is good. Just bookmark the https:// URL and use it instead of the previous non-secure URL.
- 6. If you cannot get to your log in page, change your email provider NOW!

### 15.7 End-To-End Secure Email With ProtonMail

If you are serious about email security, then you need to use an end-to-end secure email solution. Forcing TLS for incoming and outgoing email is one option (see previous section 15.5). However, it is likely either sender or recipient use email hosts that don't allow forcing TLS.

There are two other options for point-to-point email encryption:

- Use an email encryption utility. This works well if the other end of the communication also is using the same encryption utility. Our next section will cover this strategy using *GNU Privacy Guard* and *S/MIME*.
- Use a cloud-based option. This method makes it every bit as simple to send and receive email as the user is accustomed to. The downside is that instead of using an email client, a website is used to send and receive mail. An example of this is *Sendinc.com*<sup>8</sup>.

An interesting hybrid option is found in *ProtonMail*<sup>9</sup>. ProtonMail includes PGP public key/private key encryption, so that neither you nor the other party need deal with the potential headaches of installing and configuring PGP encryption.

ProtonMail has several advantages for the typical user, including:

- Free with optional monthly/yearly plans.
- Based in Switzerland so all user data is protected by Swiss privacy laws.
- Allows the user to determine the destruction date and includes unlimited retention.
- Allows for encrypted and password protected emailing to non-ProtonMail users.
- Allows for rich text email.

When sending from ProtonMail to a non-ProtonMail user, your recipient receives an email stating that a secure message is waiting. The recipient clicks the link,

<sup>&</sup>lt;sup>8</sup> https://sendinc.com/

<sup>&</sup>lt;sup>9</sup> https://protonmail.com

taking the recipient to an authentication page. Upon entering the password the recipient then sees the message. The recipient can directly and securely reply to the message, then you receive their reply in your inbox.

When sending from ProtonMail to ProtonMail, the interface is like other email providers.

Although not quite as convenient as using your own email software, when security, convenience, and cost are taken into consideration against the impacts of data theft, or the potential drama of confidential communications being intercepted, we find ProtonMail to be an easy choice.

### 15.7.1 Assignment: Create a ProtonMail Account

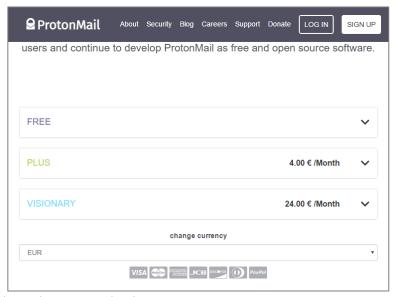
In this assignment, you create a ProtonMail account.

1. Using your web browser, visit https://protonmail.com. Select either the Sign Up or Get Your Encrypted Email Account button.

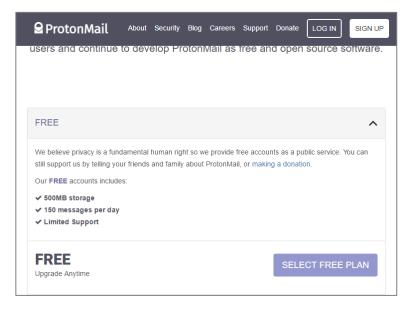


2. Scroll down to click the drop-down arrow next to the plan you wish to use (PLUS is selected by default). In this tutorial, we will be making a free

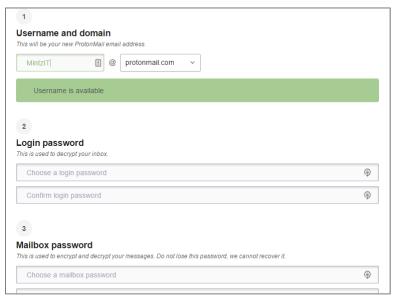
account. If you wish to use a monthly plan, make sure to double check the currency used on the bottom of the page.



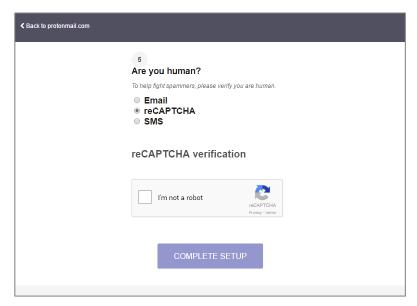
3. Click the Select Free Plan button.



4. Enter the *Username* and *Password* you wish to use. We recommend using easy to remember 15 character passphrases.



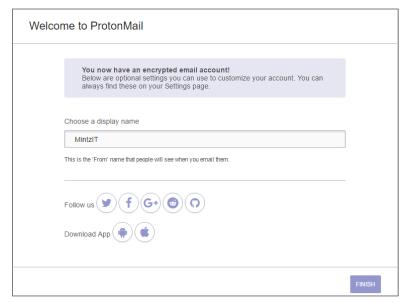
5. Provide a method of verification.



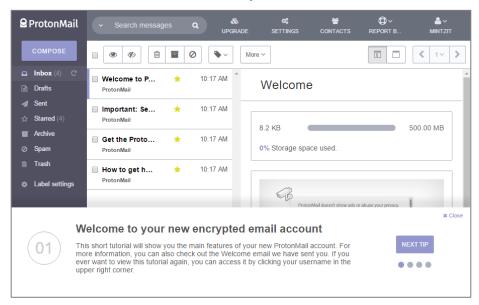
6. ProtonMail begins to create your account.



7. At this stage enter the name that will be seen by other users. You also have the option of downloading iOS or Android Apps. Next click on the *Finish* button.



8. You have now finished the setup process. You will see a short tutorial on the bottom of your screen, it is recommended to read through it to understand some more of the features available to you.

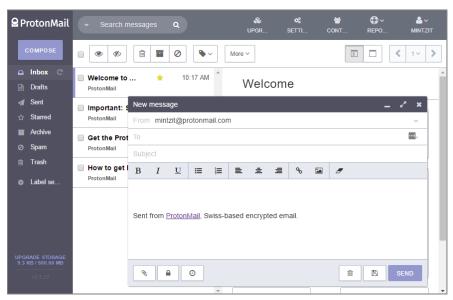


# 15.7.2 Assignment: Create And Send An Encrypted ProtonMail Email

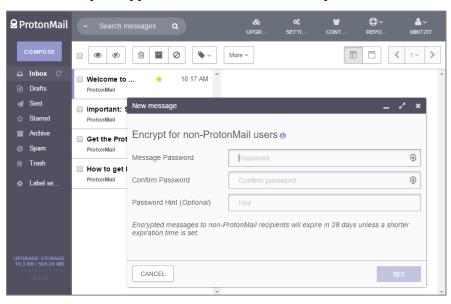
In this assignment, you send your first fully encrypted email through ProtonMail.

- Prerequisite: Completion of the previous assignment, or an existing ProtonMail account.
- 1. If you have just completed the previous assignment, select the *Compose* button in the top left. If not, use your web browser to visit *ProtonMail* at <a href="https://ProtonMail.com">https://ProtonMail.com</a>, select the *Login* link, and then log in.

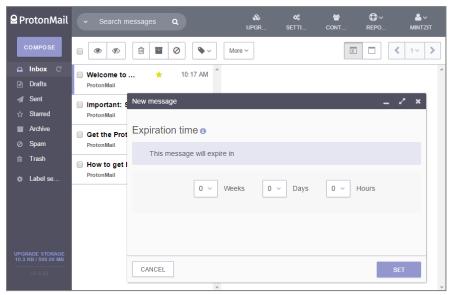
2. The *New Message* window should now be showing, enter the recipient email address, subject and a brief message.



- 3. Scroll to the bottom of the page, and then configure to your taste. The *Lock* icon allows you to set a password requirement to open the email from a non-ProtonMail account.
  - If you are sending to a recipient who is not a ProtonMail account, you have the option to manually set an encryption password in this screen. If you were sending to another ProtonMail account, the message is automatically encrypted, without need to enter a password.



4. The *Clock* icon allows you to set an expiration time for the email.



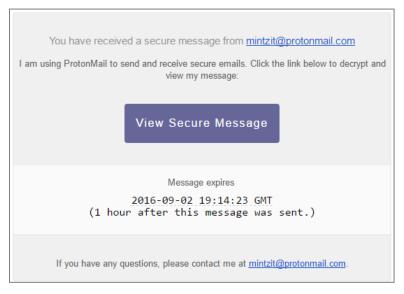
5. Once you have finished configuring your email, click the *Send* button. It will take a moment to encrypt and then send.

Notification of your email has been sent to the recipient.

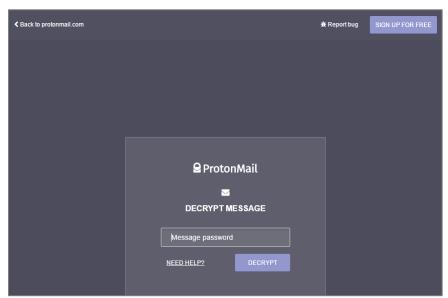
# 15.7.3 Assignment: Receive And Respond To A ProtonMail Secure Email

In this assignment, you reply to a ProtonMail secure email.

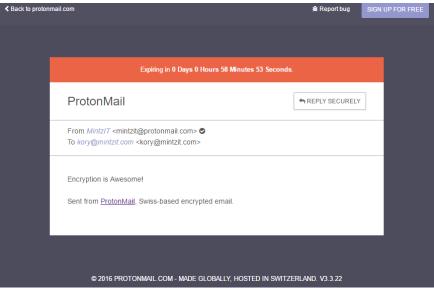
- Prerequisites: Completion of the previous two assignments.
- 1. After you have sent an email from your ProtonMail account (previous assignment), the recipient receives the following email. To view the message, the recipient selects the *View Secure Message* button within the email.



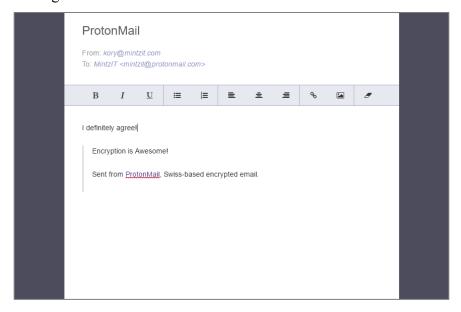
2. If the recipient already has a ProtonMail account, go to step 5. If the recipient does not have a ProtonMail account, they have the option of signing up for ProtonMail in the top right of the webpage. If they do not wish to sign up they may instead enter the required password to access their email on this page.



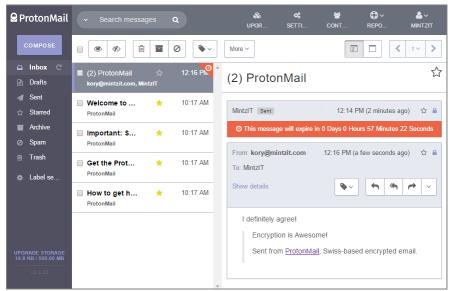
3. After entering the required password, the email is displayed in the recipient's browser. The recipient is also able to reply via this webpage by selecting *Reply Securely*.



4. The recipient then types in their reply and clicks on the *Send* button in the bottom right.

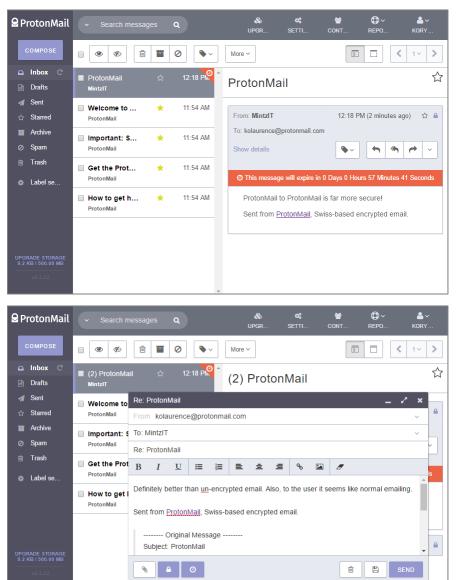


5. The original sender will receive a reply.

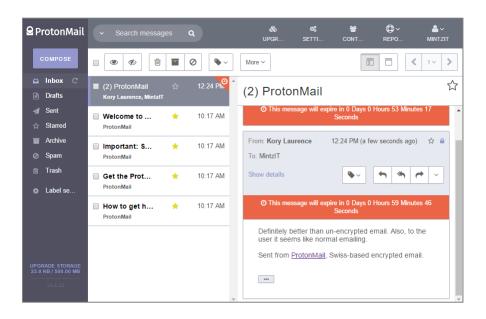


6. For either the original sender or the recipient, if they are using ProtonMail, it will show in their inbox like normal email. The email is decrypted and is fully

viewable. Note that at no point is the message transmitted across the internet without encryption.



#### 15 Email



# 15.8 End-To-End Secure Email With GNU Privacy Guard

The gold standard for email security is to fully encrypt the message at the sender's computer in a format that only the intended recipient can decrypt. This tool also must be capable of alerting the recipient if the message has been tampered with in any way (i.e., a man-in-the-middle attack.) The leader in this arena is PGP (Pretty Good Privacy), now owned and maintained by Symantec. Fortunately, there is an open source utility that provides all the core functionality and security of PGP, for free.

Setting up *GPG*<sup>10</sup> (GNU Privacy Guard)—available for macOS, Windows, and Linux—takes a few more steps than our previous strategies in this section, and those with whom you wish to exchange secure email will need to also install GPG. But once both sender and recipient have their GPG in place, it is effortless to share fully encrypted messages.

Both PGP and GPG use the same strategy to securely encrypt email communications, and can exchange email with each other. Each user creates a *public key* and a *private key*. The Public Key typically is stored at a GPG server in the cloud, which can be found with a search for your name. The Private Key remains only on the user's computer. When sending an email to another person, your email application will automatically use the recipient's Public Key to encrypt the message. When the recipient receives the email, only the recipient' Private Key is able to decrypt and open the message.

If there are shortcomings to PGP and GPG, one is that as of this writing, there are only two iOS apps and one Android app, none of which are well received. Also, GPG is designed to work within an email client application, not a web browser. Although there are plug-ins for FireFox to allow for GPG, you are best to stick with the built-in Mail.app. Another issue is that before one can exchange encrypted email with someone else, both need to manually retrieve each other's public key. This typically is just a two-click process, but still...

<sup>10</sup> https://gnupg.org/

Cryptography can quickly become Ph.D.-level material. I will cover everything you are likely to need to fully enable encryption and digital signing using GPG. Should you wish to delve deeper, visit the GPGTools Support site<sup>11</sup>.

# 15.8.1 Assignment: Install GPG And Generate A Public Key

To encrypt your email, you need to have GPG installed, and have your recipient's Public Key installed in your GPG keychain. For your intended recipient to decrypt and read your email, the recipient needs to have GPG installed (or Gpg4win<sup>12</sup> if using Windows, or GPA<sup>13</sup> if using Linux.) The recipient will also need to have your Public Key stored in their computer.

In this assignment, you install GPG on your computer, and upload your Public Key to the *GPG Public Key Server*, making it available to anyone wishing to send encrypted email to you.

<sup>11</sup> http://support.gpgtools.org/kb

<sup>12</sup> https://www.gpg4win.org

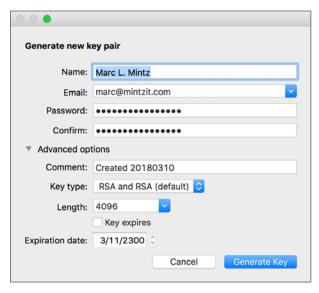
 $<sup>^{13}\</sup> https://www.gnupg.org/related\_software/gpa/index.en.html$ 

1. Use your browser to visit *GPGTools https://gpgtools.org*, and then select the *Download GPG Suite* button.



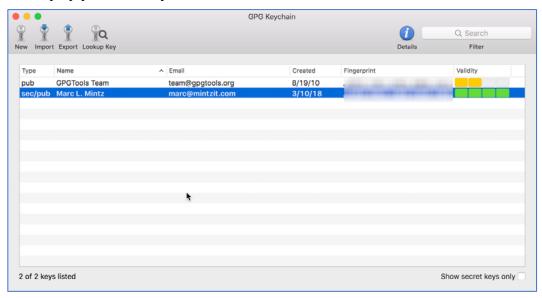
- 2. The software will begin to download to your computer.
- 3. Go to your Downloads folder, locate and then double-click on the *GPG Suite.dmg* file. This will mount the GPG disk image to your desktop, and then open the disk image to reveal the GPG Suite window.
- 4. Double-click the *Install.pkg* icon inside of the GPG Suite window to launch the *Install GPG Suite installer*.
- 5 Select the *Continue* button
- 6. At the *Standard Install on "<Name of hard drive>"* window. Select the *Install* button.
- 7. The authentication window will appear. Enter an administrator name and password, and then select the *Install Software* button.
- 8. *The installation was completed successfully* window appears. Click the *Close* button.

- 9. The GPG Keychain.app, located in /Applications opens.
- 10. Select the *Advanced Options* link to expand the window, and then complete all fields.



- *Name*: Enter your full name as used in your email.
- *Email*: Enter the email address for which GPG encryption is being configured.
- *Password & Confirm*: This is a password to protect access to this record. As with all passwords, make it strong.
- *Comment*: As you may eventually create many keys, enter a comment to refresh something unique about this key pair.
- *Key type*: Select *RSA and RSA (default)*. This is the strongest option currently available.
- Length: Select 4096. The larger the encryption bit depth, the more secure.
- Expiration Date: I typically leave this disabled, allowing any of my encrypted email to be accessed (given the proper credentials) forever. However, if you prefer to set your key to self-expire, making any sent emails created with it unreadable after a certain date, then by all means enable this option.

- 11. Select the *Generate key* button.
- 12. The new key will start to generate. During this time, the random key generator uses activity on your computer to help create a random key. You should move your cursor, or type some characters in another application during this time.
- 13. The *Your key was created successfully* window appears. This window gives the option to upload your public key. Remember, the public key allows others to send encrypted email to you–it does not present a security concern if others have access to it. Click the *Upload Public Key* button.
- 14. When your Public Key generation completes, the *GPG Keychain* window will display your new key.



Congratulations! You have successfully installed GPG to help encrypt your email.

## 15.8.2 Assignment: Add Other Email Addresses To A Public Key

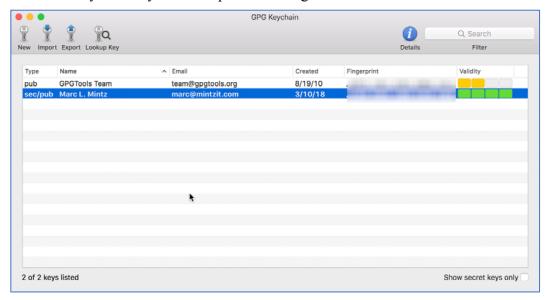
• Prerequisite: Completion of the previous assignment.

Many people have more than one email address. If you wish, you may create keys for each of your other addresses simply by repeating each of the steps in the

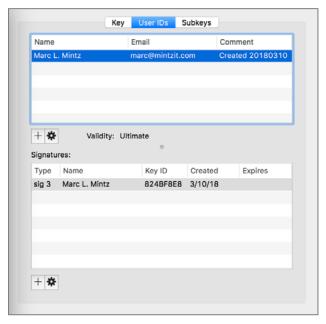
previous assignment. However, you may find that both tedious and somewhat redundant. An alternative is to bind all your email addresses together under one key.

In this assignment, you add your other email.

1. Open *GPG Keychain*, located in your /*Applications* folder, and then double-click on your entry from the previous assignment.



2. The *Key Inspector* window will open. Select the *User IDs* tab, from top half of the window, select the account *Name*, and then select the + button.

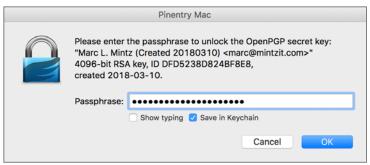


3. In the window that opens, enter your *Full name*, along with the new *Email address* you want to be bound to your original email/key combination, and then select the *Generate user ID* button.

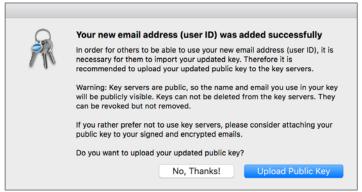


- 4. In the *Pinentry Mac* window:
  - a. enter the password/passphrase used when creating the original signature.
  - b. Enable Save in Keychain checkbox.
  - c. Click the *OK* button.

#### 15 Email

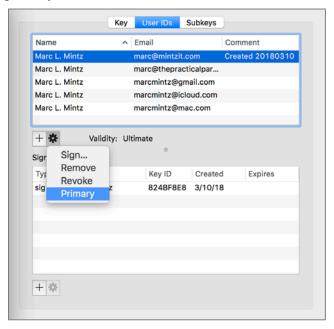


5. The *Your new email address (user ID) was added successfully* window appears. Click *Upload Public Key* button.

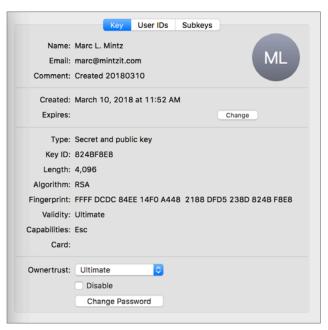


6. Repeat steps 2-5 for each of your email addresses.

7. When all your email addresses have been added, select the one address you use most often, click the *gear* icon, and then select the *Primary* button to set this as your primary account.



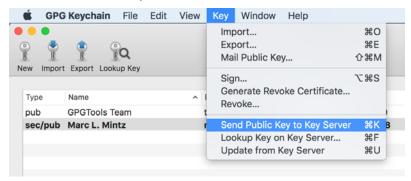
8. Though not required, let's add a photo to better identify you. Select the *Key* tab.



- 9. Click the circle with your initials located in the top right corner. This will open a window to locate the desired photo.
- 10. Navigate your computer to locate the desired photo, and then double-click the photo to add it to your keys.



- 11. Lastly, upload your changes to the Public Key Server. Select the *Key* menu > *Send Public Key to Server*.
  - Note: You may also mail your public key to someone else from the *Key* menu > *Mail Public Key*...

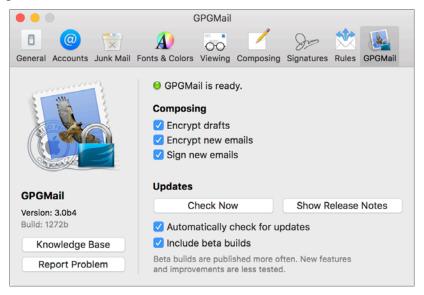


Congratulations! You have successfully added all your email accounts to GPG, allowing encrypted communications with any account.

# 15.8.3 Assignment: Configure GPGMail Preferences

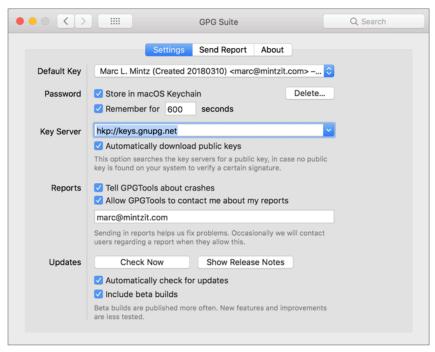
In this assignment, you configure GPGMail Preferences.

1. Open the *Mail.app*, open the *Mail* menu > *Preferences* > *GPG Mail*, and then configure as shown below.



- 2. Close the *Preferences* window.
- 3. Quit Mail.app.

4. Open the *Apple* menu > *System Preferences* > *GPG Suite*, select the *Settings* tab, and then configure as follows.



- Default Key: From the pop-up menu select your primary email account.
- Enable Password: Store in macOS Keychain.
- Enable: Password: Remember for 600 seconds.
- *Key server*: Unless your organization prefers using another server, stick with the default of *hkp://keys.gnupg.net*.
- Enable: Reports Tell GPGTools about crashes, and Allow GPGTools to contact me about my reports. Enter your email address for GPGTools to use when discussing reports.
- Enable: *Updates: Automatically check for updates*, and *Include beta builds*. Normally, I'm not fond of beta builds. But with GPTTools, it appears to be in constant beta.
- 5. Quit System Preferences.

Your GPG is now fully installed, configured, and ready for use!

## 15.8.4 Assignment: Install A Friend's Public Key

For you to send encrypted mail to someone else, it is necessary to have their *GPG Public Key*.

In this exercise, you find a friend's Public Key and add it to your GPG Keychain.

• Prerequisite: GPGTools must be installed.

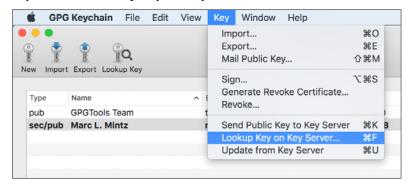
#### **Option A: The No Sweat Strategy**

The easiest way to add a friend's Public Key is to have them send to you an email from their GPG-enabled account (signed, but not encrypted.) Once you have their email, you also have their Public Key. But you may be listening a long time to crickets before they send you an email.

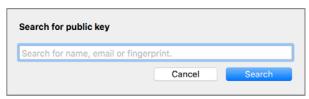
#### **Option B: DIY**

The Do It Yourself option is to lookup your friends key on a GPG key server.

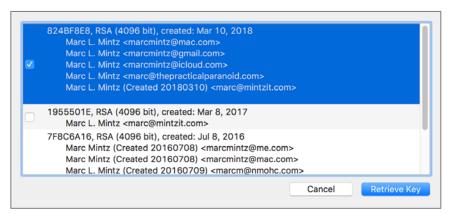
- 1. Open the GPG Keychain Access.app located in your /Applications/ folder.
- 2. Select *Key* menu > *Lookup key on key server*.



3. The Search for public key window opens.



4. Enter the full name of the person you wish to either send encrypted mail to, or receive from, and then select the *Search key* button. A list of possible matches appears. If you don't yet know anyone with a GPG key, feel free to use *Marc L. Mintz*. Shown below are the search results for a *Marc L. Mintz*.



- 5. the target public key (if you aren't sure which is correct, select all of them), and then select the *Retrieve key* button.
- 6. The Public Key is now added to your GPG Keychain.

You are now ready to send encrypted email to your friends!

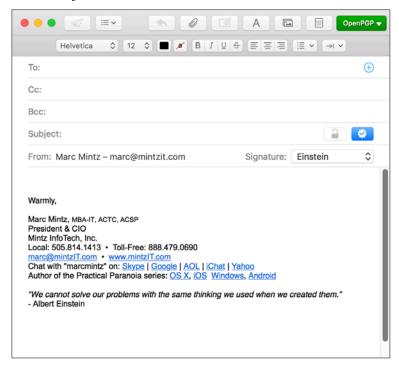
## 15.8.5 Assignment: Send A GPG-Encrypted And Signed Email

Once you have created your key and have the Public Key of the intended recipient from the previous assignments, you are ready to send your first encrypted and signed email.

In this assignment, you send your first GPG-encrypted and signed email.

1. Open your macOS Mail.app.

2. Create a new outgoing mail document. Notice that you have two new icons to the left of the *Subject* line.



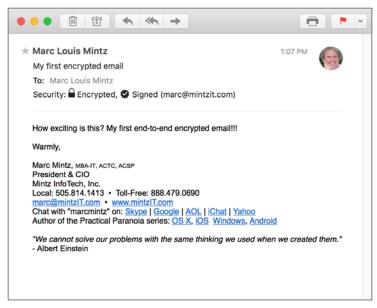
- Lock icon: Enables encryption for your document.
- *Signed* (checkmark) icon: Enables signed emails. A signed email will notify the recipient if the message has been altered in any way between the sender and recipient.
- 3. In the *To:* field, enter the email address of someone with GPG enabled on their computer (feel free to use my address of marc@mintzit.com for your test). Once you have entered an email address that is registered with GPG (as you have done in the previous assignment), the *Lock* icon will turn blue, allowing selection/enabling.
- 4. Verify the *Lock* icon is blue, indicating the email will be encrypted.
- 5. Select the *Send* button, and your email is on its way to the recipient, fully secure because only the designated recipient will be able to read the email.

Wahoo! You have sent your first securely encrypted email.

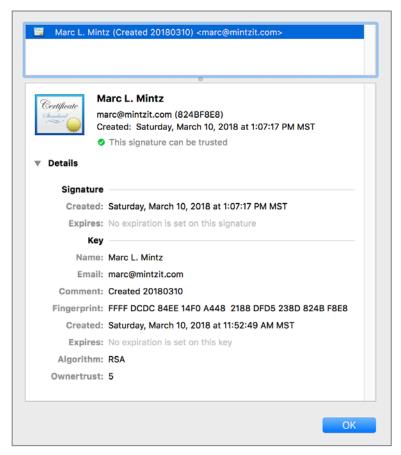
## 15.8.6 Assignment: Receive A GPG-Encrypted And Signed Email

In this assignment, you receive and read a GPG-encrypted and signed email.

1. When the email arrives at the recipient, it automatically is decrypted (assuming the recipient also has followed the steps detailed in the *Get Your Friend's Public Key* assignment). The message will have an indicator if it is encrypted or signed or both.



2. Should the recipient have any doubts as to the authenticity of the email, click on the *Signed* icon. The certificate will display. Note the Short ID to the right of the sender's email address.



3. This Short ID can be verified. The recipient can open *GPG Keychain Access*, double-click the sender's name, and then view their *Short ID* in the pop-out window.



## 15.8.7 Assignment: Encrypt And Sign Files With GPGServices

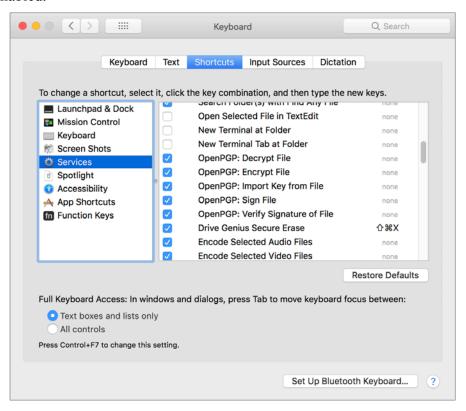
GPGServices allows encryption, decryption, and signing of any type of file for cross-platform use.

In this assignment, you encrypt and sign a file with GPGServices.

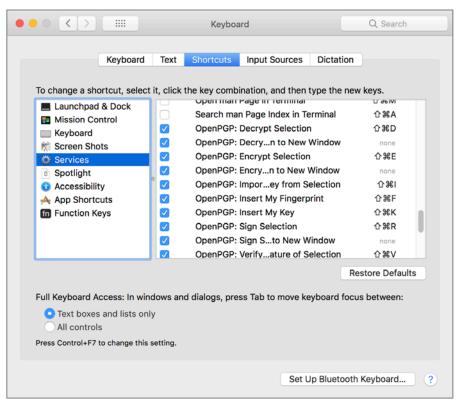
# Verify All GPGServices Have Been Activated

1. Open System Preferences > Keyboard > Shortcuts tab > Services in sidebar.

2. From under the *Files and Folders* group, verify that all *OpenPGP* modules are enabled.

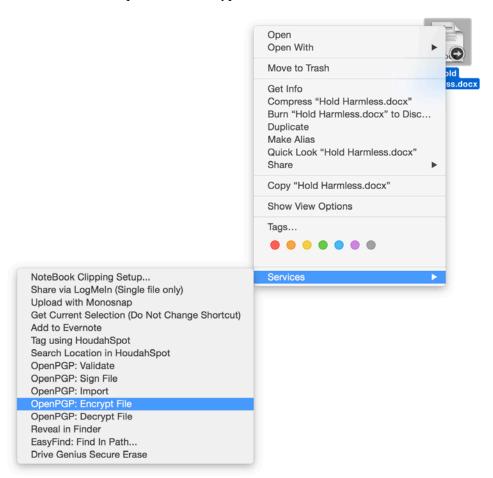


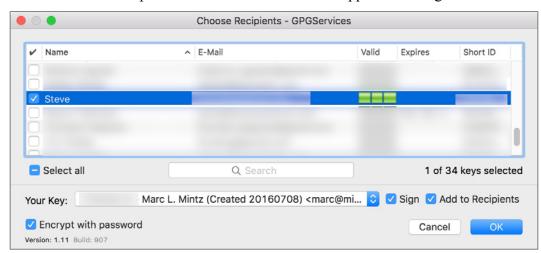
3. While still in the *System Preferences* > *Keyboard* > *Shortcuts* tab > *Services*, scroll down to the *Text* group, and then verify that all *OpenPGP* modules are enabled.



4. Close System Preferences.

5. To sign or encrypt a file or folder, right-click on it. From the pop-up menu, select *Services* > *OpenPGP*: *Encrypt File*.





6. The *Choose Recipients – GPGServices* window appears. Configure as:

- Enable the checkbox for those you wish to allow to access this encrypted file or folder.
- Select which *Secret Key* will be used (which of your emails).
- Enable the *Sign* checkbox so the recipient can validate the file/folder came from you.
- You can further enhance security by enabling *Encrypt with password*. This will require the recipients to know a password in order to open the file.
- 7. Select the *OK* button.
- 8. If you have enabled *Encrypt with password*, at the *Pinentry Mac* window, enter the desired password in the *Passphrase* field, and then select the *OK* button.
- 9. You will be prompted a second time to enter the passphrase, do so, and then select the *OK* button.
- 10. In a few seconds, the *Encryption Finished* window appears. Select the *OK* button.
- 11. Your encrypted file will be found next to the original, with a .gpg file extension.

This encrypted file can now be attached to an email, uploaded to a server, or placed on a storage device. Only the selected recipients will be able to open and view the file.

# 15.9 End-To-End Secure Email With S/MIME

*S/MIME*<sup>14</sup> (Secure/Multipurpose Internet Mail Extensions) uses the same fundamental strategy of employing both Public and Private Keys to secure email as do PGP and GPG. Each person has a Private Key to decrypt a received email, and a Public Key that others may use to encrypt email to send out. An advantage of S/MIME over GPG is that S/MIME is built right into both the macOS/OS X and the iOS Mail.app. No need to install another application.

Unlike GPG, you will need to acquire an *email certificate* from a *Certificate Authority (CA)*. There are many Certificate Authorities available. Your Internet Provider or Web Host may be able to do this for you. Free certificates for personal use, which are valid for one year, are available. However, using these can become tedious, as you will need to repeat all the steps below every year. Purchasing a commercial certificate will set you back \$10 to \$100 per year, but you will only have to go through the process once.

Because your keys are stored with a CA, if that CA resides in a country that complies with USA National Security Letters, then it is possible for the US Government agencies to gain access to your private key, giving them full access to your email. Should you have concerns over the government having access to your communications, you should use either PGP/GPG, or S/MIME with a CA located in a country that does not comply with National Security Letters.

#### S/MIME offers three certificate classes:

- Class 1: This level of certificate is acquired without any background check or verification that the person requesting it has anything to do with the email address it will be assigned to. In fact, it is even possible to roll your own certificate! That said, it will verify that the email address in the *From* field is the address that sent the email, and do the job of encrypting email so that only the intended recipient can decrypt and read it.
- Class 2: This level takes it a step further, validating that not only is the email address in the *From* field the one that sent the email, but that the name in the *From* field is tied to that email address.

<sup>&</sup>lt;sup>14</sup> http://en.wikipedia.org/wiki/S/MIME

• Class 3: This is the highest-level validation, with a background check performed to verify not only the name of the individual or company, but physical address as well. This is the only class suitable for healthcare (HIPAA), financial, legal, and business use.

## 15.9.1 Assignment: Acquire A Free Class 1 S/MIME Certificate

In this assignment, you sign-up for a free 1-year free S/MIME certificate for personal use from a leading Certificate Authority, Comodo. This can be converted into a long-term commercial certificate.

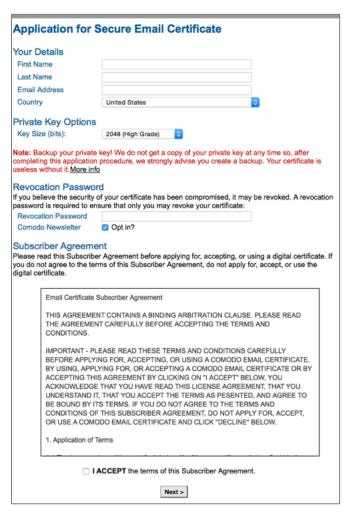
- Note: A Class 1 certificate is appropriate for home users only. For business use, see the assignment to *Acquire a Class 3 S/MIME Certificate*.
- 1. Open your web browser and surf to Comodo at https://comodo.com.
- 2. From the navigation bar, select the *Personal* tab > *Free Personal Email Certificate*.



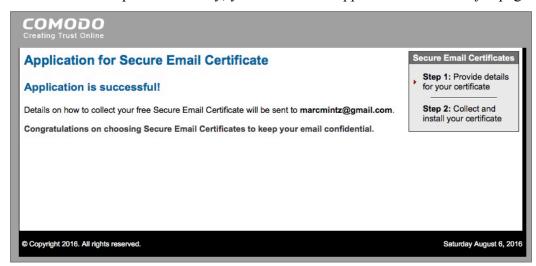
3. This takes you to the *Email Security & Messaging* page. Select the *Free Email Certificate > Free Download* button.

#### 15 Email

4. The *Application for Secure Email Certificate* page opens. Complete the form, specifying *2048 (High Grade)* for your *Key Size*, and then select the *Next* button.

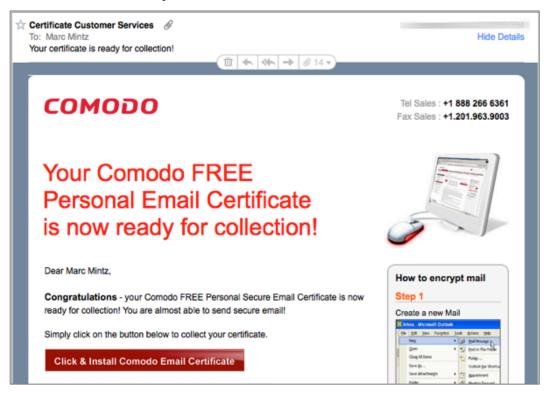


5. If all was completed correctly, you will see the *Application is Successful* page!



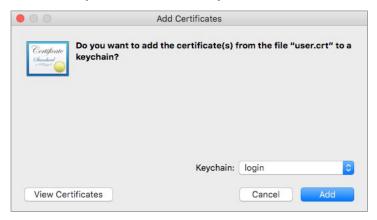
6. The certificate will be sent to the email address you specified.

7. Open your Mail.app to find the email, and then select the *Click & Install Comodo Email Certificate* button.



- 8. Although the button says *Click & Install Comodo Email Certificate*, all it does is download the certificate. You will need to manually install the certificate.
- 9. Once downloaded, the certificate will be found in your *Downloads* folder, named something like *user.crt*. Navigate in the Finder to your *Downloads* folder to find this certificate file.

10. Double-click the *CollectCCC.p7s* certificate. An *Add Certificates* window will open asking if you want to add the certificate to your Keychain. From the *Keychain* pop-up menu, select *Login*, and then select the *Add* button. This will add the certificate to your own default Keychain database,



#### Validate Certificate Installation

11. To quickly find the new certificate, in the Keychain Access utility, in the *Search* field, enter the email address for the new certificate, and then tap the *Return* or *Enter* key.



- 12. Double-click on the new certificate. This will open the certificate info window.
- 13. Quit the Keychain Access application.
- 14. Repeat steps 1-10 for each of your email addresses for which you need secure communications.

Wahoo! The hard part is over. You now are the proud owner (at least for a year) of email certificates for each of your email accounts. Next step is to migrate the certificate to your iOS device.

# 15.9.2 Assignment: Acquire A Class 3 S/MIME Certificate For Business Use

Getting a Class 3 certificate is significantly more involved than that of a Class 1. This is due to the need for identity verification, but also to the need for an infrastructure to help with managing potentially thousands of email addresses within an organization.

In this assignment, you acquire and configure a Class 3 S/MIME Certificate from Comodo.

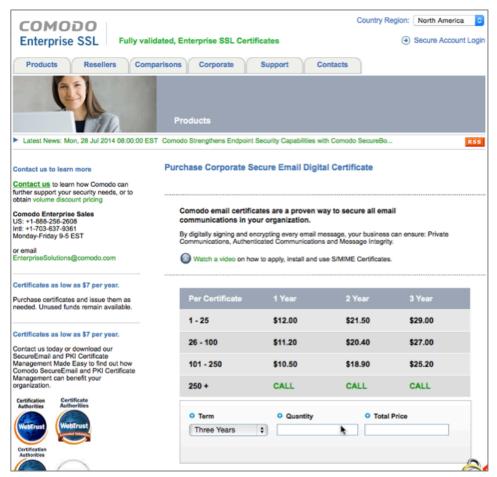
- Note: A Class 3 S/MIME Certificate is appropriate for business use, but may also be used by home users
- 1. Using your web browser, visit Comodo.com

2. From the Navigation bar, select *Enterprise* > *Secure Email Certificate*.

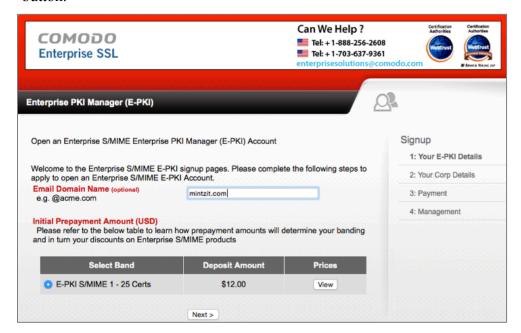


3. In the Secure Email Certificates page, select the Buy Now button.

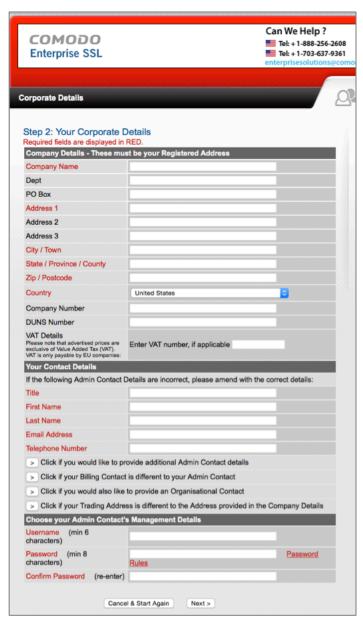
4. In the *Purchase Corporate Secure Email Digital Certificate* page, enter your desired *Term* and *Quantity*. And then select the *Next* button.



5. In the *Open an Enterprise S/MIME Enterprise PKI Manager (E-PKI) Account* window. Enter a domain name for your certificates, and then select the *Next* button.



6. In the *Step 2: Your Corporate Details* page, enter all requested information, and then select the *Next* button.



7. At the *Agreement* page, select the *I ACCEPT* button.

- 8. In the *Secure Payment Page*, enter your credit card information, and then select the *Make Payment* button.
- 9. You will receive an email from Comodo informing you of receipt of your order, and stating that you will soon be receiving another email requesting documents to validate your identity.
- 10. Soon you will receive an email requesting the validation documents. Submit the requested documents and information.
- 11. You will receive an email informing you that your account has been created, with a link to their *Getting Started Guide*. Although the steps outlined in this book will take you through the process, it is not a bad idea to download and read the Guide as well. Download the *Getting Started Guide*.
- 12. Register for Comodo technical support by clicking the link provided in the email, and then follow the on-screen instructions. This will save you significant time and headache if you ever need technical support from Comodo.

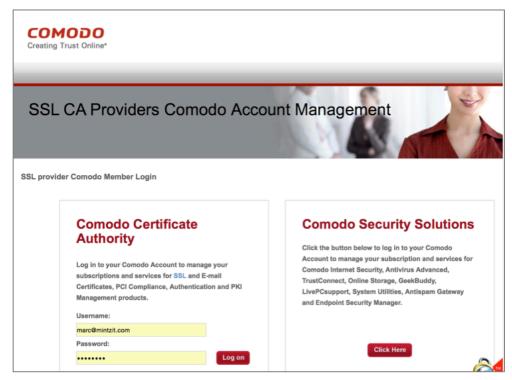
# 15.9.3 Assignment: Purchase A Class 3 S/MIME Certificate For Business Use

Once you have set up your Class 3 business account with Comodo, you are able to order S/MIME certificates for you and your staff at any time.

In this exercise, you purchase your first certificate.

- 1. From your web browser, go to the Comodo home page at https://comodo.com.
- 2. Select the *Login* link, and then login. This opens the *SSL CA Providers Comodo Account Management* page.

3. In the *Comodo Certificate Authority* area, enter your *Username* and *Password* used to start your account with Comodo, and then select the *Log on* button.

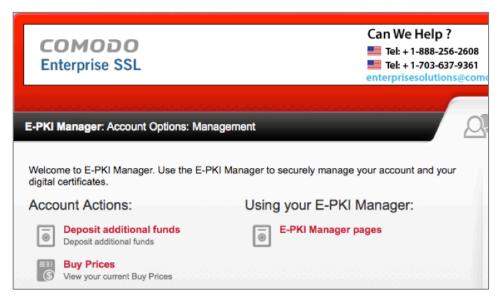


4. The *Account Options: Management* window opens. Select the *E-PKI Manager* link.



5. This will take you to the *E-PKI Manager: Account Options: Management* page. With Comodo, you pay for certificates not directly, but by pulling from

monies on deposit with Comodo. If there are inadequate funds on deposit, you will need to deposit money now. To do so, select the *Deposit additional funds* link.

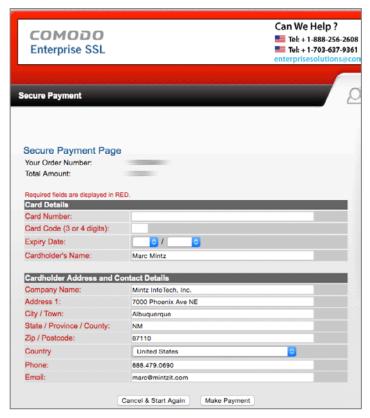


6. In the *Deposit Funds: Account Options: Management* page, enter at least the amount needed to purchase your S/MIME certificates. Rates per certificate as of this writing are.

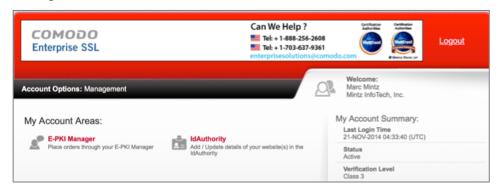




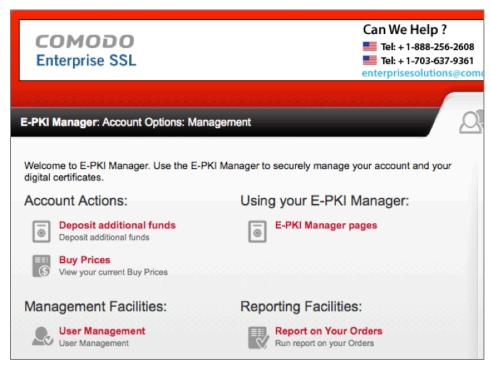
7. In the *Secure Payment* page enter your credit card information, and then select the *Make Payment* button.



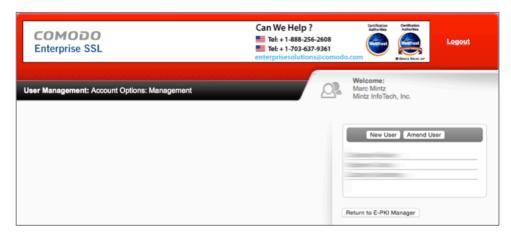
8. Return to the *Account Options: Management* page, and then select the *E-PKI Manager* link.



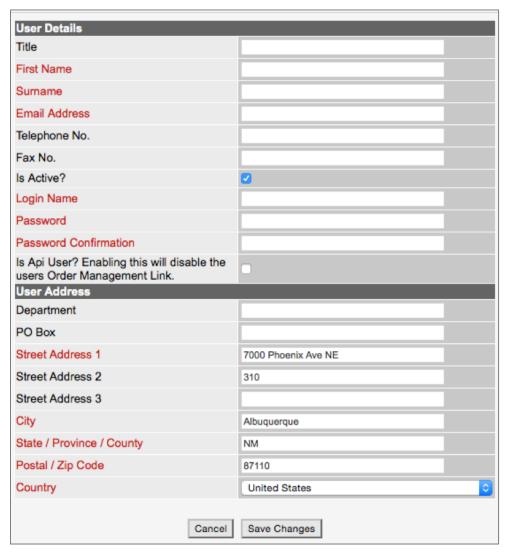
9. In the E-PKI Manager: Account Options: Management page, select the User Management link.



10. In the *User Management: Account Options: Management* page, select the *New User* button.

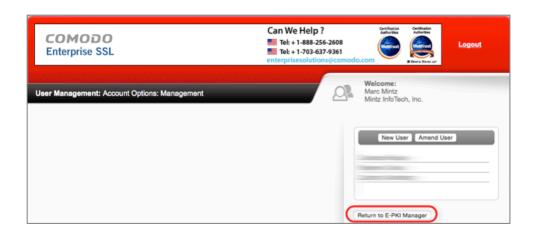


11. In the *New User* window, enter all information for your new user, and then select the *Save Changes* button.

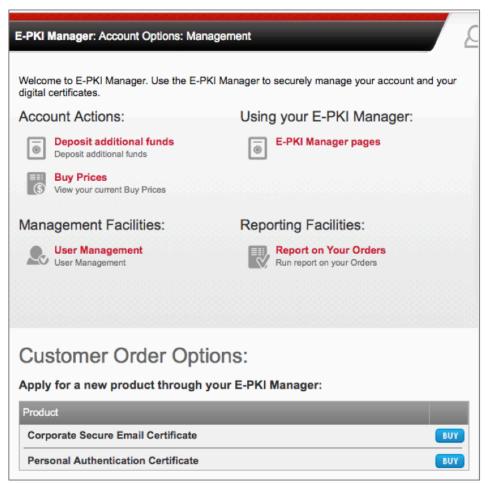


- 12. Repeat steps 7-10 to enable each user/email account to have an S/MIME certificate.
- 13. When all certificates have been requested, return to the *User Management: Account Options: Management* window, and then select the *Return to E-PKI Manager* button.

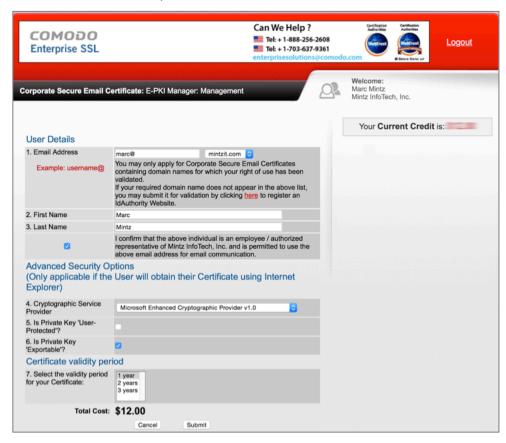
#### 15 Email



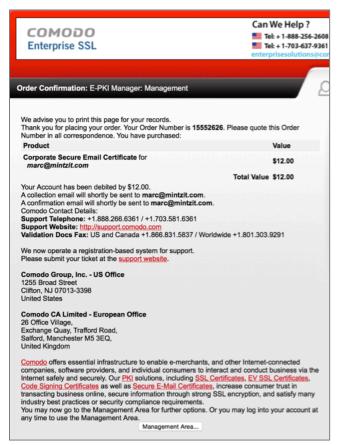
14. In the E-*PKI Manager: Account Options: Management* page, scroll to the bottom, and then select the *Corporate Secure Email Certificate Buy* button.



15. In the *Corporate Secure Email Certificate: E-PKI Manager: Management* page, complete the information for the user/email address you wish to assign an S/MIME certificate, and then select the *Submit* button.



16. At the *Order Confirmation: E-PKI Manager: Management* page, print your receipt, and then select the *Management Area*... button.



17. Repeat steps 13-15 for each user/email account to be assigned an S/MIME certificate

## 15.9.4 Assignment: Install A Business S/MIME Certificate

In this assignment, you download and install a Class 3 S/MIME Certificate.

1. At the user's computer, check email for a message from Comodo, select and copy the *Your Certificate Password*, and then select the *Begin Corporate Secure Email Certificate Application* button.

#### 15 Email

#### Comodo Security Services

To: Marc Louis Mintz

Collecting your Corporate Secure Email Certificate

CS

Dear Marc Mintz,

Your Corporate Secure Email Certificate has now been issued and is ready to be collected.

Please click the button below to begin collection.

Begin Corporate Secure Email Certificate Collection

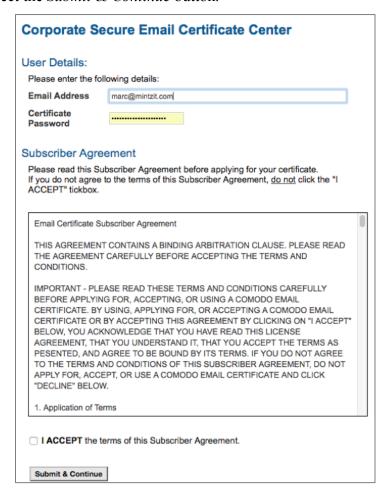
If the above button does not work, please navigate to https://secure.comodo.com/products/CorporateSecureEmail. Your Certificate Password is:

This email message was sent on behalf of your System Administrator. Should you have any questions regarding your Corporate Secure Email Certificate application, please contact your System Administrator.

Kind Regards,

Comodo Security Services noreply\_support@comodo.com

- 2. In the *Corporate Secure Email Certificate Center*:
  - Enter the exact same email address as used during the certificate creation.
  - Paste in the *Certificate Password* that was included in the Comodo email sent to the email address.
  - Enable the *I Accept* checkbox.
  - Select the *Submit & Continue* button.



3. The *Corporate Secure Email Certificate: Collection* page will open; your certificate will be generated and begin to download.

#### Corporate Secure Email Certificate: Collection

You must make sure that you are using the same computer from where you applied for your Corporate Secure Email Certificate.

If you are using Internet Explorer, may be prompted with the following dialog box. If so, please ensure you follow the below instructions to successfully install your Corporate Secure Email Certificate.

#### Potential Scripting Violation or Web Access Confirmation

Ensure you click **Yes** or **OK**. If you accidentally click "No", refresh this page and click **Yes** or **OK** when prompted again.

- 4. When the certificate has been generated, it will start downloading. When downloaded, you will find it in your *Downloads* folder named something like *CollectCCC.p7s*.
- 5. Open your *Downloads* folder and locate the *CollectCCC.p7s* file.
- 6. To install your S/MIME certificate into the *Keychain Access.app*, double-click on the *CollectCCC.p7s* file.
- 7. The *Add Certificates* window may open. Select *Keychain: login*, and then select the *Add* button.
- 8. Quit Keychain Access.
- 9. Quit the Mail.app.
- 10. *Open* the *Mail.app*. This forces the Mail application to search for new certificates.
- 11. If you use multiple computers, place a copy of your *CollectCCC.p7s* file on each of your computers, and repeat steps 6-10.

Your S/MIME certificate, which includes both your *Public Key* (used by others to encrypt email to you) and *Private Key* (used by you to decrypt email received by you) is now installed.

## 15.9.5 Assignment: Exchange Public Keys With Others

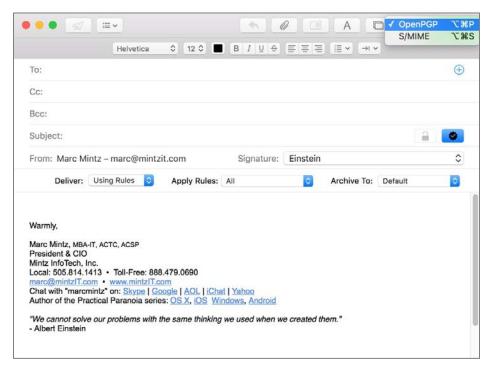
Before you can send or receive encrypted email with others, you need to exchange Public Keys with each other. This is as simple as sending a signed email to each

other. To start, you send a signed email to a friend. This gives this recipient your Public Key, as well as instructions for the recipient to set up S/MIME on their own system.

In this assignment, you send a friend your public key.

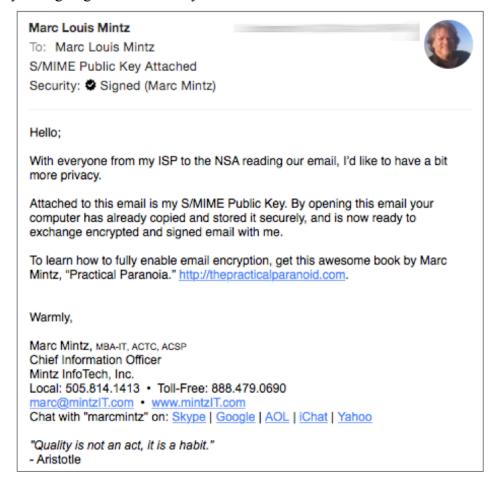
- 1. From a computer that now has your newly acquired email certificates, *Open* the *Mail.app*. This process forces *Mail.app* to look for new certificates.
- 2. Select the *File* menu > *New Message*.
- 3. From the *From*: pop-up menu, select the email account with the new certificates. (If you have only one email account, the *From* field typically does not appear.)
- 4. At the bottom right of the header area, note the two new icons—an encryption lock and signed check. If you have performed the earlier GPG assignments, these are the same and are shared between the two systems. The lock becomes available when you have the Public Key of the recipient, allowing for encryption. The check is available for anyone once you have your certificate. It will verify that the sender (you) are who you say you are.
- 5. If you have performed the earlier GPG assignments, the drop-down menu at the top right corner allows you to select either GPG or S/MIME as your

encryption protocol. If you have not performed the earlier GPG assignments, this menu is absent.



- 6. Address your email to an associate with whom you would like to be able to exchange encrypted email. Feel free to address the email to me at *marc@mintzit.com*.
- 7. If you have installed both PGP and S/MIME, ensure the S/MIME is the selected protocol, and that the S/MIME signed check is enabled (it should be by default.) This will ensure your Public Key is sent to your designated recipient.
- 8. In the Subject line, be clear about the intent of the email by noting something like: *S/MIME Public Key Attached*.
- 9. In the body area, you may want to include instructions for how to acquire an email certificate—or better yet—point to this book at its website <a href="http://thepracticalparanoid.com">http://thepracticalparanoid.com</a>.

10. When the recipient receives and opens the email, that recipient now has your Public Key and can determine that the email truly did come from you due to your signing the email with your certificate.



11. The recipient then needs to repeat the steps in this and the previous assignments to acquire an email certificate, and then send a signed email to you. Once this is done, the two of you may exchange encrypted email.

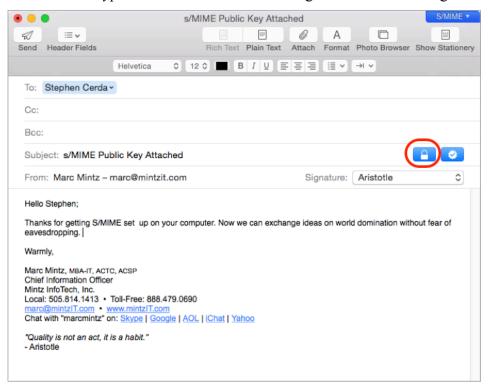
### 15.9.6 Assignment: Send S/MIME Encrypted Email

To exchange encrypted email using S/MIME, the previous assignments must be completed by yourself and at least one other person with whom you wish to have

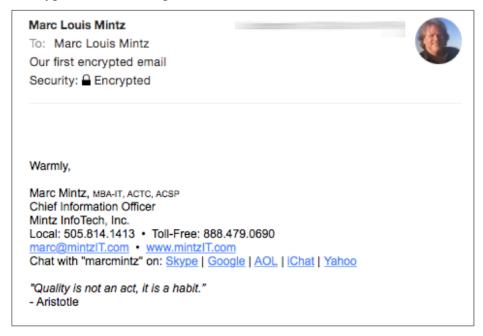
secure communication. Once done, each has an email certificate, a private key, and a public key that is embedded in the other's computer.

In this assignment, you send your first S/MIME encrypted email.

- 1. Open your Mail.app.
- 2. Create a new message, addressed to someone with whom you share public keys.
- 3. If you have also installed GPG, set the *GPG-S/MIME* menu in the top right corner of the message to *S/MIME*.
- 4. Enable the *encrypted* lock icon in the bottom right area of the message header.



5. Send the message. When received by the recipient, the message is instantly and automatically decrypted, and the recipient gets a notice that the message is encrypted as well as signed.



Congratulations! You are now able to send and receive securely encrypted email using the S/MIME protocol.

# 15.10 Virtru Email Encryption

Although PGP/GPG and S/MIME are excellent, highly secure options, they do need some expertise and time to install and configure, and require that both the sender and recipient have the same protocol installed.

For many businesses, that is simply a deal breaker.

If you or your organization use Gmail, Google G-Suite (previously Google Apps for Work) or Microsoft Outlook (currently Windows only), another excellent, highly secure option is *Virtru*<sup>15</sup>. Virtru only requires that the sender have a Virtru account, the recipient still can read the encrypted email, as well as any attached encrypted documents.

Virtru offers free accounts for personal use, and for-fee business accounts. The free account works with Gmail and G-Suite mail through the web interface. The business accounts work with Gmail, Google mail, and Microsoft Outlook.



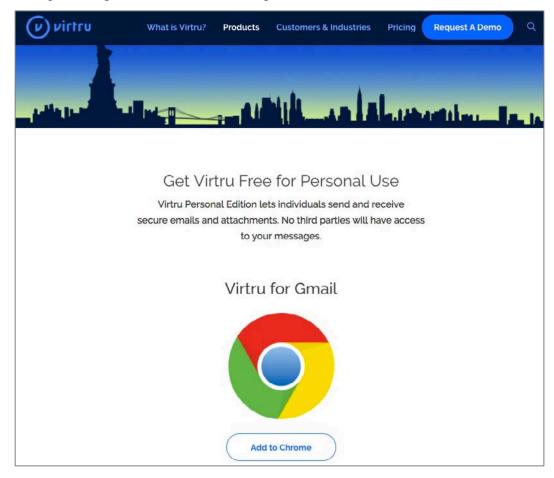
<sup>15</sup> https://virtru.com/

### 15.10.1 Assignment: Create A Free Virtru For Gmail Account

A free Virtru account is perfect for personal use with your existing Gmail account. You will immediately be able to send fully encrypted email and attachments to friends and family, without a need for them to do any additional work!

In this assignment, you create a free Virtru account.

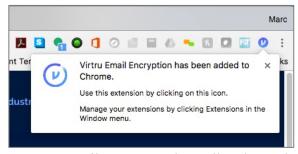
- Prerequisite: Must have a Gmail or Google G-Suite account, and use Google web mail.
- 1. Open Google Chrome, and visit https://www.virtru.com/secure-email/.



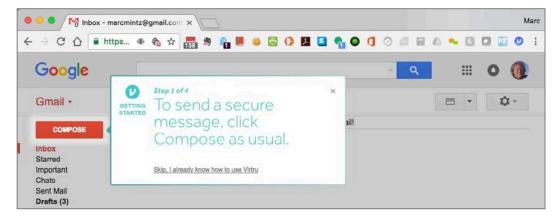
- 2. Click the *Add to Chrome* button.
- 3. The *Add "Virtru Email Encryption"* window appears. Click the *Add extension* button.



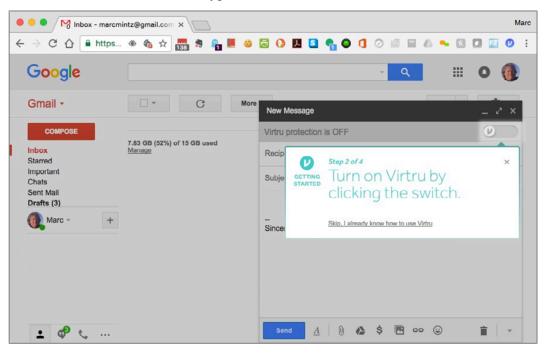
4. A pop-up will appear, showing the new Virtru Chrome icon.



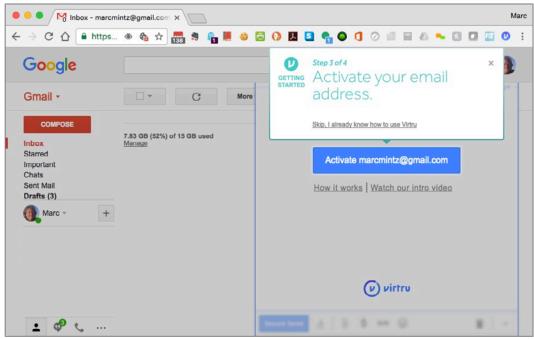
- 5. In Chrome, go to your Gmail account at https://mail.google.com, and then sign in.
- 6. You will see a *Step 1 of 4* alert. Following the instructions of the alert, click the *Compose* button.



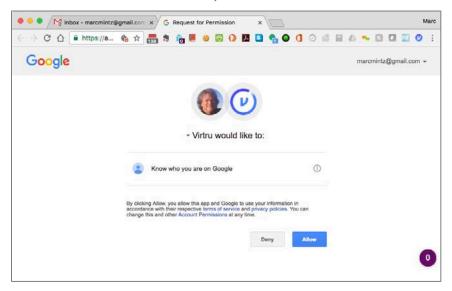
7. The *Step 2 of 4* alert appears. Following the instructions, click the Virtru switch to enable Virtru encryption.



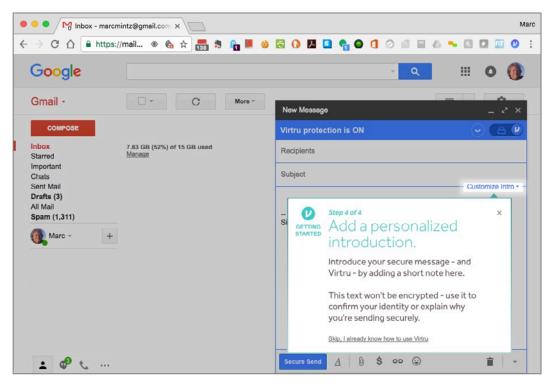
8. The *Step 3 of 4* alert appears. Following the instructions, click the *Activate* <*your email address>* button.



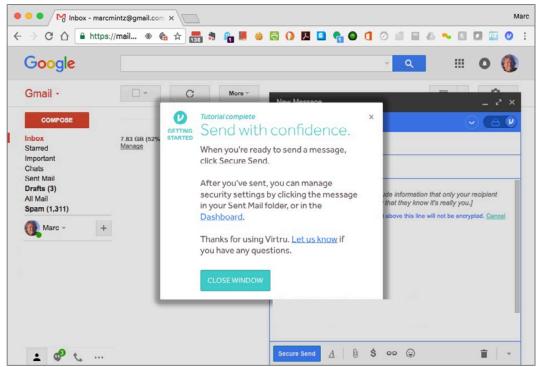
9. In the Virtru would like to: window, click the Allow button.



10. The *Step 4 of 4* alert appears. As you aren't really sending an email yet, click the *Customize Intro* button to move to the last alert.



11. The *Send with confidence* alert appears. Click the *Close Window* button.



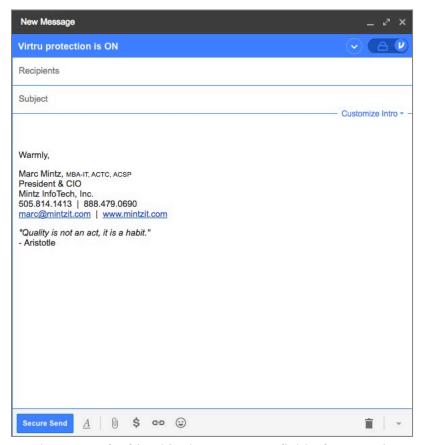
You are now read to send your first Virtru encrypted email.

## 15.10.2 Assignment: Send Encrypted Gmail With Virtru

In this assignment, you send your first encrypted Gmail or G-Suite email with Virtru.

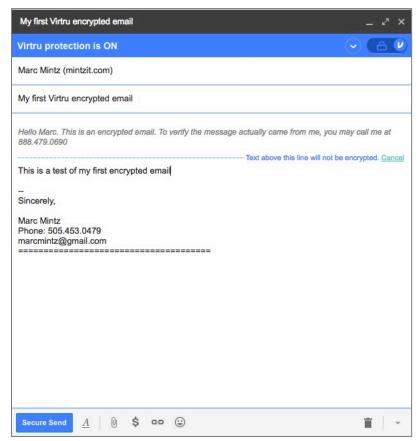
- Prerequisite: A Gmail or G-suite account.
- 1. Open Google Chrome to http://mail.google.com.
- 2. Click the *Compose* button to create a new email.

3. A *New Message* window appears. Click the *Virtru* switch in the top right corner to enable Virtru encryption.



- Enter the name of a friend in the *Recipients* field. If you are in a classroom, send to your classmate. If you are self-study, either send to one of your other email account, or to a friend.
- Enter a subject in the *Subject* field.
- Enter some text in the *Message* area.
- 4. Click the *Customize Intro* button.
- 5. Enter a way that the recipient may verify the email is from you.

6. Click the Secure Send button to send the email.



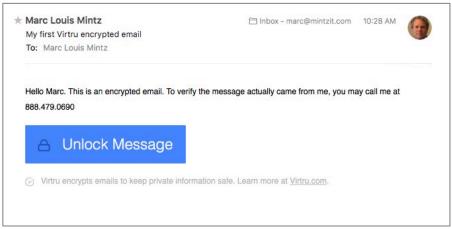
Your Virtru-encrypted email is on its way!

# 15.10.3 Receive and Reply To A Virtru-Encrypted Email

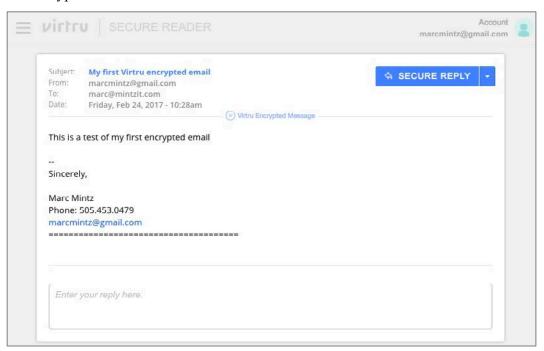
In this assignment, you receive and reply to a Virtru-encrypted email.

• Prerequisite: Completion of the previous assignment.

1. As the recipient of a Virtru-encrypted email, open your email to find the encrypted message sent from the previous assignment. Click the *Unlock Message* button.

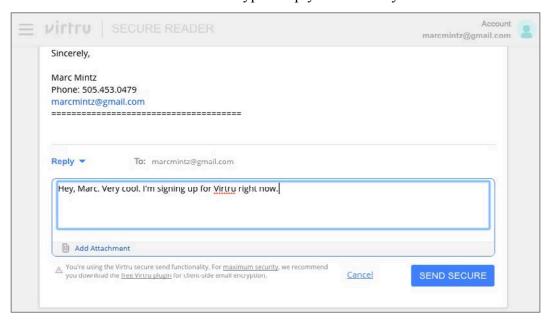


2. A browser will open to the *Virtru Secure Reader* site, with the message decrypted.



#### 15 Email

- 3. To send an encrypted reply to the original sender (from the previous assignment), click the *Secure Reply* button.
- 4. Within the same window, a *Reply* field will appear. Enter your message, and then click *Send Secure*. The encrypted reply is on its way.



# 15.11 Email Validation with SPF, DKIM, and DMARC

Sender Policy Framework (SPF)<sup>16</sup> is an email-validation system. Its provides a mechanism to allow receiving mail exchangers (mail servers) to verify that incoming mail from a domain is actually coming from a host authorized to do so. When a criminal hacker sends email to you with fake "from" information (for example, a vendor submitting an invoice for payment), your email server is able to validate or invalidate the sender as authentic.

If the sender of an email is validated, the email comes on through just as it always has. If the sender is invalidated, the spoofed/fake/junk email simply never makes it to your inbox.

Domain Keys Identified Mail (DKIM)<sup>17</sup> is an email authentication system to detect spoofing. It provides a mechanism for the receiver to verify that an email stating to have come from a specific domain was authorized by that domain. The intent is to prevent forged sender addresses.

DKIM works by attaching a digital signature to each outgoing email. The recipient's email system validates the signature. These signatures are normally not visible to the user.

Domain-based Message, Authentication, Reporting & Conformance (DMARC)<sup>18</sup> is the configurable policy detailing how to deal with email that has failed the DKIM validation. The options are to take no action, quarantine the email, or reject the email.

# 15.11.1 Assignment: Configure SPF

In this assignment, you configure SPF for your email domain.

• Note: Creating SPF records is only possible if your email is on its own Fully Qualified Domain Name (such as *thepracticalparanoid.com*). If you are using

<sup>&</sup>lt;sup>16</sup> https://en.wikipedia.org/wiki/Sender Policy Framework

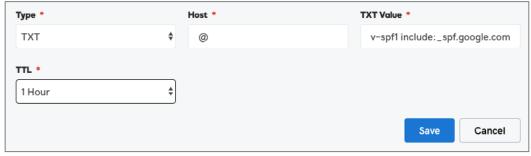
<sup>&</sup>lt;sup>17</sup> https://en.wikipedia.org/wiki/DomainKeys Identified Mail

<sup>&</sup>lt;sup>18</sup> https://en.wikipedia.org/wiki/DMARC

a public domain such as *gmail.com*, you do not have the ability to edit your DNS records, and therefore cannot create your own SPF records.

In this assignment, I will be using the domain *mintzit.com* which is hosted with Google G-Suite, with DNS hosting at *GoDaddy.com* as the example. If your email or DNS hosts are different, the necessary steps may be different as well.

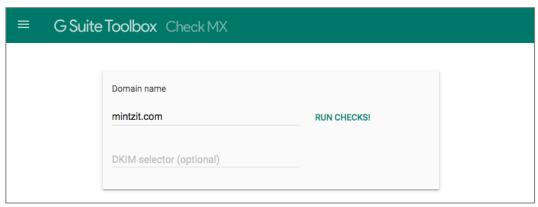
- 1. Open a web browser to your DNS Control Panel.
- 2. Select Edit.
- 3. Create a new TXT record with the following values:
  - a. For Name/Host/Alias enter @
  - b. For Time to Live enter 3600
  - c. For Value/Answer/Destination enter v-spf1 include:\_spf.google.com ~all



4. Save the DNS changes.

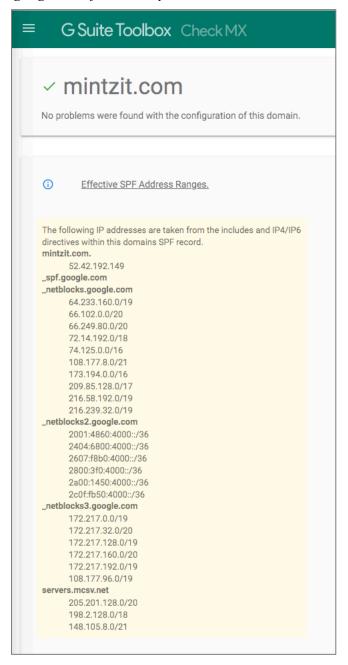
#### 15 Email

5. Verify the DNS changes. This is done in Google from <a href="https://toolbox.googleapps.com/apps/checkmx/">https://toolbox.googleapps.com/apps/checkmx/</a>



- 6. Enter your domain name, and then select Run Checks!
- 7. When the check completes, select *Effective SPF Address Ranges* link. The results should include:
  - spf.google.com
  - netblocks.google.com followed by several IP addresses

\_netblocks2.google.com followed by several IP addresses netblocks3.google.com followed by several IP addresses



### 15.11.2 Assignment: Configure DKIM

Note: Creating DKIM records is only possible if your email is on its own Fully Qualified Domain Name (such as *thepracticalparanoid.com*). If you are using a public domain such as *gmail.com*, you do not have the ability to edit your DNS records, and therefore cannot create your own DKIM records.

In this assignment, I will be using the domain *mintzit.com* which is hosted with Google G-Suite, with DNS hosting at *GoDaddy.com* as the example. If your email or DNS hosts are different, the necessary steps may be different as well.

### Generate a public domain key for your domain

- 1. Open a browser to admin.google.com.
- 2. Select Apps > G-Suite > Gmail > Authenticate email.
- 3. Select the target domain for which you want to generate a domain key.
- 4. Click Generate New Record.
- 5. Click Generate.
- 6. A text box opens to display a 2048-bit key.
- 7. Select and then copy this key.

#### Create a DKIM record

- 8. Open a new web page, and then go to your DNS Control Panel.
- 9. Select Create a new TXT record.
- 10. In the TXT Value field, paste in the key created in step 6 above.
- 11. In the *Host* field, enter *google*.\_*domainkey*.



12. Save the changes made to your DNS records.

### 15.11.3 Assignment: Sign Email With The Domain Key

In this assignment, you configure your mail server to automatically attach the DKIM key to all outgoing email.

- Prerequisite: Completion of the previous assignment.
- 1. Open a browser to admin.google.com.
- 2. Select Apps > G-Suite > Gmail > Authenticate email.
- 3. Select the target domain for which you want to attach a domain key.
- 4. Select Start authentication.

## 15.11.4 Assignment: Configure DMARC

Once DKIM is in place, a decision must be made what to do with incoming email found to be spoofed or fake. A general recommendation is this:

- 1. Configure DMARC to do nothing with failed validations, and to notify the administrator. Leave on this setting for a week or two to make sure no false positives are found.
- 2. Reconfigure DMARC to place failed validations in quarantine, and to notify the administrator. Leave on this setting for a week or two. If false positives are found in quarantine, research the reason, and resolve.
- 3. Reconfigure DMARC to reject failed validations.

In this assignment, you configure your mail server to do nothing with failed validations, and to notify the administrator.

1. Open a browser to your DNS control panel.

- 2. Create a new TXT recover with the following attributes:
  - a. For Record Name/Host enter is dmarc.mintzit.com
    - Substitute your domain name in place of *mintzit.com*
  - b. For *Value* enter *v-DMARC1*; *p=none*; rua=mailto:webmaster@mintzit.com.
    - Substitute your administrator email address in place of *webmaster@mintzit.com*.
    - To send failed validations to quarantine, substitute p=quarantine.
    - To reject failed validations, substitute p=reject.



3. Save your changes.

Refer to the DMARC Tag Registry<sup>19</sup> for other available options.

<sup>19</sup> https://dmarc.org//draft-dmarc-base-00-01.html#iana dmarc tags

Even in the common affairs of life, in love, friendship, and marriage, how little security we have when we trust our happiness in the hands of others!

-William Hazlitt<sup>1</sup>, English writer and philosopher

# What You Will Learn In This Chapter

- Create an Apple ID
- Implement Apple ID Two-Factor Authentication
- Remove a Device from Two-Factor Authentication

<sup>&</sup>lt;sup>1</sup> https://en.wikipedia.org/wiki/William Hazlitt

In 2012 a well-known journalist had his Apple ID hacked, allowing the hacker full access to the victim's Apple ID, and through that, his iCloud account, including calendar, contacts, and email. This was accomplished not by traditional black hat hacking, but with a bit of social engineering. All the hacker needed was to discover the victim's birthdate and email address associated with his Apple ID. With a quick email to Apple saying something like, *I've forgotten my Apple ID password and would like to reset it. Here is my birthdate and my email address*, the hacker could reset the Apple ID password. With this, he could access the victim's iCloud website as if he were the victim himself.

I have had several clients whose iTunes accounts have been compromised in a similar fashion, one to the tune of \$1,400 in music purchases.

As of March 21, 2013, Apple has implemented an optional 2-Factor Authentication (2FA) process to harden your Apple ID security. With macOS 10.13, 2FA is mandatory for your Apple ID. Adding this security layer makes it extremely difficult for anyone to hijack your Apple ID and make fraudulent purchases.

Remember that every password can be broken. Your defense is to make it so difficult and time consuming to break that the hacker moves on to an easier target. Also, most security questions can be accurately guessed or broken through social engineering (What is your birthday? In what city did your parents marry? What is the name of your first pet? etc.) Both types of security are based on what you know. And if there is something that you know, someone else can know it as well. Unfortunately, even those you love and trust may occasionally use this information against you.

Apple has implemented 2-Factor Authentication for Apple ID so that whenever you sign in to your Apple ID on the web to manage your account, purchase something from iTunes, App Store, or iBooks Store from a new (unknown) device, or attempt to get Apple ID-related support from Apple, a code either SMS or phone call) is sent to your previously verified device. You are prompted to provide this code before the purchase or support can be made.

If your device has been stolen or lost, you can log in to <a href="https://appleid.apple.com">https://appleid.apple.com</a> to remove that device from the verified device list, so that no code will be sent to that device.

• Note: As of August 2016, NIST has stopped recommending Two-Factor Verification that involves SMS/text messaging as the second factor<sup>2</sup>. This is due to the ease of which this can be intercepted. However, *any* verification that is received via cellular signal (SMS, voice, etc.) is subject to the same vulnerabilities. Currently, the best solution is to use a digital token (a keychain-sized device that displays random number strings), or an *Authenticator* app, which serves the same purpose. At this time, Apple does not use digital tokens or an authenticator app, but can use a phone to provide verification codes.

## 16.1.1 Assignment: Create An Apple ID

Although it is possible to have a different Apple ID for the iTunes Store, iCloud, App Store, etc., life soon becomes far more complex than necessary. Unless you have a solid case to do otherwise, I strongly recommend having a single Apple ID (email address and password) for all your various Apple accounts.

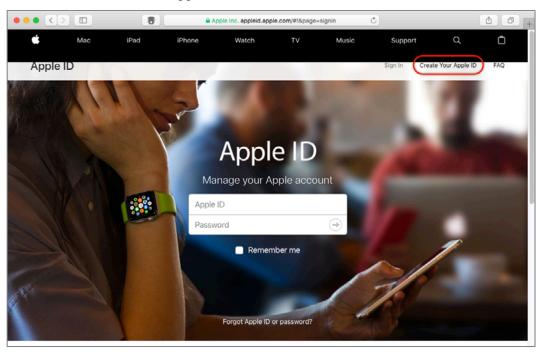
If you already have an Apple ID, skip this assignment. If you do not already have an Apple ID, no better time than the present to create one!

In this assignment, you create an Apple ID.

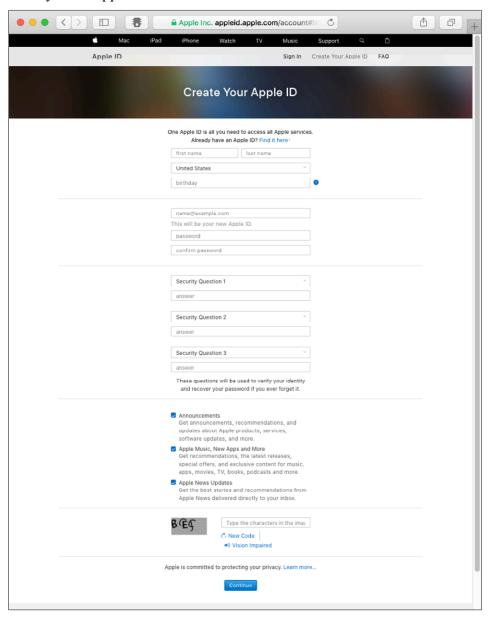
1. Open a browser, and then go to https://appleid.apple.com.

<sup>&</sup>lt;sup>2</sup> https://pages.nist.gov/800-63-3/sp800-63-3.html

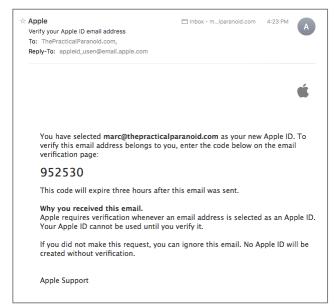
2. Click on Create Your Apple ID link.



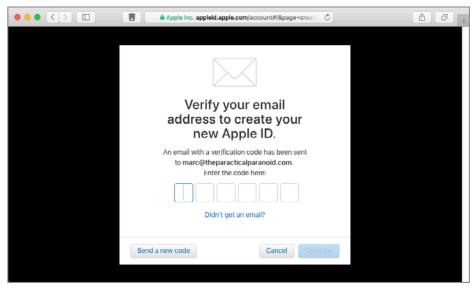
3. In the *Create Your Apple ID* page, complete the form, and then click the *Continue* button. Do securely record all information, particularly the security questions. These will be required should you ever need to validate your identity with Apple.



4. Go to your email for the verification code.



5. Return to the Apple web page, enter the code, and then click the *Continue* button.



You now have an Apple account. The next step is to continue with the next assignment to harden your account security.

#### 16.1.2 Assignment: Enable 2-Factor Authentication

Any password can be broken. And even if it isn't broken, a website's entire user database can be harvested. Apple has implemented *2-Factor Authentication* (2FA) to prevent such events from breaking your Apple security.

With 2FA, if an attempt to access your Apple account is made from an unknown device, each of the known devices will receive a prompt asking if this is ok, and providing a security code that can be entered on the unknown device to permit access.

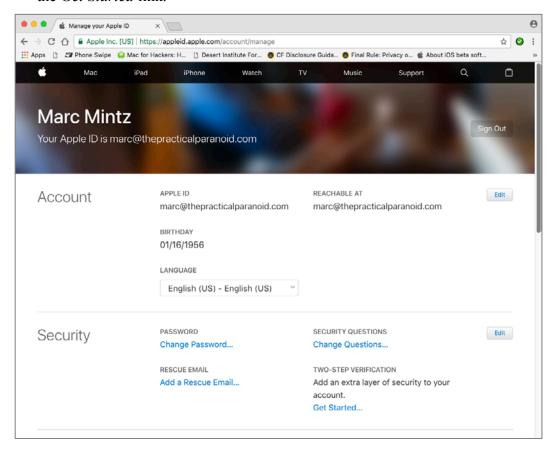
Assuming the criminal doesn't have access to your mobile device or computer, without knowing the security code, they can't access your account-even if they have your password.

As of this writing, with macOS 10.13, Apple defaults to setting up *Two-Step Authentication*, not *2FA*. Two-Step Authentication is an older technology that Apple has replaced with 2FA (I know, it gives me a headache as well).

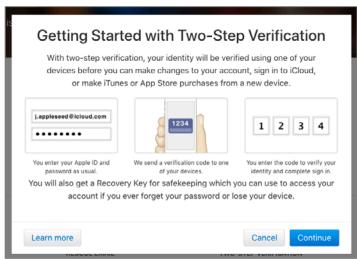
In this assignment, you will enable Apple Two-Step Verification, which will then be converted to 2FA.

• Prerequisite: Completion of the previous assignment.

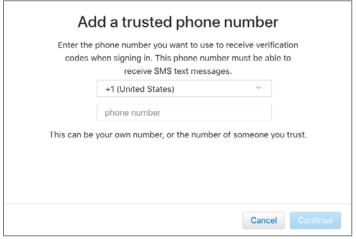
1. Open a browser to https://appleid.apple.com. Your Apple ID Account page opens. Scroll to the Security section > Two-Step Verification, and then click the Get Started link.



2. At the *Getting Started with Two-Step Verification* prompt, click the *Continue* button.



3. At the *Add a trusted phone number* prompt, enter your mobile phone number, and then click the *Continue* button.

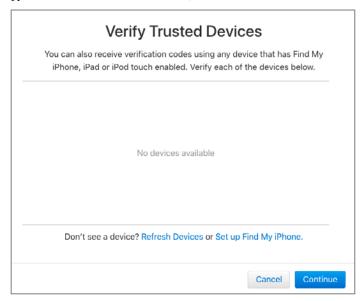


4. Check your phone for a text from Apple with a Verification Code.

5. Enter this code at the prompt on the Apple web page, and then click the *Continue* button.



6. At the Verify Trusted Devices window, click the Continue button.



7. At the *Print Your Recovery Key* window, securely record your recovery key, and then click the *Continue* button. This code will be required if you ever forget your Apple ID password, or lose access to your trusted devices.



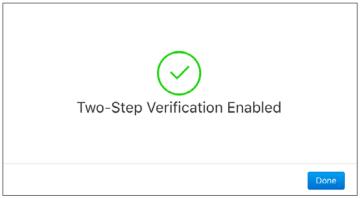
8. At the *Confirm Recovery Key* window, enter your recovery key. (Yes, the one from the previous step. Apple wants to make sure you actually recorded it).



9. At the *Enable Two-Step Verification* window, Apple wants to triple-check that you know what you are doing. Read the requirements, enable the *I understand* checkbox, and then click the *Enable Two-Step Verification* button.



10. The Two-Step Verification Enabled window opens. Click the Done button.



- 11. The Two-Step Verification Enabled window opens. Click the Done button.
- 12. In your browser, visit *https://icloud.com*. Sign in with your Apple ID and password.
- 13. Follow any on-screen instructions to verify your identity and activate iCloud for this Apple ID.

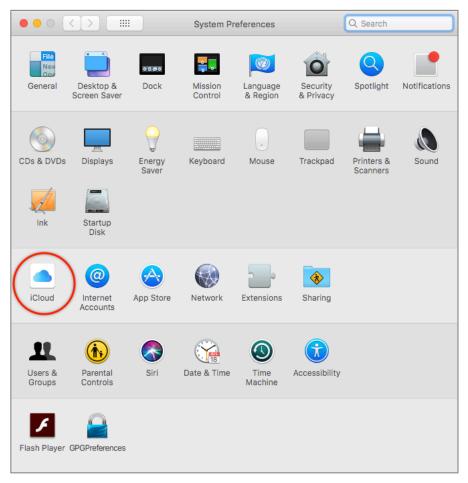
14. When done, you may quit the browser.

## 16.1.3 Assignment: Sign In To Your iCloud Account

Once you have created an Apple ID, you may sign in to your iCloud account in System Preferences. iCloud's primary function is to act as a server with which you can share your Contacts, Calendar, Keychain, and other services with your other Apple devices.

In this assignment, you sign in to your iCloud account in System Preferences.

1. Open Apple menu > System Preferences > iCloud.



2. In the iCloud pane, enter your *Apple ID* and *password*, and then click the *Sign In* button.



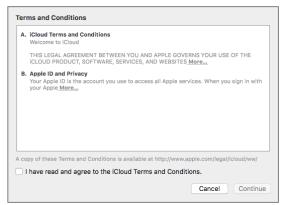
6. As mentioned earlier, for reasons only Apple understands, the default is to create your Apple ID with Two-Step Verification (an older technology). With your first attempt to login to iCloud in System Preferences, Apple will convert your Two-Step Verification to 2-Factor Authentication (the current technology). Click the *Done* button.



- 7. Check your mobile device for an SMS message from Apple.
- 8. On your Mac, enter the code, and then click the *Verify* button.



9. In the *Terms and Conditions* window, enable the *I have read and agree* checkbox, and then click the *Continue* button.



10. In the *iCloud* pane, configure to your taste, and then click the *Next* button. You can change these settings at any time.



11. At the *Allow Find My Mac to use the location of this Mac*, configure to your taste. You can change this setting at any time.





#### 12. The iCloud Preferences window opens (finally).

Congratulations! You have successfully created a new Apple ID, and have secured your identity with 2-Factor Authentication.

# 16.1.4 Assignment: Remove A Device From Two-Factor Authentication

All the devices (computers, iPads, iPhones, Apple TVs, etc.) on which you have signed in to your Apple account will receive *Apple ID Verification Codes* when an attempt is made to access your Apple account on any device. Should one of your devices become lost, stolen, sold, or given to someone, the person who takes possession of it may be able to see your verification codes, presenting a security vulnerability.

To prevent this from happening, you must remove the device from your Apple ID device list.

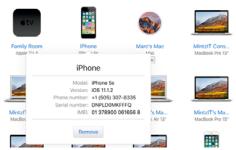
In this assignment, you remove a device from your Apple ID device list.

- Note: Unless you really do wish to remove the device, skip this assignment.
- 1. Open a browser to https://appleid.apple.com.
- 2. At the prompt, enter your Apple ID email address and Apple ID password.

- 3. If you have set up 2-Factor Authentication, your devices will display an alert that someone is attempting to access your account. Select *OK*. An *Apple ID Verification Code* will appear.
- 4. Enter the *Apple ID Verification Code* in the alert window in your browser.
- 5. Scroll down to the *Devices* area.



- 6. Click on the device to be removed.
- 7. A pop-up window will appear. Click on *Remove <device type>*.



The device is detached from your Apple ID, and will no longer receive Apple ID Verification Codes.

# **Revision Log**

#### 20180513, v2.1b

- Chapter 14.8 Do Not Track has been edited to include browser fingerprinting.
- Chapter 14.8.6 Assignment: View Your Device Fingerprint added.
- Chapter 15.11 Email validation with SPF, DKIM, and DMARC added
- Security Checklist updated

#### 20180505, v2.1a

- Chapter 13.4 Routers: An Overview, added information regarding Intrusion Detection Systems and Intrusion Prevention Systems.
- Chapter 14.2.1 Assignment: Secure Browsing With Brave added.
- Chapter 16.1.5 Assignment: Remove A Device From Two-Factor Authentication added.

#### 20180422, v2.1

- Reduced page count by 62 pages by removing superfluous images.
- Chapter 3.1 The Need for Backups added recommendation of Spinbackup for use with Google G-Drive.
- Chapter 12.2 Prey removed all but introductory paragraph on Prey.
- Chapter 22.6 International Organization for Standardization (ISO) added, with specific reference to the ISO 27001 standard for IT security.

## 20180420, v2.0

- The majority of chapters have been edited for updated information.
- Chapter 2.6 renumbered for readability.
- Chapter 4.5.1 Assignment: Harden the Keychain with a Different Password removed. As of macOS 10.13.4 the login keychain password cannot be changed from the user account login password.

#### **Revision Log**

- Chapter 19.3 NordVPN revised to create a free trial account.
- *Chapter 20.3 Facebook* heavily edited to reflect the revised privacy and timeline settings.
- *Chapter 20.4 LinkedIn* heavily edited to reflect the revised privacy settings.
- *Chapter 20.5 Google* heavily edited to reflect the revised privacy and Takeout options.

#### 20180325, v 1.3

- Chapter 4.8 Password Policies added.
- Chapter 12.1 Find My Mac has been slightly edited.
- Chapter 14.8 Do Not Track has been edited to reflect changes in Ghostery, and the Chrome extension installation process.
- Chapter 15.7 End-To-End Secure Email With GNU Privacy Guard rewritten to reflect the major update of GPGTools.
- Chapter 19.3 NordVPN is rewritten from scratch from our previous recommended VPN host.

## 20171022, v1.2

- Chapter 14 Web Browsing is rewritten.
- *Chapter 15 Email*, added *hacked-emails.com* for checking if your email account was included in site breaches.
- Chapter 16 Apple ID and iCloud, added that Two-Factor Authentication can use either text messaging or voice call.
- Chapter 19 Internet Activity, changed the recommended VPN provider to Perfect-Privacy.com.

#### 20171001, v1.1

• Updated chapter *Documents* > *Encrypt A Folder for Cross Platform Use With Zip* to use Keka, instead of the depreciated macOS built-in tools.

#### 20170923, v1.01

# Revision Log

• Updated chapter When It Is Time To Say Goodbye

20170918, v1.0

Initial release

2-Factor Authentication 462, 686	288, 290, 291, 292, 294, 295, 297,
2-step verification89, 650, 655	299, 300, 307, 308, 310, 312, 314,
802.1x227, 229	317, 324, 328, 335, 346, 358, 361,
access point231	368, 371, 373, 375, 379, 383, 390,
administrative 118, 126, 127, 128,	393, 400, 402, 403, 405, 407, 414,
195	419, 424, 433, 436, 439, 443, 448,
administrator58, 118, 126, 128, 211,	453, 457, 458, 463, 467, 473, 476,
214, 234	481, 484, 487, 490, 496, 498, 501,
Administrator116, 118, 127, 129	508, 520, 531, 535, 540, 541, 544,
AES75, 229, 507, 513	547, 555, 557, 560, 568, 581, 590,
Airport 37, 38, 233, 234, 236, 241,	592, 593, 598, 603, 605, 606, 608,
246, 248	609, 619, 626, 632, 635, 650, 660,
Al Gore527	664, 669, 673, 689
Andrew S. Tanenbaum671	Aung San Suu Kyi
Android	AV Comparatives
Anonymous Internet Browsing. 335	Avira 166
antenna226	Backblaze40
anti-malware 106, 129, 164, 165	backup 36, 37, 38, 39, 46, 59, 220
Antivirus 164, 168, 169, 174, 177,	Ban Ki-moon
188	Benjamin Franklin115, 271
App Store106, 107, 221, 462	Bitdefender 165, 168, 169, 177, 180,
Apple ID71, 89, 106, 217, 221, 461,	188
462, 463, 476	Blog30
Application Updates 108, 112	Boot Camp164, 165
Assignment 41, 44, 46, 47, 53, 56,	broadcasting210, 226
59, 68, 75, 79, 82, 85, 88, 92, 96,	Broadcasting
98, 99, 105, 108, 112, 118, 122,	Carbon Copy Cloner . 38, 41, 47, 48,
125, 126, 127, 130, 141, 143, 146,	49, 53, 54, 57
147, 149, 150, 155, 158, 168, 180,	Carbonite
195, 198, 206, 207, 210, 217, 221,	Certificate Authorities413
231, 233, 237, 241, 249, 259, 265,	Challenge Question
274, 277, 281, 283, 284, 286, 287,	Cisco

CISPA	25	encryption 58, 59, 148, 152, 153,
Clear History	290	226, 228, 272, 367, 373, 374, 480,
clone 38, 39, 58	, 59, 60	481, 484
Clone51, 52, 53, 54, 56, 57	, 58, 59	Encryption .148, 228, 231, 367, 411,
Comodo 414, 417, 419, 42		488
433, 435		Entropy
Computer theft	36	Erase
Cookies	286	Ethernet217, 226, 227
crack	65	Facebook 30, 67, 96, 97, 98, 117,
Criminal activities	36	129, 528, 596, 598, 603, 604, 605,
Deep Web	357	609, 610, 626
Disk Decipher	498	Facetime 528
Disk Utility	41, 487	FAT517
DKIM453, 457, 4	58, 689	FBI25
DMARC 453, 458, 4	59, 689	FileVault56, 58, 59, 148, 150, 151,
DMZ	258	153, 210, 480, 664, 665, 684
Do Not Track	306	FileVault 2 56, 58, 59, 148, 150,
DoD664, 6	65, 669	210, 480
DoE 6	64, 669	Find My iPhone 218, 219, 221, 222,
Dr. Seuss	659	223
DuckDuckGo286, 2	87, 288	Find My Mac 210, 211, 217, 219,
Ed Snowden	357	221
EDS	498	Find My Mac?
EFI Chip		Fire
Elayne Boosler	205	firewall 194, 195, 196, 230
Elbert Hubbard	157	Firewall195, 196, 197, 199, 200,
email		201
Email 97, 363, 367, 374, 38	33, 389,	FireWire 37, 41, 146, 147
392, 393, 395, 403, 405, 41		Firmware205, 206, 207, 210, 259,
415, 417, 420, 421, 431, 43	32, 433,	684
435, 436, 566, 690		firmware password207
Encrypt 58, 273, 407, 410, 41, 484, 487, 490	11, 481,	Firmware Password 153, 206, 207, 208, 684
Encrypted Data Store	498	Flash
encrypted email. 367, 389, 39		Gateway VPN551
438, 439		General Douglas MacArthur 225
		George Carlin

Ghostery 306, 312, 314, 317, 318, 321	Integrity Testing 59 International Organization for
GNU Privacy Guard374, 389, 690	Standardization
Google Hangouts 528, 529	iOS 88, 389, 413, 498
GPA	ipconfig244, 245, 253, 254
GPG389, 390, 391, 393, 394, 402,	ISO
403, 404, 405, 407, 413, 437, 440	iTunes
GPG Keychain Access 393, 394,	Java
402, 407	Joseph Heller
GPG Public Key390	Keka 490, 491, 492, 493, 494, 496
Gpg4win390	Keychain .70, 72, 74, 75, 76, 77, 78,
GPGMail400	79, 80, 81, 82, 83, 84, 85, 86, 87,
GPGTools390, 391, 402	88, 89, 90, 91, 232, 392, 394, 402,
Gravity Zone165	403, 418, 419, 436, 683
GravityZone 180, 181, 184, 187	LAN230, 231
G-Suite40	LastPass67, 92, 93, 96, 98
Guest .117, 129, 210, 213, 215, 217,	LinkedIn 626
684	Linux 333, 334, 389, 390, 498, 517
Hamachi 568, 569, 581, 582, 583,	Local Area Network
584, 586, 589, 590, 592, 593	LogMeIn568, 572, 573, 575, 576,
HaveIBeenPwned358	577, 581, 583, 585, 586, 588, 589,
haystack 66, 69	593
HIPAA40	MAC Address241, 248
Honore de Balzac 163	Mac OS Extended488, 517
Hot Corners161	MacKeeper 305
https 66, 69, 272, 273, 368, 373	MacUpdate108, 111, 112
HTTPS 273, 274, 367, 373, 685	MacUpdate Desktop108, 112
HTTPS Everywhere 273, 274, 337	maintenance38, 118
Hypertext Transport Layer Secure	malware118, 164
367	Malware36, 164
iCloud70, 71, 88, 89, 91, 151, 210,	Managed with Parental Controls
217, 218, 461, 462, 463, 473, 474,	117, 129, 130
475, 686	Marc L. Mintz21, 28, 29, 63
Incognito Mode281	Mintz's extrapolation of Sturgeon's
infected	Revelation
Insertion	modem
Integrity Test46	Newsletter30

NIST23, 513, 676, 677, 678	Public Key .389, 390, 393, 399, 402,
NIST SP 800-171676	403, 405, 437, 438, 439, 440
NordVPN 557, 560	pwpolicy
NSA 23, 64, 206, 207, 513, 552,	RADIUS227
567, 664, 681	RAM-Resident Malware 258
NTP 672, 673	Recovery HD. 53, 56, 206, 207, 666
Onion sites357	Recovery Key 58
Onion Sites357	Root116, 118, 122, 125, 126
Parallels 165, 337	router
Parental Controls117, 129, 130,	Router237, 258, 265
141, 142	S/MIME413, 414, 419, 424, 426,
passphrase66	429, 432, 433, 436, 437, 438, 439,
password 25, 58, 65, 66, 68, 118,	440
126, 128, 148, 152, 206, 207, 210,	Sabotage
220, 221, 227, 228, 234, 236, 368,	Screen Saver158, 161
373, 375, 462, 481, 487, 488, 489	screensaver 162
Password 65, 68, 206, 236, 481	SEC 40
Password Policies	Secure Socket Layer
permissions118	Sender Policy Framework 453
PGP 389, 413	Seneca
phishing 25, 164	Server 37, 38, 226, 227
Phishing365	SHA513
port 194, 258	Sharing Only117
Port forwarding258	Single User Mode
Ports	Skype528, 529
Power surges36	sleep54, 59, 159, 160, 162, 241,
Practical Paranoia Book Upgrades	281, 550
30	Sleep153, 158, 161
Practical Paranoia Updates30	software37, 40, 65, 66, 118, 164,
Pretty Good Privacy389	226, 375
Prey	SPF453, 455, 689
private browsing281	Spinbackup40
profile keys99	SSL272, 368
ProtonMail 374, 375, 379, 381, 383,	Standard117, 128, 129, 391, 510
384	Static electricity
public key393	stealth
	switch

Symantec	VeraCrypt498, 501, 502, 503, 507,
System Updates103	508, 509, 510, 520, 521, 523, 524
Tails333, 334, 335, 337, 356, 686,	Virtru. 442, 443, 444, 445, 446, 448,
687	449, 450, 451
Takeout	virtual machine 164
Target Disk Mode206	Virtual Machine165, 337
Terrorist activities36	Virtual Private Network 228, 273,
theft 25, 36, 37	550
Theodore Roosevelt	viruses
Theodore Sturgeon24	VMware Fusion 165
thepracticalparanoid438	VPN228, 233, 273, 550, 551, 552,
Thomas Jefferson63	553, 554, 557, 566, 567, 568, 579,
Thomas Sowell209	581, 586, 589, 590, 592, 593, 686
Thunderbolt37	war driving25
Time Machine 37, 38, 39, 41, 44, 45,	Water damage
46, 47, 683	Web Mail
TKIP229	WEP228, 231
TLS 367, 368	Whitelisting 129
Tor333, 334, 335, 336, 337, 338,	Wi-Fi25, 210, 217, 226, 227, 228,
339, 340, 341, 342, 344, 345, 346,	231, 232, 233
356, 357, 685, 686	William Blum 479
TorBrowser338, 344, 346	William Hazlitt 461
Trafficlight295	Windows146, 164, 165, 166, 244,
TrafficLight 177, 178, 188, 189	253, 333, 389, 390, 498, 517, 553,
Trojan horses	591
TrueCrypt 498, 504	Wire531, 540, 541, 543, 544
Two-Step Verification476	worms25, 164
USB37, 41, 146, 147	WPA228, 229, 231
US-CERT104	WPA2228, 229, 231, 233, 236
User Accounts	zero-day exploits

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