

Cyber Security – Is it time to panic?

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Cyber Awareness
2025 COAT Conference
November 2025

Agenda



Section 1 – Why it's important

Cyber Security Basics

Cyber Threat & Incidents

Victimology

The Cyber Security Logic

What can we do

Section 2 – Basic Cyber Hygiene

Strong Password

Multifactor Authentication

Identification of Phishing

Combat business email compromise

AI use

Section 3 – Where to get help and Q&As

Resources

Q&As

1

Why Cyber Security Is Important

What is Cybersecurity?



DEFINITION

Cybersecurity is the practice of protecting systems, networks, and data from cyber threats.

WHY IT MATTERS

- Prevents data breaches
- Protects privacy
- Prevents financial and reputational damage
- Builds trust

KEY COMPONENTS

Confidentiality – Keeping data private

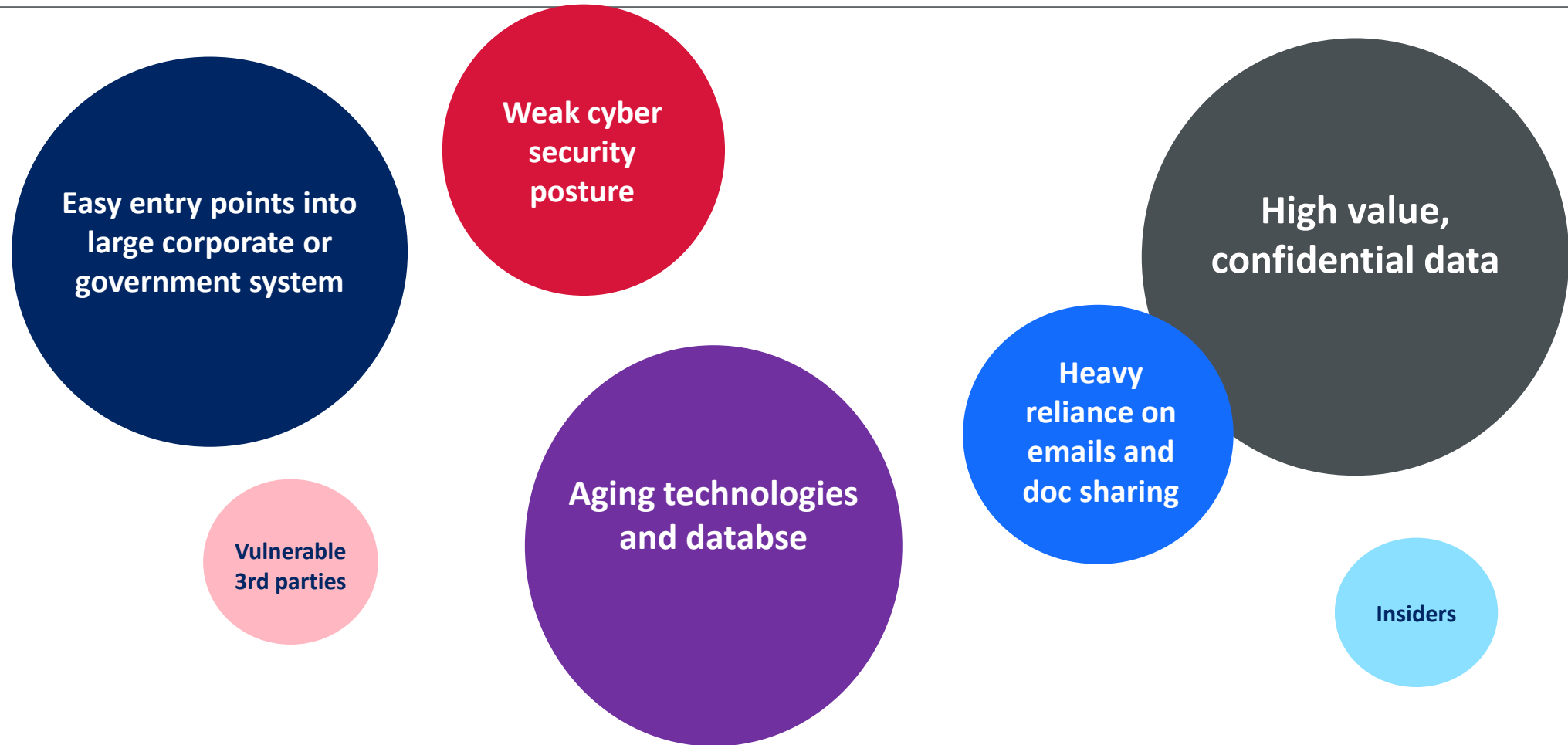
Integrity – Ensuring data accuracy

Availability – Systems accessible when needed

COMMON THREATS

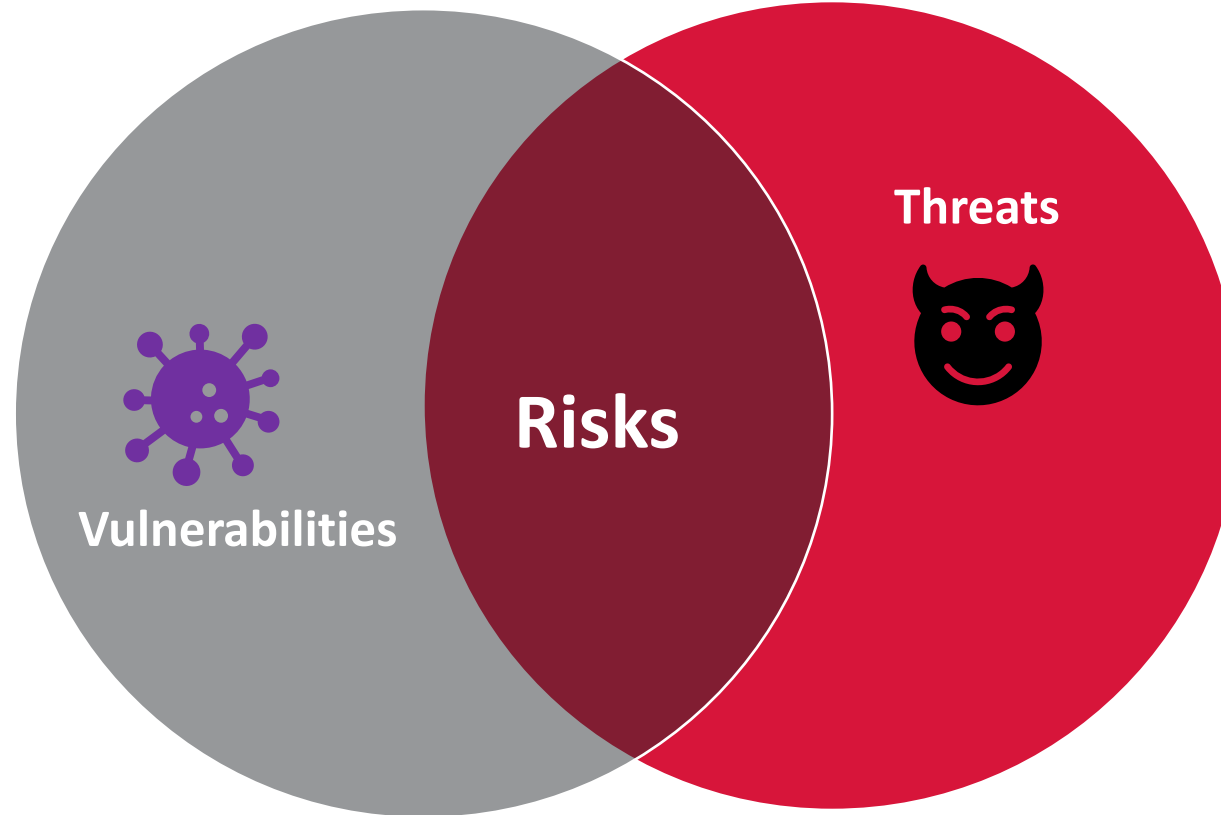
- Phishing
- Malware
- Business email compromise
- Social engineering

Why is the justice and legal industry an attractive target?



Weak spots that make you susceptible to attack. E.g.

- Weak passwords,
- Unpatched systems,
- Oversharing on social
- No data backup



External forces that can exploit weakness. E.g.

- Phishing,
- Ransomware,
- Data theft,
- Business email compromise
- Hacking attempts

What can you do?



UNDERSTAND YOUR ASSETS



**KNOW YOUR SYSTEMS AND
THIRD PARTIES**



**PRACTICE CYBER HYGIENE AND
RISK ASSESSMENTS**

2

Cyber Hygiene

Afternoon Brain Teaser

Can you remember these 4 words?



'Tis the Season...to be cyber-aware!

~~Is it time to
panic?~~

No, it's time to
prepare!

Spoiler Alert!



It all starts with Intel



It all starts with Intel

Attackers look for easy targets

- Don't be the least secure house on the street



What can attackers see about you?

Make it difficult to find information about you:

- Perform a 'vanity search'
- Lock down your social media profiles
- Review your connections
- Consider reducing your digital footprint

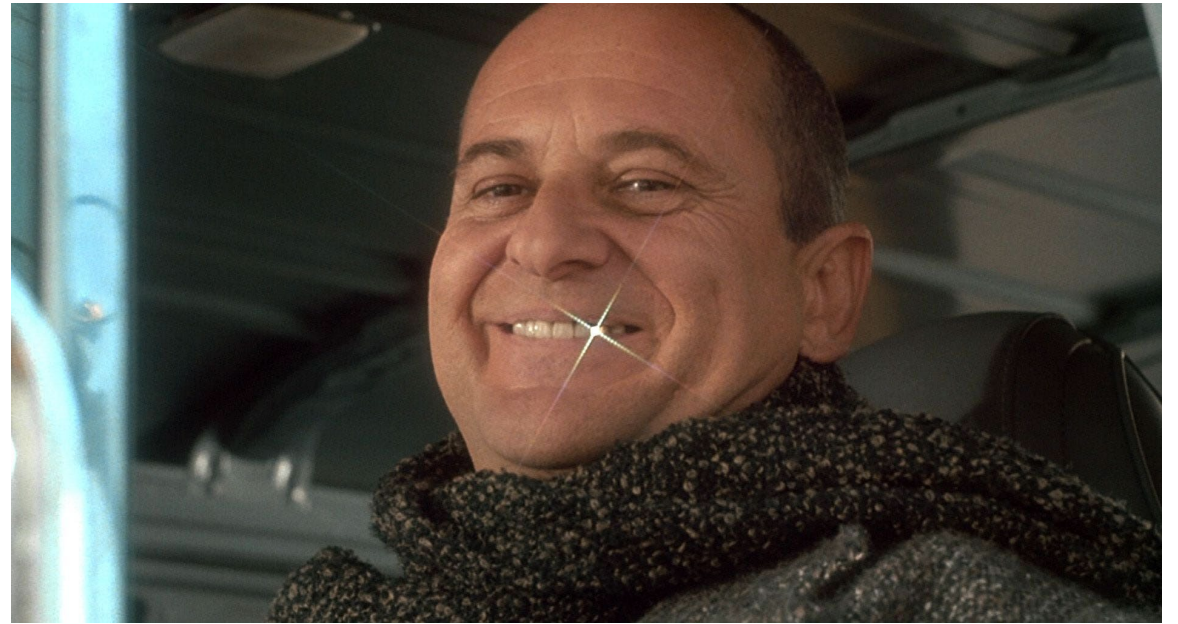




“The practice of manipulating people into revealing confidential information or performing actions that compromise security”

- Phishing Emails
- Smishing/Vishing (mobiles)
- Quishing (QR Codes)
- Tailgating (Physical security)

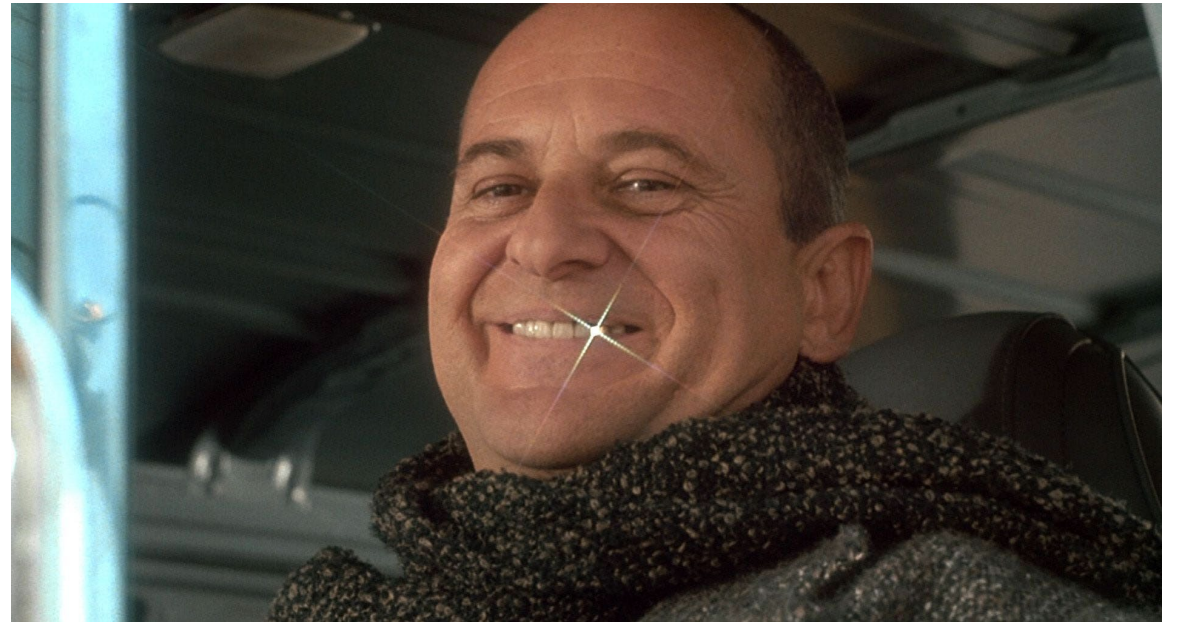
How to spot a phish



How to spot a phish

Look out for these red flags:

- Sender Email Address
- Suspicious Links
- Sense of Urgency
- Grammatical Mistakes



Can you spot the difference?

From: support@ricrosoft.co.uk
Sent: 16/01/2023 11:44
To: **Bob Smith** <Bob.Smith@company.com>
Subject: Urgent Action Needed!



Microsoft Account

Verify your account

We detected some unusual activity about a recent sign in for your Microsoft account. you might be signing in from a new location app or device.

To help keep your account safe. We've blocked access to your inbox , contacts list and calander for that sign in. Please review your recent activity and we'll help you secure your account. To regain access you'll need to confirm that the recent activity was yours.

<http://account.liive.com/ResetPassword.aspx>

Thanks,
The Microsoft Team

From: support@microsoft.co.uk
Sent: 16/01/2023 11:44
To: **Bob Smith** <Bob.Smith@company.com>
Subject: Unusual Sign In Activity



Microsoft Account

Verify your account

We detected some unusual activity about a recent sign in for your Microsoft account bo*****@company.com. you might be signing in from a new location app or device.

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[Review recent activity](#)

Thanks,
The Microsoft Team

FAKE

From: support@rnicrosoft.co.uk
Sent: 16/01/2023 11:44
To: Bob Smith <Bob.Smith@company.com>
Subject: Urgent Action Needed!

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to help keep your account safe. We've blocked access to your inbox, contacts list and calendar for that sign in. Please review your recent activity and we'll help you secure your account. To regain access you'll need to confirm that the recent activity was yours.

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Thanks,
The Microsoft Team

REAL

From: support@microsoft.co.uk
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Subject: Unusual Sign In Activity



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The Microsoft Team

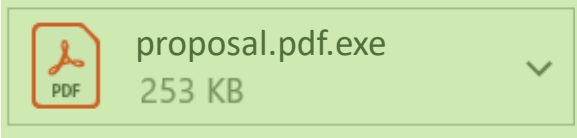
Scenario 1: Phishing

From: Evan Carr <evan.carr@servicensw.gov.com>

To: Ally Lange <ally.lange@service.nsw.gov.au>

Subject: Re: Proposed Proposal Document

Attachment:



Email is not legitimate NSW Government address



Generic subject line



Attachment has a generic title and misleading file type



Poor spelling and grammar

Hello,

Please find attached the Request for Proposal Document for the Davidson marketing centre.

Please provide a proposal and your availability for the attached scope of work.

Should you have any questions, please do not hesitate to contact our office.

Benjamin would like a response by 2PM EST on Friday 20th July 2023.



Not the usual business process

Cheers,

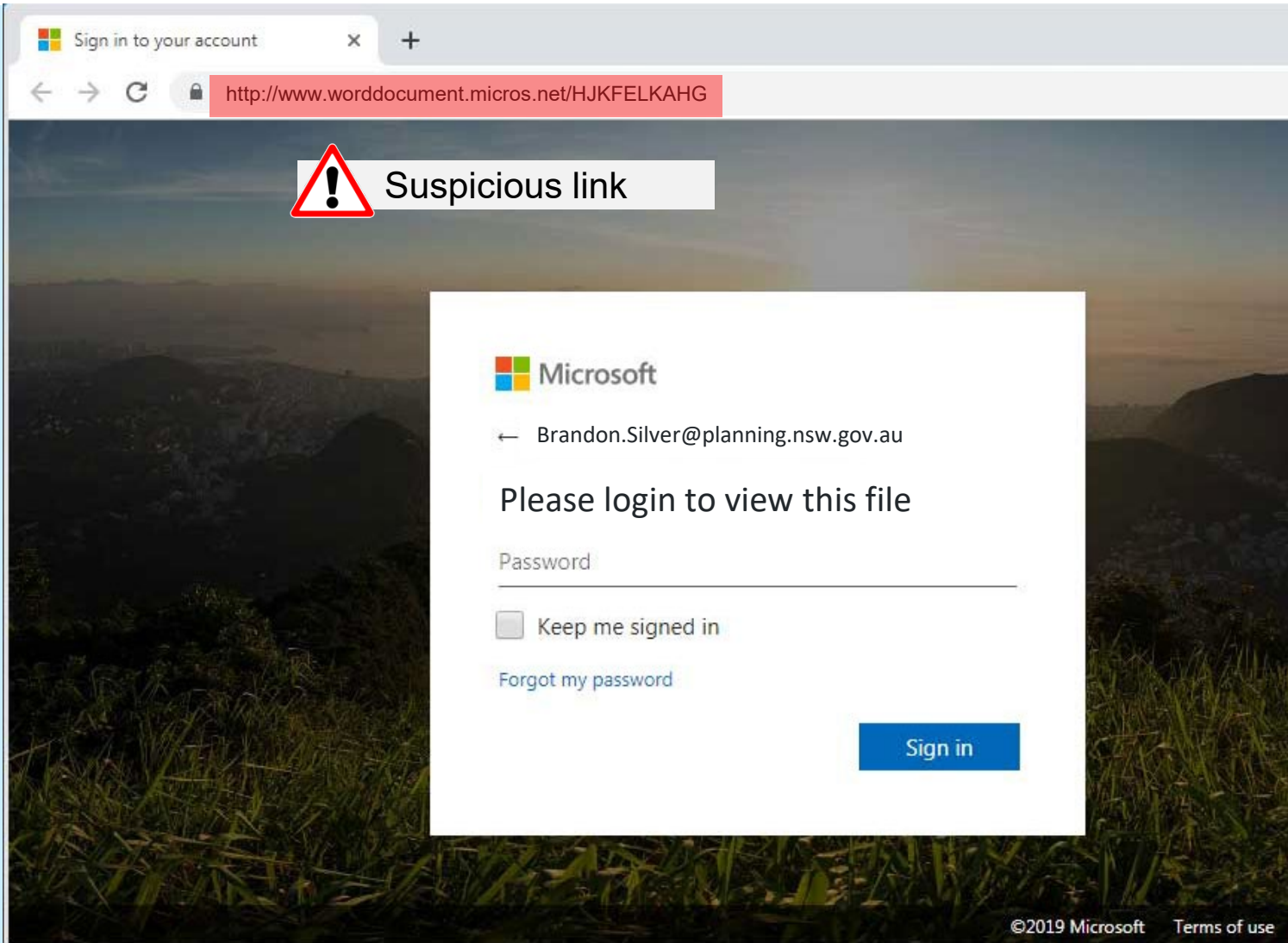
Evan Carr Industrial Planning Specialist

Level 19, McKell Building, 2–24 Rawson Place, Haymarket, Sydney NSW 2000

T 02 8973 7475 E Evan.Carr@service.nsw.gov.au

service.nsw.gov.au 1300 420 596

Scenario 2: Credential harvesting



The screenshot shows a web browser window with a single tab titled "Sign in to your account". The address bar displays the URL <http://www.worddocument.micros.net/HJKFELKAHG>. A red warning box with a white exclamation mark icon and the text "Suspicious link" is overlaid on the top left of the page content. The main content area features a Microsoft login form with the following elements:

- Microsoft logo
- Back arrow icon and email address: Brandon.Silver@planning.nsw.gov.au
- Text: "Please login to view this file"
- Input field labeled "Password"
- Checkbox labeled "Keep me signed in" (unchecked)
- Link: "Forgot my password"
- Blue "Sign in" button

At the bottom of the page, the text "©2019 Microsoft Terms of use" is visible.

Scenario 3: Business email compromise

From: Susan Fry [<mailto:sfry@yourcompany.com>]
Sent: Tuesday, January 9, 2018 9:25 AM
To: Hamil, James <james.hamil@yourcompany.com>
Subject: Please handle ASAP

– External email. Forward any suspicious emails to bad@yourcompany.com –

Hi James,

I'm currently tied up in a meeting for the next six hours, but we have a vendor saying we're late on paying an invoice. Can you handle the attached ASAP? I can't take calls, so just email me if you have questions.

Susan Fry
Chief Operating Officer
sfry@yourcompany.com

Sent from my iPhone, please excuse typos

Make it hard for them to get in!



Make it hard for them to get in!



TIME IT TAKES FOR A HACKER TO CRACK YOUR PASSWORD

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	INSTANTLY	INSTANTLY	INSTANTLY	INSTANTLY	INSTANTLY
5	INSTANTLY	INSTANTLY	INSTANTLY	INSTANTLY	INSTANTLY
6	INSTANTLY	INSTANTLY	INSTANTLY	1 SEC	5 SECS
7	INSTANTLY	INSTANTLY	25 SECS	1 MIN	6 MINS
8	INSTANTLY	5 SECS	22 MINS	1 HOUR	8 HOURS
9	INSTANTLY	2 MINS	19 HOURS	3 DAYS	3 WEEKS
10	INSTANTLY	58 MINS	1 MONTH	7 MONTHS	5 YEARS
11	2 SECS	1 DAY	5 YEARS	41 YEARS	400 YEARS
12	25 SECS	3 WEEK	300 YEARS	2K YEARS	34K YEARS
13	4 MINS	1 YEAR	16K YEARS	100K YEARS	2M YEARS
14	41 MINS	51 YEARS	800K YEARS	9M YEARS	200M YEARS
15	6 HOURS	1K YEARS	43M YEARS	600M YEARS	15BN YEARS
16	2 DAYS	34K YEARS	2BN YEARS	37BN YEARS	1TN YEARS
17	4 WEEK	800K YEARS	100BN YEARS	2TN YEARS	93TN YEARS
18	9 MONTHS	23M YEARS	6TN YEARS	100 TN YEARS	7QD YEARS

Test the strength of your password

How do I use it?

- ✓ Enter a password and tap the check button.
- ✓ Check your results (below the search box).
- ✓ The aim is to have all three assessment result boxes display as green.
- ✗ If you see a red box, it's time to level up your password game! Read the guidance and take immediate action to improve your password strength using the password tips.

How secure is your password?

Enter a password to check

Password strength: **weak**

✗ Time to crack

Warning! It would take about 60 seconds to crack your password.

✗ Password strength

Your password strength is **weak**. That means it's easy to guess. Follow our simple tips to create a stronger password.

- Add another word or two. Uncommon words are better.

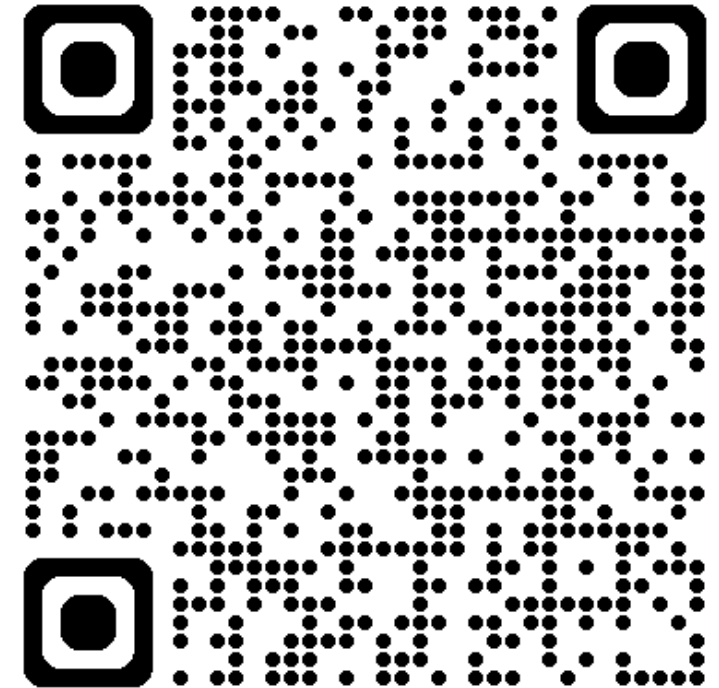
✗ Warning! Your password was seen in 293142 data breaches

What this means: We checked your password against an extensive list* of passwords exposed in data breaches. When a data breach reveals your password, you should not use it. All accounts using your password must be updated.

What to do: Your password is at a higher risk of being used to access or take over accounts. You need to change your password. Follow our simple tips below to create a strong and secure password that's easy to remember.

What will the tester check? ▾

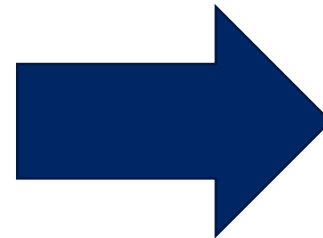
Is it safe to use? ▾



Do you remember those 4 words?

Use a Passphrase

Use four random words, then add numbers & symbols:



Trumpet + Clown + Horse + Road

=

1ClownHorseRo@dTrumpet

Multi-factor authentication (MFA)

A second line of defence



Something you **have** (e.g. bank card)



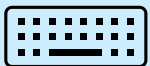
Something you **know** (e.g. pin number)



Something you **are** (e.g. biometrics)



Somewhere you are (e.g. IP address)



Something you **do** (e.g. the way you type)



Multi-factor authentication (MFA)

A second line of defence



Something you **have** (e.g. bank card)



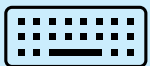
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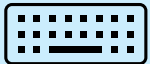
Once they're in,
make it difficult



Once they're in, make it difficult



Don't leave sensitive files laying around



Clean up your downloads/desktop



Assess your access to files and devices



Your own personal 'computer Kevin'

Anti-virus



All devices should be running anti-virus where possible



Keep anti-virus updated to detect new threats

Software updates



Enable automatic updates where possible



Updates should occur for all Internet of Things (IoT) devices, not just smartphones and PCs



Always have a back-up Plan



Always have a secure back-up



Set recovery access



Home Alone 7 (2025)



- The child now has **high-tech gadgets**: a plasma blaster in one hand and a glowing energy shield in the other.
- Defensive drones** hover around, projecting laser tripwires across the room.
- A **turret-like device** on the floor emits intersecting beams, creating a security grid.
- The intruders remain in the doorway, but now face a much more advanced defence system.

Using AI Securely

- Beware of free AI platforms
- Protect sensitive data
- Verify outputs
- Turn off learning/memory



Plot Twist! – Call for Help



r/AskReddit • 4y ago
External_Set_1766

In home alone why didn't kevin just phone the police?



Timetothrowww • 4y ago

It'd be a pretty short movie

↑ 6 ↓ Award Share ...



Resources and support



Learn the basics:

<https://www.cyber.gov.au/learn-basics>

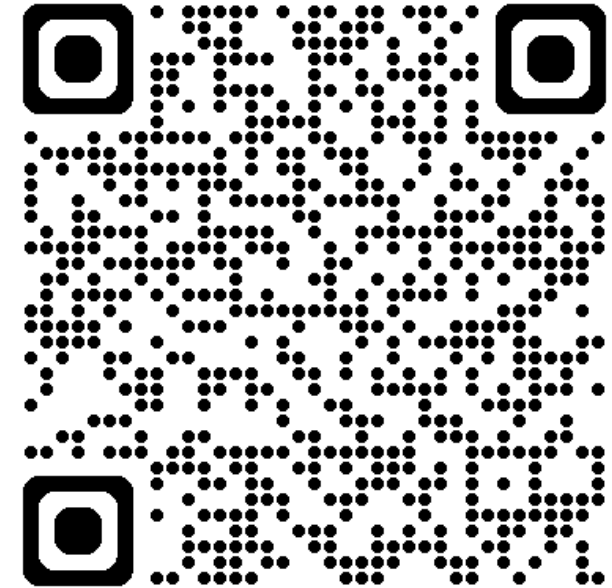
For business and government: <https://www.cyber.gov.au/business-government>

Getting help on cybercrime:

<https://www.cyber.gov.au/report-and-recover/where-get-help>

Report a scam:

<https://www.scamwatch.gov.au/report-a-scam>



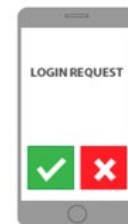
Recap



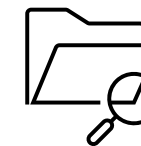
Reduce your digital footprint



Beware of Phishing



Always use strong passwords
and MFA



Protect your sensitive
information



Always install software updates
and anti-virus



Backup your data



Use AI with caution



Report any suspicious activity

