

#WEBINARSUNIA

Ciberseguridad para profesionales online

Ponente:

Mar Cabra (@cabralens)

Webinars sobre TICs y herramientas de la web social para innovar Programa de Formación de Profesorado 2019-20

Área de Innovación (@uniainnova). Sede Tecnológica de Málaga. Universidad Internacional de Andalucía

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25
AÑOS



¿Quién soy yo?

- Co-fundadora [OdiselA](#)
- Junta directiva [Global Editors Network](#); Consejo Asesor [Compromiso Empresarial](#) y [The Bureau Local](#)
- Ex jefa unidad datos, Consorcio Internacional de Periodistas de Investigación (ICIJ): [pesca](#), [tejidos humanos](#), [paraísos fiscales](#) ([Papeles de Panamá](#) y [Paraíso](#))
- Ex vicepresidenta grupo español OKFN
- Ex directora de Fundación Ciudadana Civio
- Ex laSexta Noticias, CNN+ y otros
- Premio Pulitzer 2017, Data Journalism Awards 2015+2016, Premio Larra 2012 y +

Aviso

Lo que voy a compartir son herramientas útiles que he ido investigando y encontrando en el camino como periodista de investigación.

No soy hacker ni me dedico a la ciberseguridad.





The NSA files

Glenn Greenwald on security and liberty

Revealed: how US and UK spy agencies defeat internet privacy and security

- NSA and GCHQ unlock encryption used to protect emails, banking and medical records
- \$250m-a-year US program works covertly with tech companies to insert weaknesses into products
- Security experts say programs 'undermine the fabric of the internet'
- [Q&A: submit your questions for our privacy experts](#)

James Ball, Julian Berger
and Glenn Greenwald

Fri 6 Sep 2013 11.24 BST



44,713

This article is over 4 years old



▲ Through covert partnerships with tech companies, the spy agencies have inserted secret vulnerabilities into encryption software. Photograph: Kacper Pempel/Reuters

¿Tapaste ya la cámara de tu ordenador?





Revealed: 50 million Facebook profiles harvested for Cambridge Analytica in major data breach

Whistleblower describes how firm linked to former Trump adviser Steve Bannon compiled user data to target American voters

- **'I made Steve Bannon's psychological warfare tool': meet the data war whistleblower**
- **Mark Zuckerberg breaks silence on Cambridge Analytica**



▲ Cambridge Analytica whistleblower: 'We spent \$1m harvesting millions of Facebook profiles' - video

Publicidad

La polémica con FaceApp reabre el debate sobre la seguridad de los datos personales

- La popular «app» que envejece el rostro no es inofensiva: vulnera la privacidad de quien la descarga. La empresa dueña dice borrar las imágenes a las 48 horas pero, pese a que no es la única que solicita acceso a información personal, la polémica ha servido para recordar la importancia de la protección de datos



Publicidad

Imagen de Cristiano Ronaldo con el filtro de envejecimiento de FaceApp



J.M. Sánchez · SEGUIR



Rodrigo Alonso · SEGUIR



Actualizado: 30/07/2019 08:34h



GUARDAR

Contenidos I

1

Cómo evaluar los riesgos

2

El rival más débil: el password

3

Chatea seguro con tu móvil

Contenidos II

4

Que no te lean los correos

5

Ocultas archivos en tu ordenador

Bonus: ¿Qué es eso de Tor?

A large yellow shape on the left side of the slide, consisting of a vertical rectangle with a diagonal cut-off at the top right corner.

1. Cómo evaluar los riesgos



¿Quién es tu “enemigo”?

¿Cuál es la amenaza?

¿Quién es el dueño de los datos?

[Post con preguntas que debes hacerte.](#)
[Y este otro también.](#)

¿Código abierto o cerrado?

Open-source = todo el mundo puede chequear el código y ver fallos

Software propietario = solo la compañía conoce el código

¿Dónde se guardan los datos?

¿Los dan a las autoridades?

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2. El rival más débil: el password



Más que un password

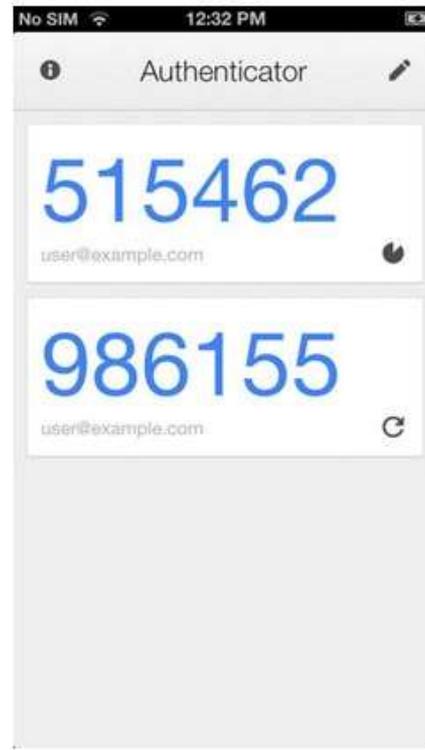
Passphrase = password más largo, más fácil de recordar si es una frase

<p>UNCOMMON (NON-GIBBERISH) BASE WORD</p> <p>ORDER UNKNOWN</p> <p>Tr0ub4dor &3</p> <p>CAPS?</p> <p>COMMON SUBSTITUTIONS</p> <p>NUMERAL</p> <p>PUNCTUATION</p> <p>(YOU CAN ADD A FEW MORE BITS TO ACCOUNT FOR THE FACT THAT THIS IS ONLY ONE OF A FEW COMMON FORMATS)</p>	<p>~28 BITS OF ENTROPY</p> <p>$2^{28} = 3 \text{ DAYS AT } 1000 \text{ GUESSES/SEC}$</p> <p>(PLAUSIBLE ATTACK ON A WEAK REMOTE WEB SERVICE. YES, CRACKING A STOLEN HASH IS FASTER, BUT IT'S NOT WHAT THE AVERAGE USER SHOULD WORRY ABOUT.)</p> <p>DIFFICULTY TO GUESS: EASY</p>	<p>WAS IT TROMBONE? NO, TROUBADOR. AND ONE OF THE O's WAS A ZERO?</p> <p>AND THERE WAS SOME SYMBOL...</p> <p>DIFFICULTY TO REMEMBER: HARD</p>
<p>correct horse battery staple</p> <p>FOUR RANDOM COMMON WORDS</p>	<p>~44 BITS OF ENTROPY</p> <p>$2^{44} = 550 \text{ YEARS AT } 1000 \text{ GUESSES/SEC}$</p> <p>DIFFICULTY TO GUESS: HARD</p>	<p>THAT'S A BATTERY STAPLE.</p> <p>CORRECT!</p> <p>DIFFICULTY TO REMEMBER: YOU'VE ALREADY MEMORIZED IT</p>

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

Verificación en dos pasos (two-step authentication) =
password/passphrase y autenticación por segundo
dispositivo

(pej- [Google Authenticator](#) o en Gmail, Facebook...)





Home

Notify me

Domain search

Who's been pwned

Passwords

API

About

Donate  

';---have i been pwned?

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

pwned?



Generate secure, unique passwords for every account

[Learn more at 1Password.com](https://1password.com)

Gestores de passwords

- [Keepass](#)
- [Lastpass](#)

Y luego están las llaves físicas, como [YubiKey](#)

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3. Chatea seguro con tu móvil



**Encriptación
extremo a extremo**
(End-to-end encryption)

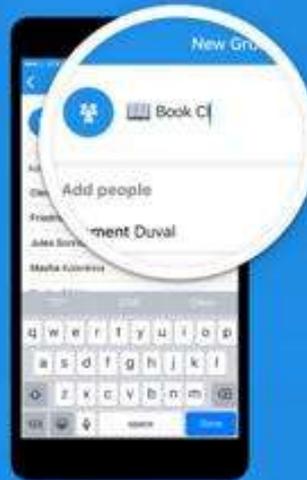
Signal

Say Anything



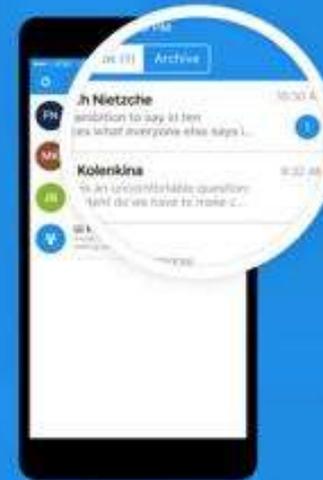
Send high-quality group, text, picture, and video messages, all without SMS and MMS fees.

Stay Private



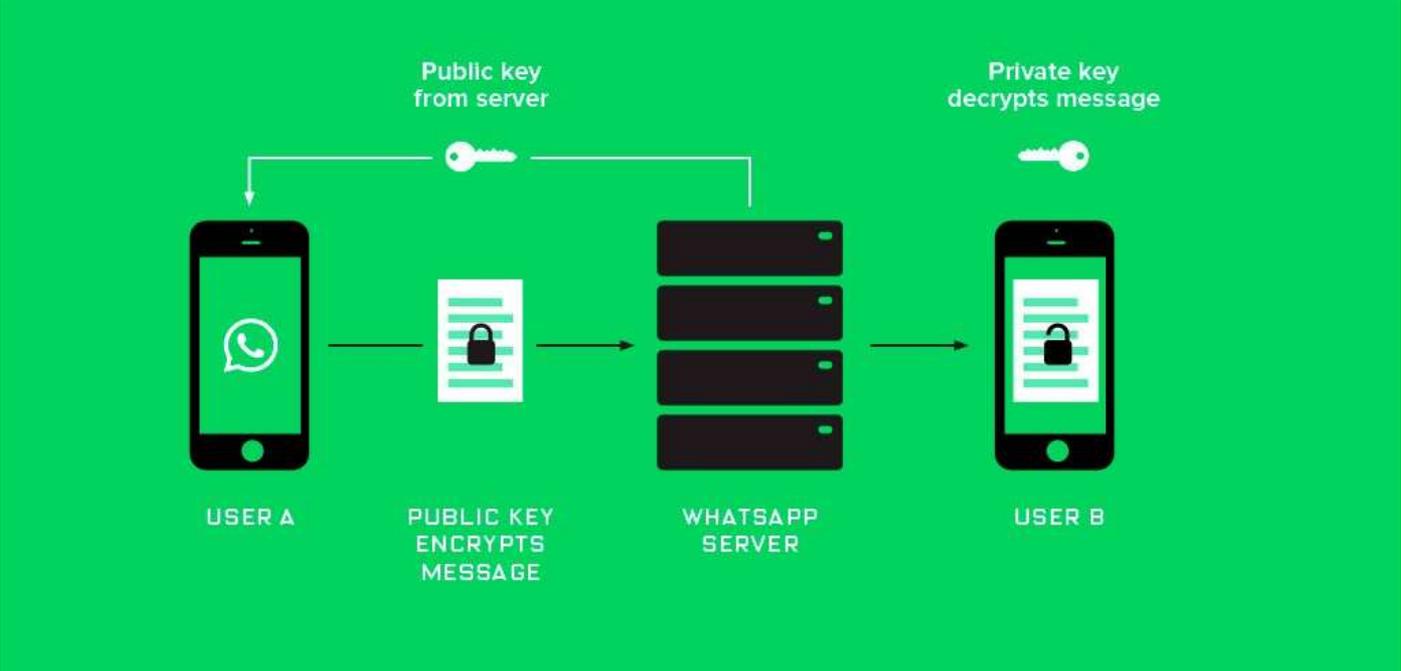
We cannot read your messages, and no one else can either. Everything is always end-to-end encrypted.

Get Organized



Archive functionality makes it easy to keep track of the conversations that matter to you right now.

Whatsapp



Fuente

A large yellow shape on the left side of the slide, consisting of a vertical rectangle with a diagonal cut from the top-left corner to the bottom-left corner.

4. Que no te lean los correos



Email encriptado (muy fácil)

Hushmail 

peerio

 **Tutanota**[®]

 **ProtonMail**
Encrypted email, based in Switzerland.



PGP (*pretty good privacy*)

 **Emilia Diaz Struck** <diazs_emilia@yahoo.com>
para Cecile, Delphine, mi, Miguel, Rigoberto, Pierre

 13/11/17  

-----BEGIN PGP MESSAGE-----
Comment: GPGTools - <https://gpgtools.org>

```
hQIOA97vz9aLMRdREAf9GYVTRlwYNigIHXXoIOZakIFUG/7z0Zb0WdYAFqEMg8WO
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/F4it6PabNppoTf17g5zfJBIYJfT2CSkYpYE1e1Sowf9FSGBrYzbuLdwEcxrqvYC
Pbyca6A3ksJjZ5PgdLcj9Y7SThw8sloh0YllqPWNs7UYansixyz8DFDguZyro
Dw10negnGW3CGtNy3qbRwub98V4I7hhr4/32dCG+2KRvQwqjW63ihunZi2OGlUPo
41/YmTzzxw5iGa5Db7Sv8qHANp6LXx1YjQBjYnqq73376z2yk9GU8sG+HoB+7yME
azNAZf8K4EudRIGCRunn5TeYUE9xFcygEmLhpDJiUTC45w+RMzklj6BN7sYpZ
ZWwLBo3fV52rWSb1jI00BAfPz/tv+5sJq7aBLPB80SIMEi5SdZJUaYZ6Jur0Ual
Q4UCDANLzGGaB8GwYgEQAjQDwNCF4LvYvHGUnSVd7iXZE9UijfYlIwYAFm+N6VvS
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k4pw9Sbk/Nxrh1fY18K2n43x7gilhxgWChU/thF3zPIVwDbLWPGkf03hnYXdk0fE
hQIMA9L0UTiITCJARAAgis8GSfiCeBEwR47b4ZwRvalGRCe7DMfg2iiKw8atHhcb
MmnPjZ6ENPMEWo1s747uUhbZbsg8k7aBrJvt/MWqfTROwZsIQSipbeuKMhH1NgZv
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izqMJIA4CRVTHLrIKWCRm+8loG4LrwJf+7bDPPJfOZJaLByuxR0XkwSzDFfP+Qkq
N4YHzWfUICB18sASz4EVcvmf0QVB2PykXMU7Q0DzXbOGBg1/iZbe4CgFBqkQA
T...
```

¿Cómo funciona? (I)

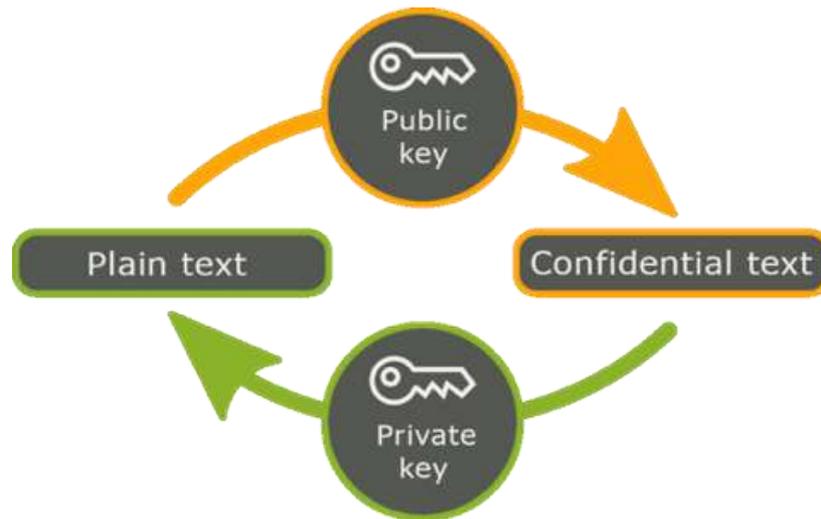


[Fuente de foto](#)

¿Cómo funciona? (II)

Public key (llave pública) = la llave que compartes. Y puedes poner en [servidores](#).

Private key (llave privada) = solo para ti, la tienes que copiar en varios ordenadores



[Fuente foto.](#)
También puedes ver [este vídeo](#)

Llave pública de PGP

```
-----BEGIN PGP PUBLIC KEY BLOCK-----  
Version: GnuPG/MacGPG2 v2.0.19 (Darwin)  
Comment: GPGTools - http://gpgtools.org  
  
mQENBFHQousBCADDnSp+LotafjEd+oKgm+XOOGcWYL/keuAwfyMQ9M4MX9yW36Y4  
K1lZ179iK838+1F70hRgeUL9SbkxvWreZrm0beTwGXtMyInA8PjE1Yw2jdTAQ/lk  
3UQ1luPiWSSw5gl3hafyjRZKp5M1Ez/7MB4LTp1BbitrepcyZ4hT5rwo18iPLSs  
t69OchQeCW9/WcDu6AB3uCVuVfbQEFxehg5DG8mBwuiXQVUyWA5n+LTL19R1Wv/l  
koLpdnhmF19fIPkILtsAcZjXRbNLAQzlgWwZQsb9xHtotcew7y3D/Gvo9IzRbtZK  
+Anym4uKAsOwwswwm0sHDJIL9rILhm5bOyTPABEBAAG0Jk1hciBDYwJyYSA8bWFy  
LmNhYnJhLnZhbGVyb0BnbWFpbC5jb20+iQE9BBMBCgAnBQJR0KLRAhsvBQkHhh+A  
BQsJCAcDBRUKCqGLBRYCAwEAAh4BAheAAAoJEJZiskNBshRfPikiAI/WyfCTMERu  
kIO8MpLX/E7RSw7FN2tQE/cNRPM2lG6FgKRDS4cr4WJhslPL7lD+Ufx43Pz+CPOS  
s9+beQs4ZL7C99RFBLW2SUE5NFdOEx7+ZUEejgNZi7+LBAQ9NP3wnk4QlHoUvyzL  
cRa5qL8fX/g1L+gatTrGdbdRTuzbnZLEbucwZrfsZAD6OSUApD5OmJ2dxk3DjfxM  
pBAAdQqNS0Pckur8BzmY69iBTeMLmrIm6Zh5qv/QhNyj6XCEW8Hx+dKuarYIw0J  
vXG6EEIqVF2/84XHzPROt4Vu6fXj9GzrsNg9Uk1XOtD4/g7gQUh2e8AwzeaguQUx  
G/5+Qf1N54e5AQ0EUdCi6wEIAMOxnBar5fYMaAcBvCh8XYAcHX9rv0BpC0Y76NHa  
naHbrs7d10aM2rBEIqalRz8DyoWY0Eca+Q0/km2BnVhOBdNOg8h7gpQkRhdGXgnk  
SXkMptba6zuCHXkiCX5J0MKHGm02Ja0JfTre4DCL4mSbxNyzl8pP6PkfdBixetZ+  
tfOq2AbCgdNm38Br1Pv3M6dNZZQT3r5+P2zIwdjnkPRL5+5UG7cBL6EqQjXC1VX/  
NCGscM+sSZDgUbd7ZxdoBJ3aKIJsR3iTWLFvLVNF60BbvNYWw63e8VEKtluxe4iy  
iVmILshM4K7260zgRvoVK2ADYjDQI4ZkStGMv6N4UyUoOyMAEQEAAYkCRAQYAQoA  
DwUCUdCi6wIbLgUJB4YfgAepCRCWYrJDQbIUX8BdIAQZAQoABgUCUdCi6wAKCRCR  
nC6MNWg3ms99B/9W/Nbhj0KRwEsWIhd5nhChmiCGHBFtbdMKuwUv861jx8X0s1WA  
seWrnzGMUtzhYUkeEQDQZllojwARk9zdgqxUQvGCOFQywUA+eZEuhcFfn25rs9Bmx  
NgjQUM0rXI8Op5i+UPNSyrXbVVGZDiNl5wywJmt52t5+/7X6XImJIATudek5Jwj  
9kfxkMXP4YGXolrnpUFZnKEWd0eYk2+cq4zb614z65Xx+sL3EBYiIzdGxuluAWKz  
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BdlkIabDNwxiPM0/8V5+Hz9znQmp619Zu9G1ZSQH/Ag9VqmxIHqnEI9gUA/Fuxl4  
czTmmIqauHdti7d+eXUBOHe2EqOBfmQDjx8Cj/ffcMvFscU+UZVhn8jGfils+AYT  
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oc6lc5Ie+ttUli3bn+8xsmTiGBODvznFD0AzshRnJ3xXv+gsXOzt+fgzDVnb4In+M  
EqBiQCQ9WrJkGdLd6pxPeApNGEz+NTO/KxpU3/3NutU2u2hzi37/YZ9RulANsThb  
MI96RWTZVGlks8iKwmybjqlJSNCwYgIwOtow2vT7UXD0MoJsIszLetZDvh2Tz8=  
=zCct  
-----END PGP PUBLIC KEY BLOCK-----
```

Gestores de claves

- Encriptar archivos
- Clientes de correo (Outlook, [Thunderbird](#) con [Enigmail](#))



Más sencillo: Mailvelope

Communicating securely with Mailvelope



Your sensitive data is securely protected by us.



No unauthorized person can read your data on the way - not even your provider.



And best of all, it's so simple that anyone can join in.

[Install Mailvelope now](#)

Compatible with almost all providers

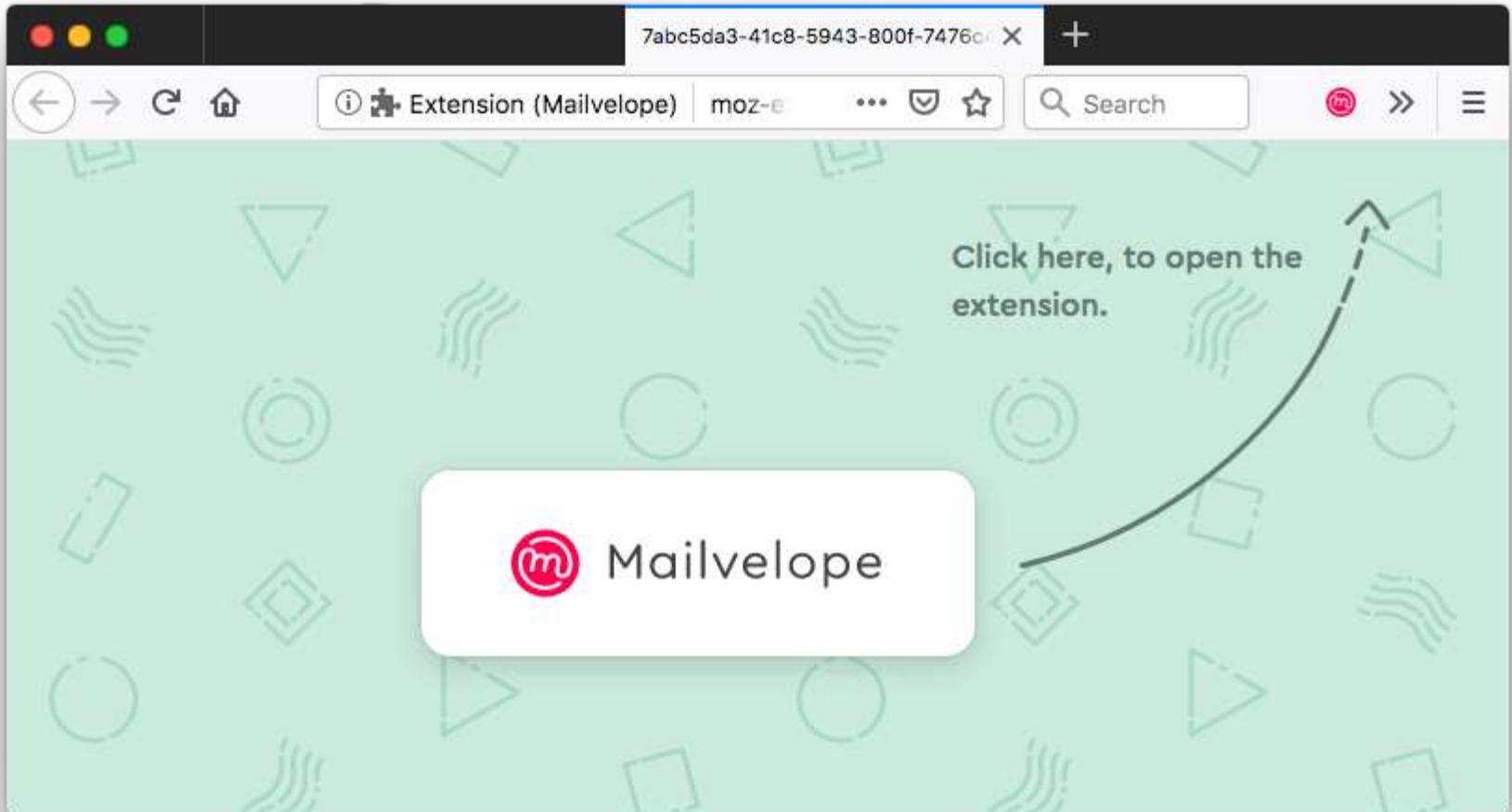
So you can easily continue to use your current email account. And best of all: From now on, no one will read along. Because your information is only your business.



GMX



many more



New Message — ↗ ✕

Recipients

Subject



↶ ↷ Sans Serif ↕ **B** *I* U

Send ⏏      

moz-extension://7abc5da3-41c8-5943-800f-7476c4e3d14a - Compose Secure Email

Recipient

Message

Hi Madita,
this is my first encrypted mail with mailvelope!

Options Sign Only Cancel Encrypt

My first mail with mailvelope

Madita Bernstein

My first mail with mailvelope

-----BEGIN PGP MESSAGE-----
Version: Mailvelope v4.0.0 build: 2019-07-22T14:34:41
Comment: <https://www.mailvelope.com>

wcFMAwA9/XWe7+whAQ/9F3Ire0XWk+BUlSk1cHqdcMPSRJbqxYeAY+p95ujs
TCVExZzZoTHJpSJI/Kw7YzxpBR9yuB5PhpmtDopbru7mMj+YR5hXtWLZm7+d
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1wtDFviVmrF0GtgAfdTLf7Wkj/qBtChs5aL5ahHCTpUo5zC88X0K2SA75FU
A1d1DG8vGvWAjnzxxzOQj1hzdyf+BHy8vJek0vvrCEASdWEGD8yAZWAIDIVT



Sans Serif **B** *I* U A   

Send     

**Lo que no se soluciona
por mucha seguridad: el
error humano.**

**En el correo te pillan con
el “phishing”**



From: Mail Admin [mailto:lou.correa@bobsgunshop.com]

Sent: Wednesday, September 13, 2017 10:00 AM

To: undisclosed-recipients:

Subject: Security alert

Dear user,

We noticed your account was sign in from an unknown location

We recommend that you secure your account to avoid termination.

You are required to update through the link below.

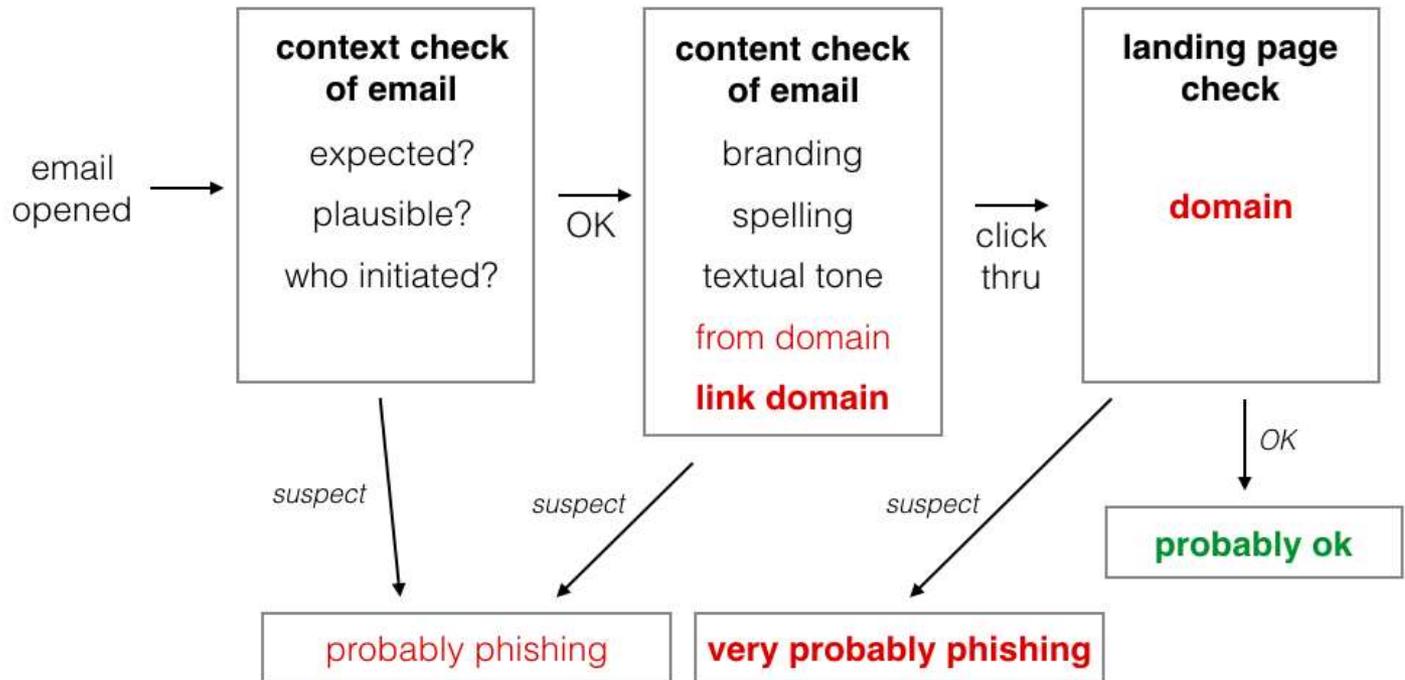
[CONTINUE WITH VERIFICATION](#)

Thanks for using Webmail!

Webmail Team.

trust decisions for phishing

[Fuente](#)





Analyze suspicious files and URLs to detect types of malware,
automatically share them with the security community

FILE

URL

SEARCH

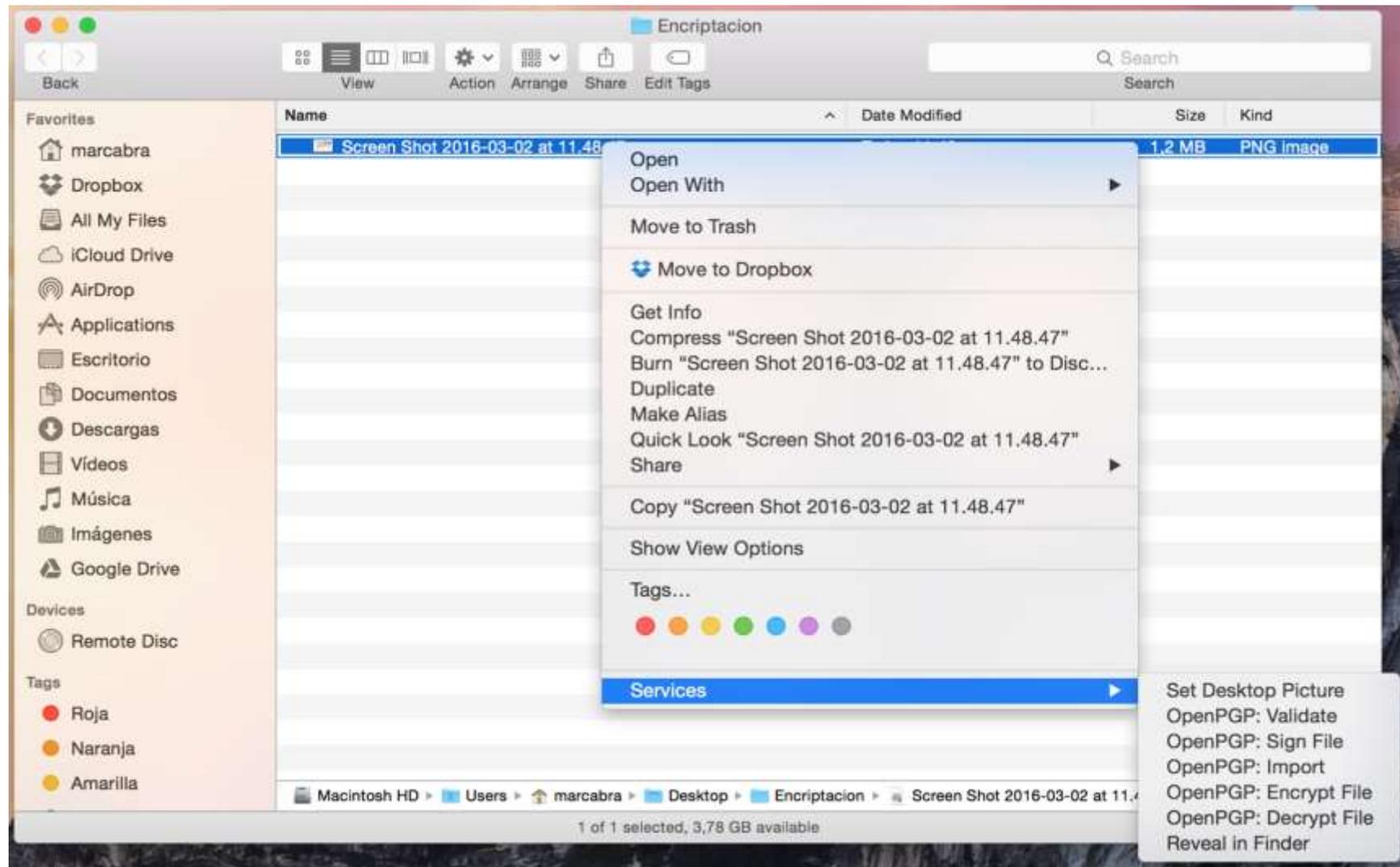


Choose file

By submitting your file to VirusTotal you are asking VirusTotal to share your submission with the security community and agree to our [Terms of Service](#) and [Privacy Policy](#). [Learn more](#).

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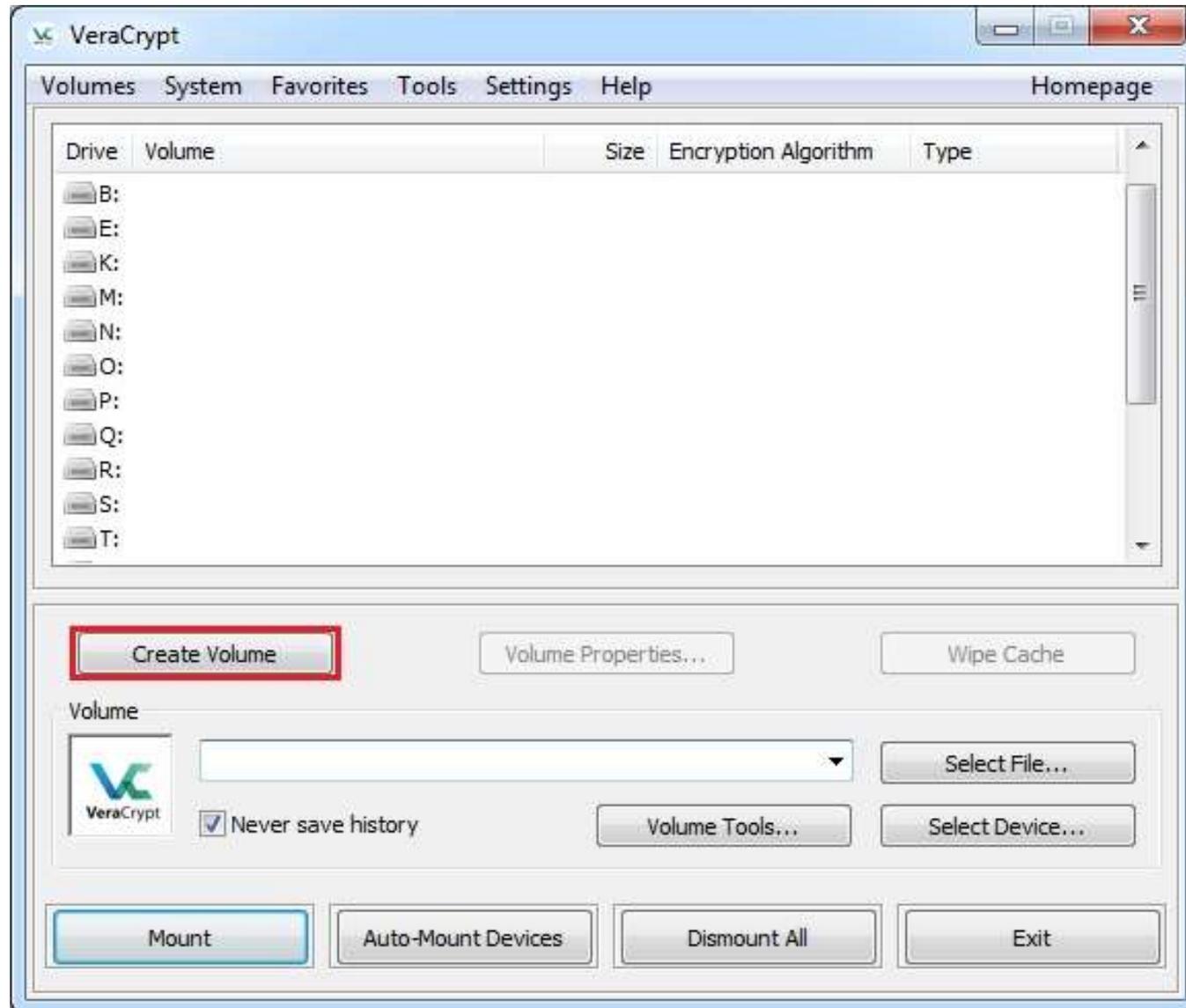
5. Oculta archivos en tu ordenador

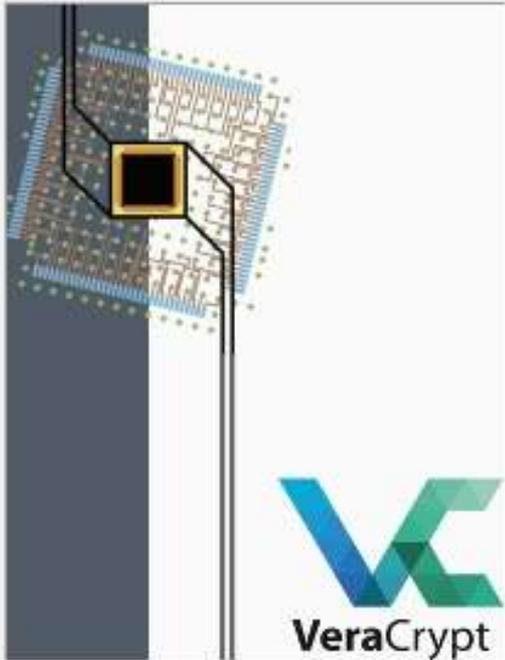




VeraCrypt

[Tutorial principiantes](#)





VeraCrypt Volume Creation Wizard

Create an encrypted file container

Creates a virtual encrypted disk within a file. Recommended for inexperienced users.

[More information](#)

Encrypt a non-system partition/drive

Encrypts a non-system partition on any internal or external drive (e.g. a flash drive). Optionally, creates a hidden volume.

Encrypt the system partition or entire system drive

Encrypts the partition/drive where Windows is installed. Anyone who wants to gain access and use the system, read and write files, etc., will need to enter the correct password each time before Windows boots. Optionally, creates a hidden system.

[More information about system encryption](#)

Help

< Back

Next >

Cancel

Volume Location

Select File...

Never save history

A VeraCrypt volume can reside in a file (called VeraCrypt container), which can reside on a hard disk, on a USB flash drive, etc. A VeraCrypt container is just like any normal file (it can be, for example, moved or deleted as any normal file). Click 'Select File' to choose a filename for the container and to select the location where you wish the container to be created.

WARNING: If you select an existing file, VeraCrypt will NOT encrypt it; the file will be deleted and replaced with the newly created VeraCrypt container. You will be able to encrypt existing files (later on) by moving them to the VeraCrypt container that you are about to create now.

Help

< Back

Next >

Cancel



A large yellow shape on the left side of the slide, consisting of a vertical rectangle with a diagonal cut from the top-left corner to the bottom-right corner.

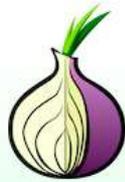
**Bonus: ¿Qué es eso de
Tor?**







Tor Browser
5.5.5



Welcome to Tor Browser

You are now free to browse the Internet anonymously.

[Test Tor Network Settings](#)



Search securely with Disconnect.me.

What Next?

Tor is NOT all you need to browse anonymously! You may need to change some of your browsing habits to ensure your identity stays safe.

[Tips On Staying Anonymous »](#)

You Can Help!

There are many ways you can help make the Tor Network faster and stronger:

- [Run a Tor Relay Node »](#)
- [Volunteer Your Services »](#)
- [Make a Donation »](#)

The Tor Project is a US 501(c)(3) non-profit dedicated to the research, development, and education of online anonymity and privacy. [Learn more about The Tor Project »](#)

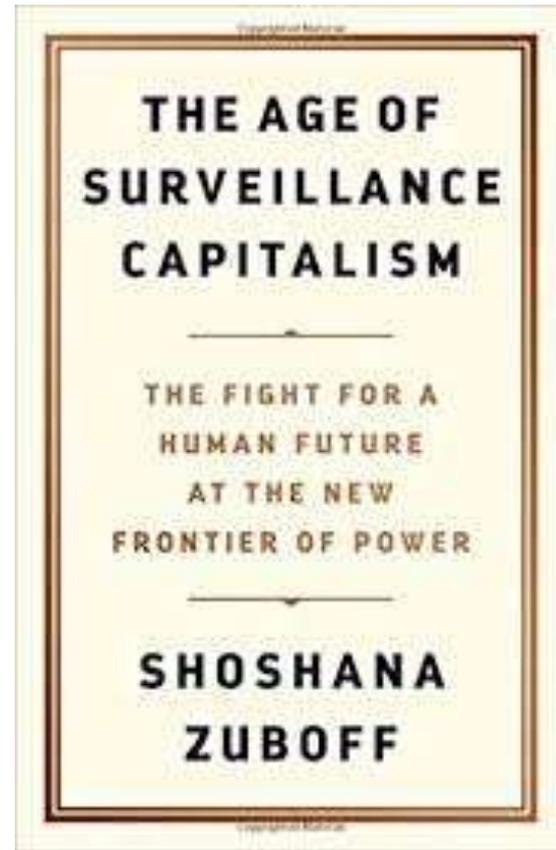
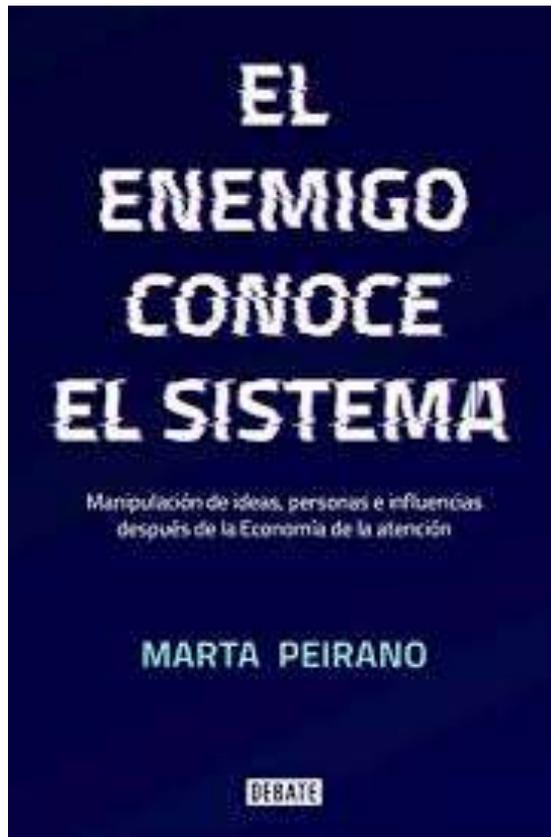
How The Tor Network Works



Para seguir profundizando

- [Field Guide for Security Training in Newsrooms](#)
- [Security in a Box](#)
- [Tow Center paper](#)
- [CIJ handbook](#)
- [GIJN resources page](#)
- [Surveillance self-defence](#), EFF
- [Email self-defense](#)

Dos libros recomendados



¡Gracias!

¿Preguntas?

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