

Cyber Adulting

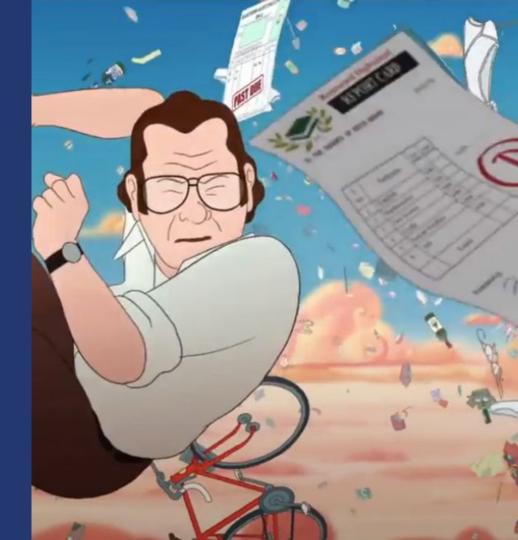
maybe... ¯_(ツ)_/¯





- Currently running personal BCP.
- Previously,
 Senior Cloud Security Architect
 & Pentester
- Co-founded some startups
- Co-organise 2 Security Meetups
 - OWASP Melbourne
 - SecTalks Melbourne
- Lead the OWASP
 AppSec Day Conference







16th March 2020 - Coronavirus Panic: Empty Shelves

"You should know better. You're an adult! "



PCI DSS
ASD Essential 8
HIPAA
CMMC
etc.



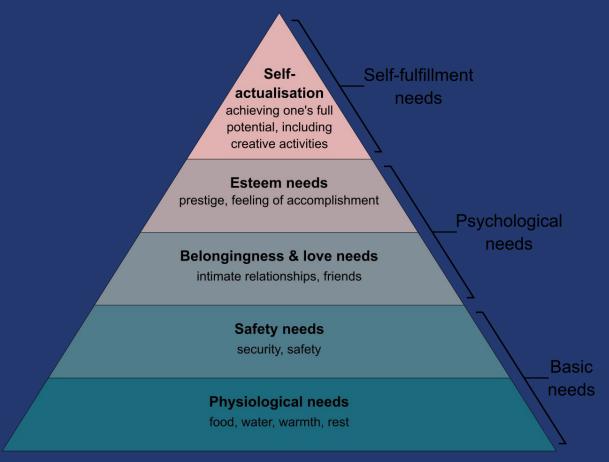
- What are my goals and assumptions?
- What can go wrong?
- What can I do about it?



What are my goals and assumptions?

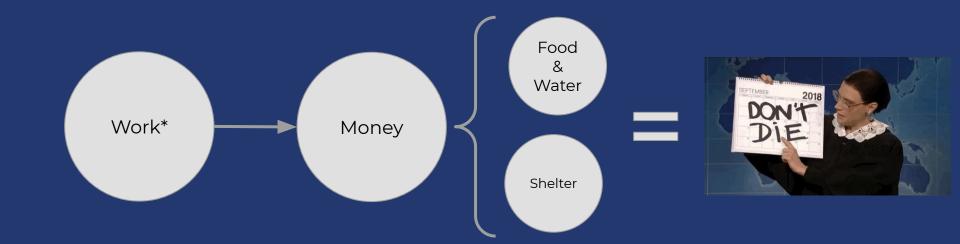
Goals?



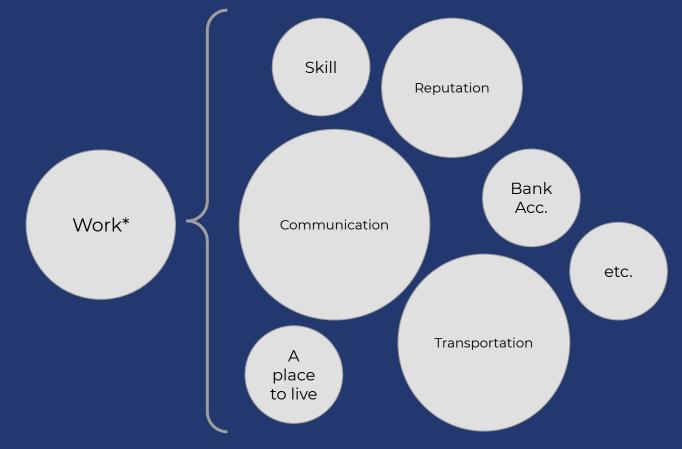


Them needs

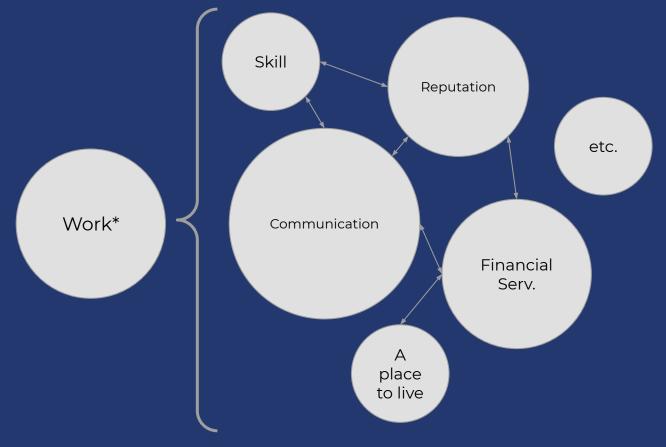
Requirements.txt: Maslow's hierarchy of needs



Dependencies...



More dependencies



It's connected











Capability + Technology



It's all connected

What can go wrong?

Assumptions

Me:

- Not James Bond.
- Not a super villain.
- Not a celebrity/activist
- Living in Aus.
- #YOLO == No extra lives.
- A technology dependent
- Have some money...
- And a roof over my head.
- Has Education& still learning
- Still flawed.
- Shit happens.



Who would would be a threat to my goals?

- Spammers, Scammers & criminals
- Trolls & the haters
- Potential employer / client
- Credit Agency / Insurance company
- Service provider terminating service / the platform you use (ToS /Policy change)
- Environmental / Acts of God
- Self / Mental health
- ... etc













Capability + Technology



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What can I do about it?

Risk Treatment

- Reduce
- Avoid
- Accept





Use a Random Passphrase

& a password manager

"Trolls and haters, could be persistent enough to guess my email password by trying every combination."



Use MFA

"I could fall for phishing, and lose access to and control of my email account."



Use diff. accounts

"Email/Phone in data breach taken out of context/discloses sensitive info"



Keep a regular Backup

& have a plan

"Loss of access to webmail service provider..."



Have a service passphrase

"Criminals could hijack my sim and take over my mobile phone number"

Where to from here?

- What are my goals and assumptions?
- What can go wrong?
- What can I do about it?









@hellodanielting



Not used stuff...

The WIP graveyard.

Business Risks

Strategic Risks

- > Impact on my goals
- Compliance Risks
- Don't go to jail

Operational Risks

- > Ability to work towards goals
- Reputational Risks
- Trustworthiness

Thriving "I got this." Calm and steady with minor mood fluctuations Able to take things in stride Consistent performance Able to take feedback and to adjust to changes of plans Able to focus Able to communicate effectively Normal sleep patterns and appetite

Nervousness, mood fluctuations Inconsistent performance More easily overwhelmed or irritated Increased need for control and difficulty adjusting to changes Trouble sleeping or eating Activities and relationships you used to enjoy seem less interesting or even stressful Muscle tension,

Surviving Struggling In Crisis "Something isn't "I can't keep this up." "I can't survive this." right." Persistent fear, panic, Disabling distress sadness, increased and loss of function anxiety, anger, pervasive sadness, Panic attacks hopelessness Nightmares or Exhaustion flashbacks Poor performance Unable to fall or and difficulty stay asleep making decisions Intrusive thoughts or concentrating Thoughts of **Avoiding interaction** self-harm or suicide with coworkers, family, and friends Easily enraged or aggressive Fatigue, aches and pains Careless mistakes an inability to focus Restless, disturbed Feeling numb, lost, or sleep out of control Self-medicating Withdrawl from with substances. relationships food, or other numbing activities Dependence on substances, food, low energy, or other numbing headaches activities to cope

IfBY RUDYARD KIPLING

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;

If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master; If you can think—and not make thoughts your aim; If you can meet with Triumph and Disaster And treat those two impostors just the same;

..

Yours is the Earth and everything that's in it, And—which is more—you'll be a Man, my son!

Adulting whut?

- Bank account
- Tax
- Identity
 - Driving license
- Communications
 - Email
 - Social Media
 - Communities

