Staying safe online ...

...tracking, scams and phishing exposed

The plan - where am I heading?

Part 1: The threats - real and perceived

Questions and comments

Part 2: Should you be frightened

More questions and comments

Part 3: Measures to protect yourself

Questions, comments and discussion

Thought grazing

Thoughtgrazing for Cardiff U3A members - https://thoughtgrazing.org

Is Private, you need to register with your U3A membership number. It provides access to Forums (including ones for Security and Privacy) where you can ask questions and raise issues or concerns which will be picked-up by members of the Computer Group. You can also see the Notes of the Computer Group Meetings.

Thoughtgrazing for third agers - https://thoughtgrazing.com

Is Public. Anyone can visit the site. Has posts of general interest for “third agers” and their use of Information Technology (IT).

Part 1: The threats - real and perceived

The real nasties and the annoyances that don't really do any harm but are pervasive all the same

What are they and what are they attempting to do?

Scams & older people informat

https://www.which.co.uk/later-life-care/home-care/scams-and

Coronavirus Read our latest advice ›

Which? Technology Home & garden Money Baby & child Cars & travel Campaigns More from Which?

Later Life Care

Home care | Carers & caring | Financing care | Housing options | End of life | Care services directory

Home care ›

Scams & older people

In this guide we explain common phone, postal, doorstep and online scams, and give advice on how to protect yourself against them.

Feedback

Scams aimed at older people

5 MIN READ

Read our guide on common scams and how to identify them. Share it with relatives and friends, to help them keep one step ahead of scammers.

How to spot a scam

2 MIN READ

Spotting a scam isn't always easy, but scammers tend to use

Real-life stories

Isobel's story ›
60 | SANDBACH

Read Isobel's story about her mother, Evelyn, who was caught out by postal and phone scams losing more than £80,000 over 20 years.

Staying Safe in a Digital World

https://www.ageuk.org.uk/dacorum/get-involved/living-in-a-digital-w

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Get the support you need

Get involved
How you can help

About us
What we're doing in the community

Activities and events
Ongoing social activities

Home / Get involved / Staying Safe in your Digital World

Staying Safe in your Digital World

Staying Safe Online

Making the most of the Internet

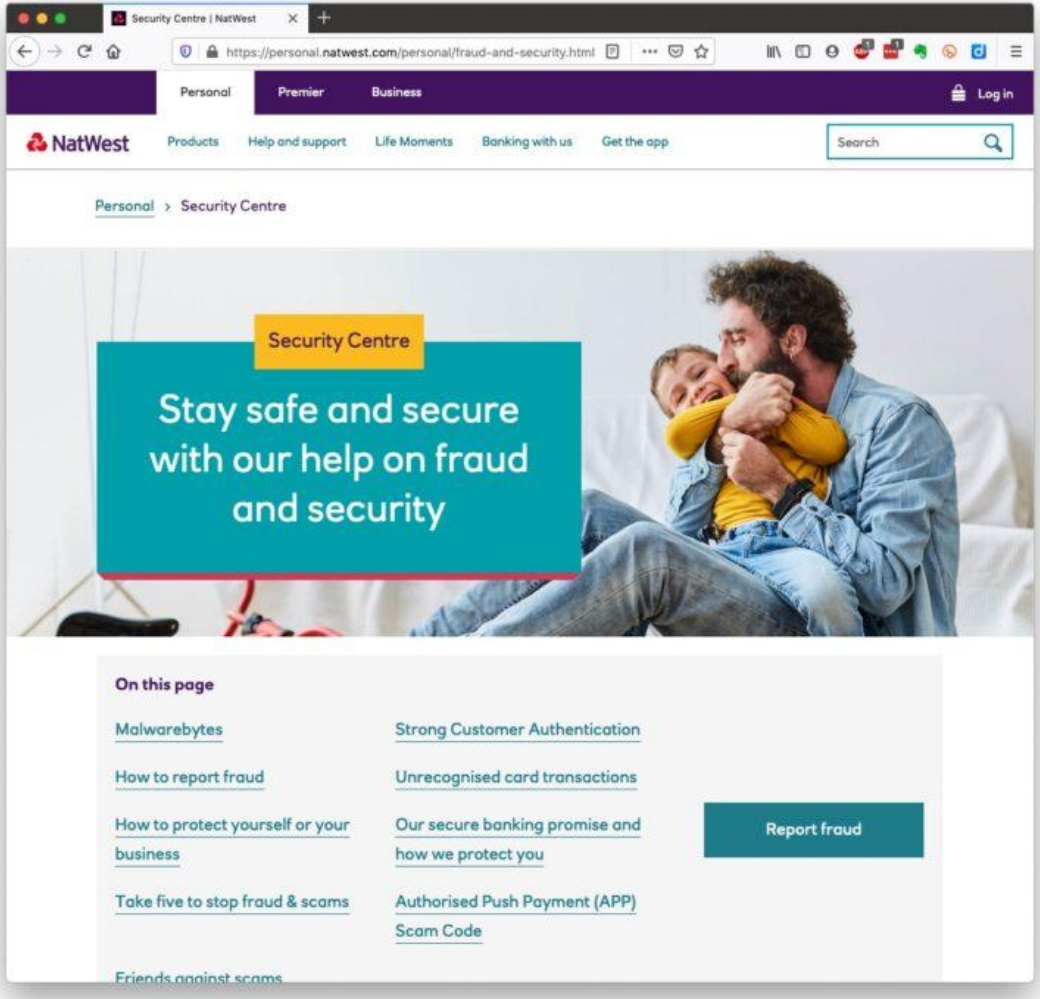
Computer help for older people

New to the Internet?

Here's 10 back-to-basic tips from Get Safe Online to help you stay safe online.

Glossary of online terms

Check our simple glossary for explanations of common online terms.


Security Centre | NatWest
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Stay safe and secure with our help on fraud and security
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Malwarebytes
How to report fraud
How to protect yourself or your business
Take five to stop fraud & scams
Friends against scams
Strong Customer Authentication
Unrecognised card transactions
Our secure banking promise and how we protect you
Authorised Push Payment (APP) Scam Code
Report fraud

Fraud guide | NatWest

https://personal.natwest.com/personal/fraud-and-security/frau

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NatWest | Products | Help and support | Life Moments | Banking with us | Get the app | Search

Personal > Security Centre > Fraud guides

Fraud guides

Help to stop you being the next victim of a scam or fraud

On this page

Latest threats
Staying up to date
Fraud guides
Take 5 to stop fraud
Anti virus software
Business guidance

Report fraud

Latest threats and scams

Security and privacy

Where do you stand?

Terrified -> Apprehensive -> Sensibly Aware -> Relaxed -> Unconcerned

What’s the difference between security and privacy (in IT terms)

Opening a browser you may be asked to accept ...

Cookies

... and then challenged to remove ...

Ad-blockers

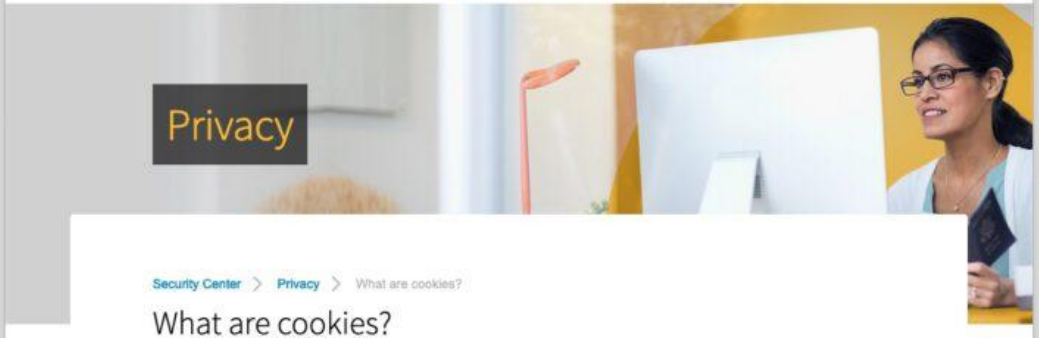
... it’s your decision; it’s down to GDPR rules and putting the consumer back in charge.

What Are Cookies?

https://uk.norton.com/internetsecurity-privacy-what-are-

Norton

PRODUCTS & SERVICES INTERNET SECURITY CENTRE SUPPORT FREE TRIALS MY ACCOUNT



Security Center > Privacy > What are cookies?

What are cookies?

Feedback

We've updated our privacy and cookies policy

We and our partners use cookies on this site to improve the efficiency of the navigation, perform analytics, serve more relevant advertising content to you and measure advertising performance, provide social media features, remember website preferences, and generally improve the user experience. By clicking on "Yes I agree", you consent to these cookies. For more information on cookies, including how to manage your consent, please click on "Settings" to access our Cookie tool.

✓ Yes, I agree

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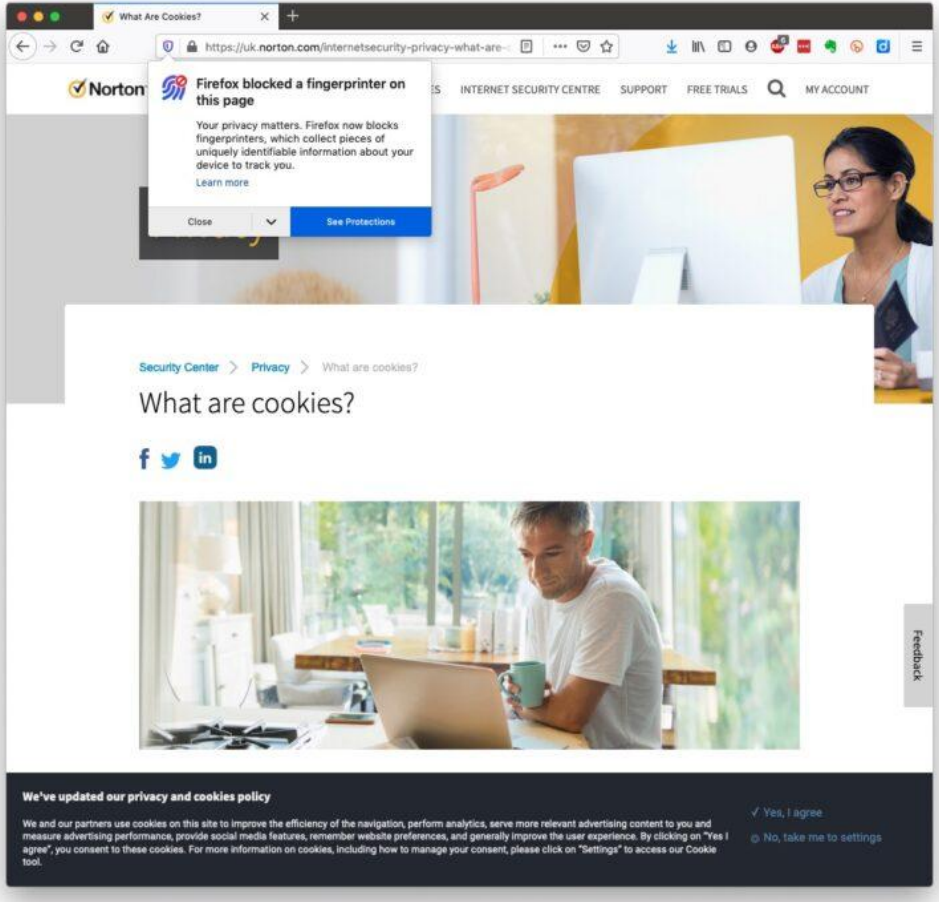
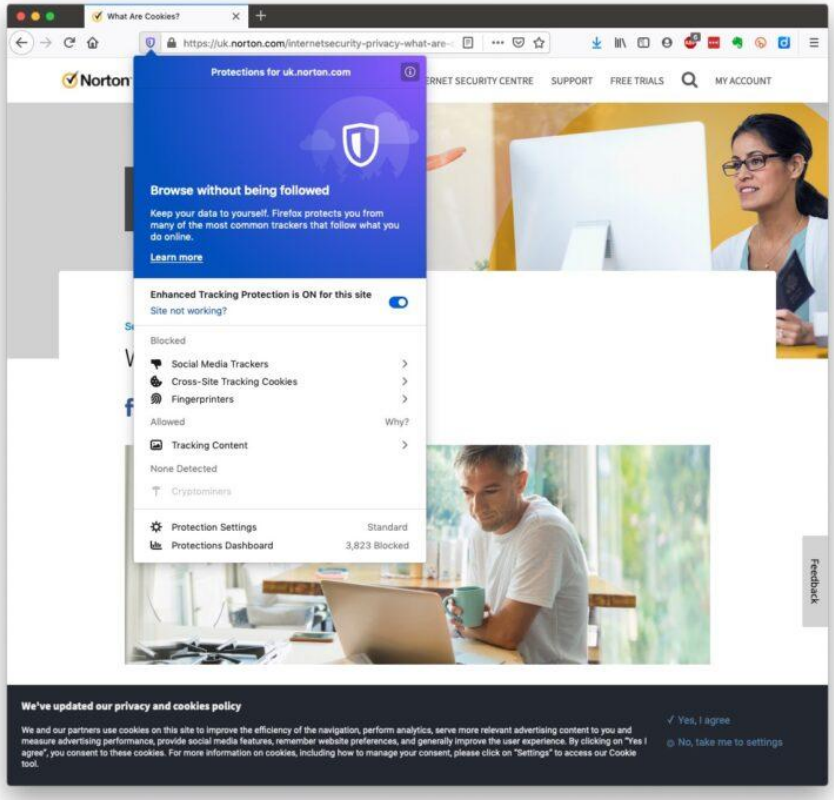

What Are Cookies?
https://uk.norton.com/internetsecurity-privacy-what-are-
Firefox blocked a fingerprinter on this page
Your privacy matters. Firefox now blocks fingerprinters, which collect pieces of uniquely identifiable information about your device to track you.
Learn more
Close
See Protections
INTERNET SECURITY CENTRE
SUPPORT
FREE TRIALS
MY ACCOUNT
Security Center
Privacy
What are cookies?
What are cookies?
Feedback
We've updated our privacy and cookies policy
We and our partners use cookies on this site to improve the efficiency of the navigation, perform analytics, serve more relevant advertising content to you and measure advertising performance, provide social media features, remember website preferences, and generally improve the user experience. By clicking on "Yes I agree", you consent to these cookies. For more information on cookies, including how to manage your consent, please click on "Settings" to access our Cookie tool.
Yes, I agree
No, take me to settings


What Are Cookies?
https://uk.norton.com/internetsecurity-privacy-what-are-
Protections for uk.norton.com
Browse without being followed
Keep your data to yourself. Firefox protects you from many of the most common trackers that follow what you do online.
Learn more
Enhanced Tracking Protection is ON for this site
Site not working?
Blocked
Social Media Trackers
Cross-Site Tracking Cookies
Fingerprinters
Allowed
Why?
Tracking Content
None Detected
Cryptominers
Protection Settings
Standard
Protections Dashboard
3,823 Blocked
INTERNET SECURITY CENTRE
SUPPORT
FREE TRIALS
MY ACCOUNT
Feedback
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We and our partners use cookies on this site to improve the efficiency of the navigation, perform analytics, serve more relevant advertising content to you and measure advertising performance, provide social media features, remember website preferences, and generally improve the user experience. By clicking on "Yes I agree", you consent to these cookies. For more information on cookies, including how to manage your consent, please click on "Settings" to access our Cookie tool.
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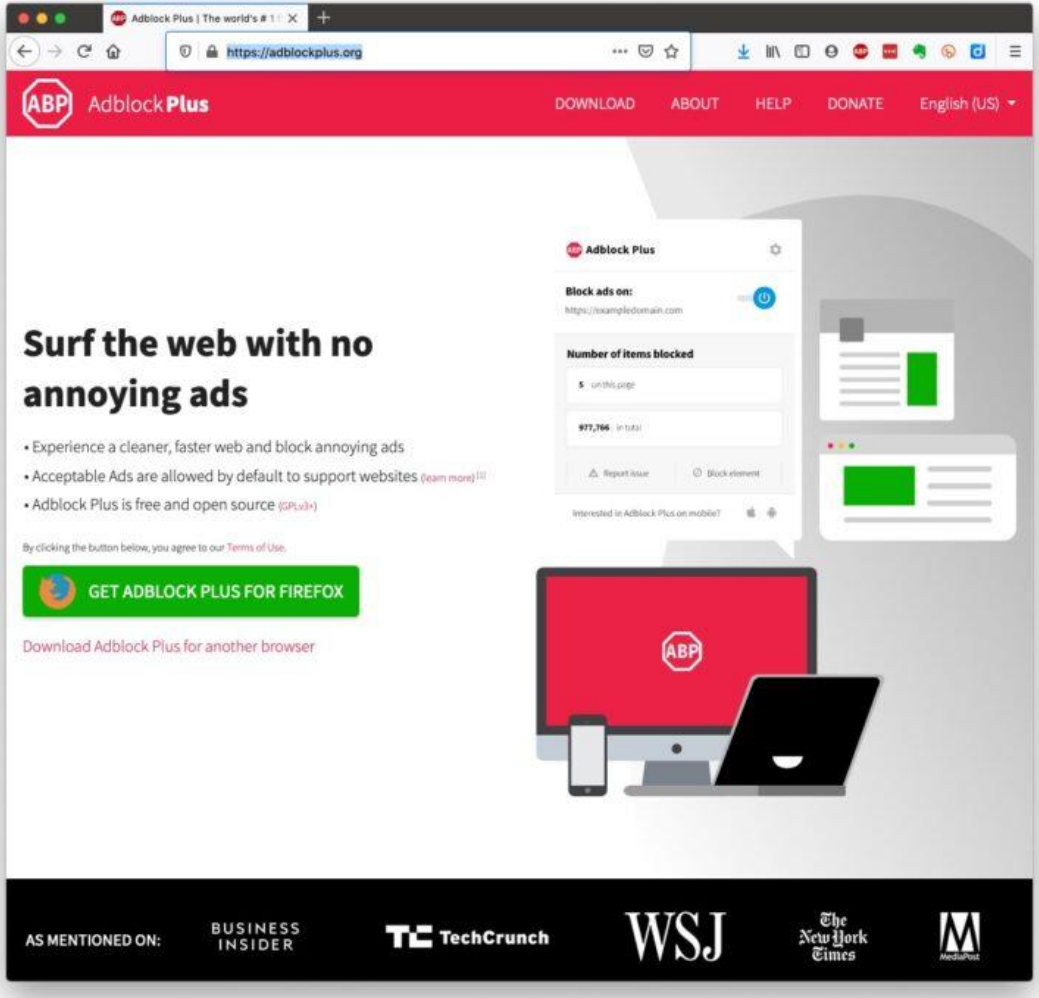
No, take me to settings


Adblock Plus | The world's #1
https://adblockplus.org
Adblock Plus
DOWNLOAD
ABOUT
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DONATE
English (US)
Surf the web with no annoying ads
• Experience a cleaner, faster web and block annoying ads
• Acceptable Ads are allowed by default to support websites (learn more)
• Adblock Plus is free and open source (GPLv3+)
By clicking the button below, you agree to our Terms of Use.
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Download Adblock Plus for another browser
Adblock Plus
Block ads on:
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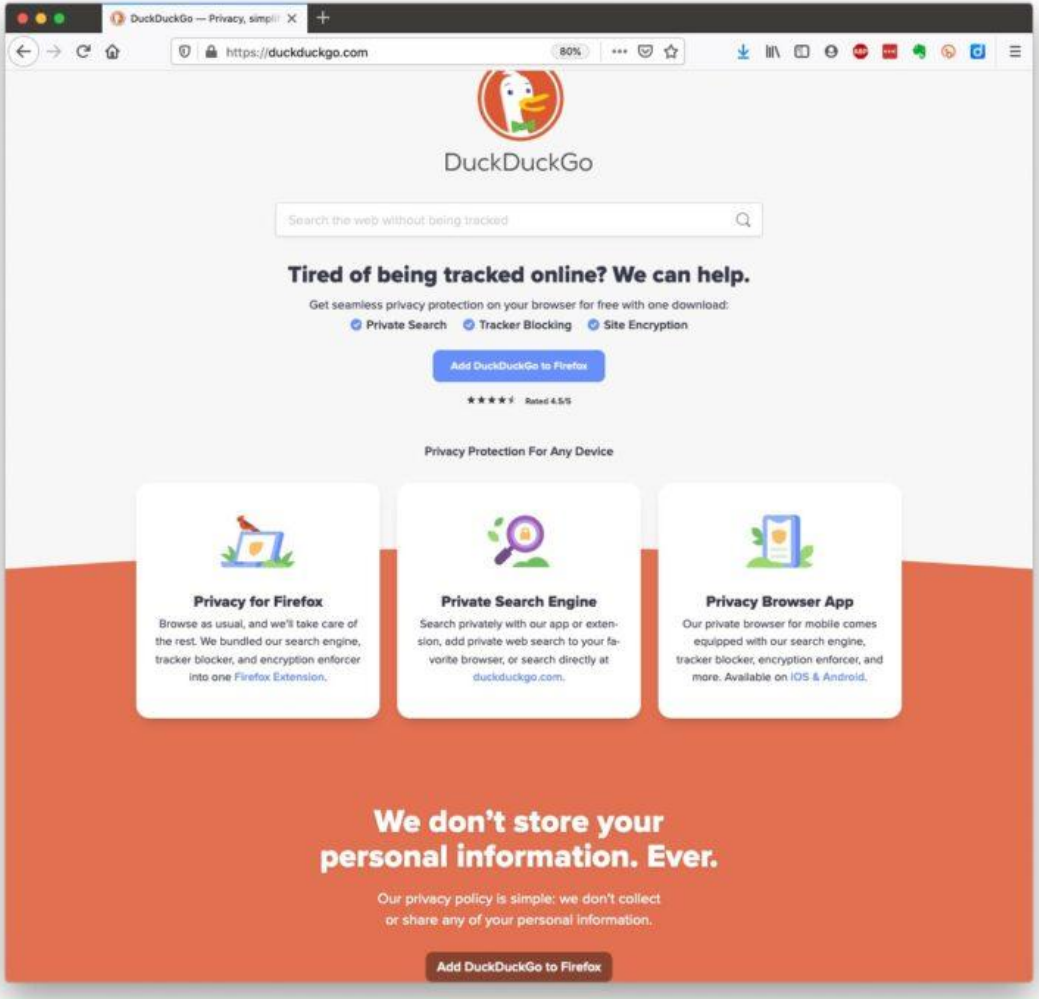
Number of items blocked
5 on this page
977,766 in total
Report issue
Block element
Interested in Adblock Plus on mobile?
AS MENTIONED ON:
BUSINESS INSIDER
TechCrunch
WSJ
The New York Times
MediaPost

Security and privacy - 2

Browsers

Search engines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https://duckduckgo.com
80%
DuckDuckGo
Search the web without being tracked
Tired of being tracked online? We can help.
Get seamless privacy protection on your browser for free with one download:
Private Search
Tracker Blocking
Site Encryption
Add DuckDuckGo to Firefox
Rated 4.5/5
Privacy Protection For Any Device
Privacy for Firefox
Browse as usual, and we'll take care of the rest. We bundled our search engine, tracker blocker, and encryption enforcer into one Firefox Extension.
Private Search Engine
Search privately with our app or extension, add private web search to your favorite browser, or search directly at duckduckgo.com.
Privacy Browser App
Our private browser for mobile comes equipped with our search engine, tracker blocker, encryption enforcer, and more. Available on iOS & Android.
We don't store your personal information. Ever.
Our privacy policy is simple: we don't collect or share any of your personal information.
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Internet, Networking, & Security → Browsers 1,605

The Best Search Engines of 2020

Google might be the biggest but there are other, arguably better, search engines

by Paul Gil Updated on July 09, 2020 reviewed by Michelle Adeola Adelufosi

Most people prefer to rely on just one or two search engines that deliver three key features:

- Relevant results (results you are interested in)
- Uncluttered, easy-to-read interface
- Helpful options to broaden or tighten a search

The possibilities we highlight should help you find the best search engine for your needs.

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DOS AND DON'TS OF SOCIAL MEDIA

DO Familiarise yourself with how to control your privacy and security settings, and review these periodically in case the site has updated its T&Cs. For example, you can turn off Facebook's permission to track your location via your mobile phone (which enables it to send you ads local to a place you're visiting).	**DON'T** Reveal too much. Even if your privacy settings are watertight, a friend might share what you post more widely than you'd like. Avoid revealing the names of your children's schools, the answers to common security questions (your maiden name or pet's name) – especially in a 'fun quiz', or announcing when you'll be on holiday (and your house being unoccupied).
DO Tighten your privacy settings to limit what's publicly visible. Use Facebook's privacy settings to change the default 'public' visibility of your friends list to private or 'friends only' instead.	**DON'T** Download a social media app or fill in a survey without checking you're happy with what you are consenting to by taking part: if the company behind it could use your personal data in ways you're not happy with (see page 33), give it a miss.
DO Apply the 'too good to be true' rule to improbable offers – such as 'free vouchers' for major retailers, or branded goods that are unrealistically cheap.	**DON'T** Allow friends to tag you in photos or posts (for example, by announcing that you're with them at an event) without your approval. You can control this within Facebook in the 'Timeline and tagging' setting.

Part 2: Should you be frightened?

Banking, shopping, other bodies

Mobile phones or online access through web browsers

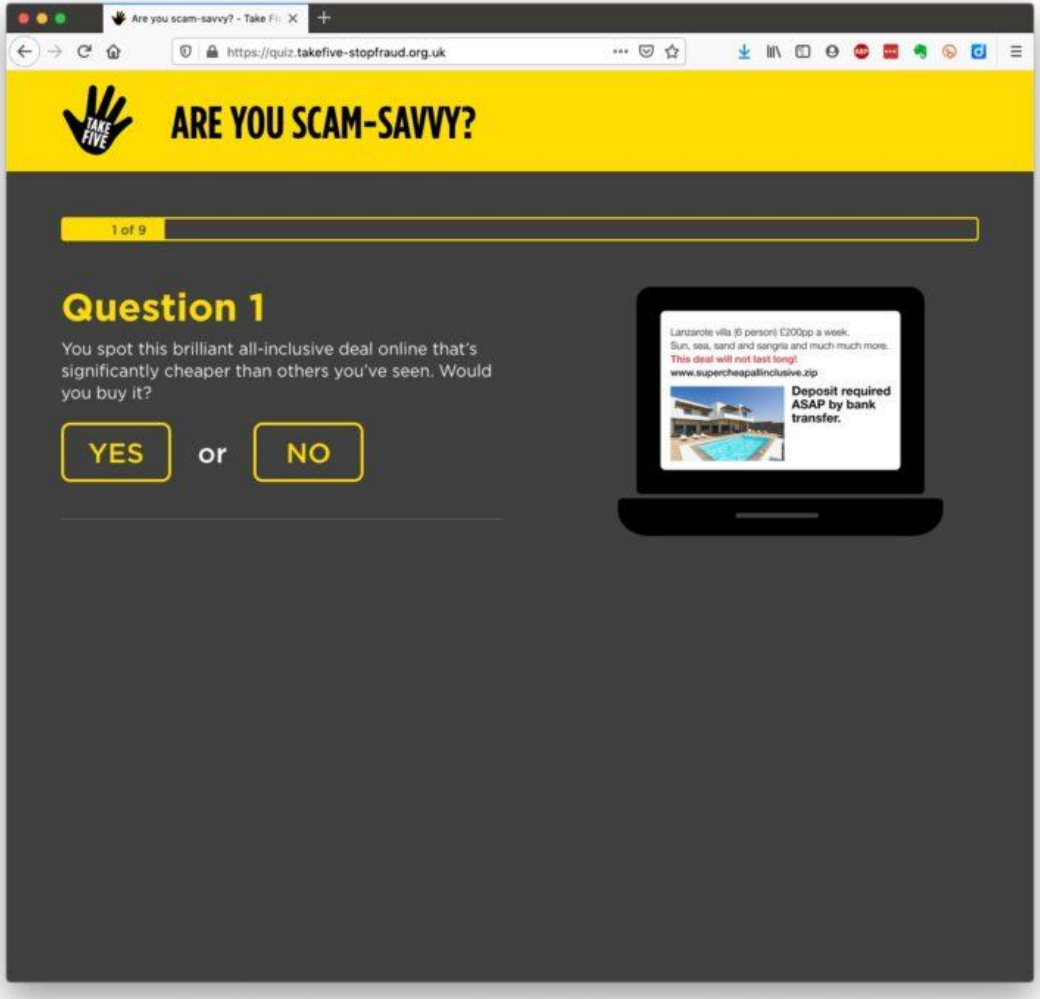
Identification of threats - scams and phishing attacks

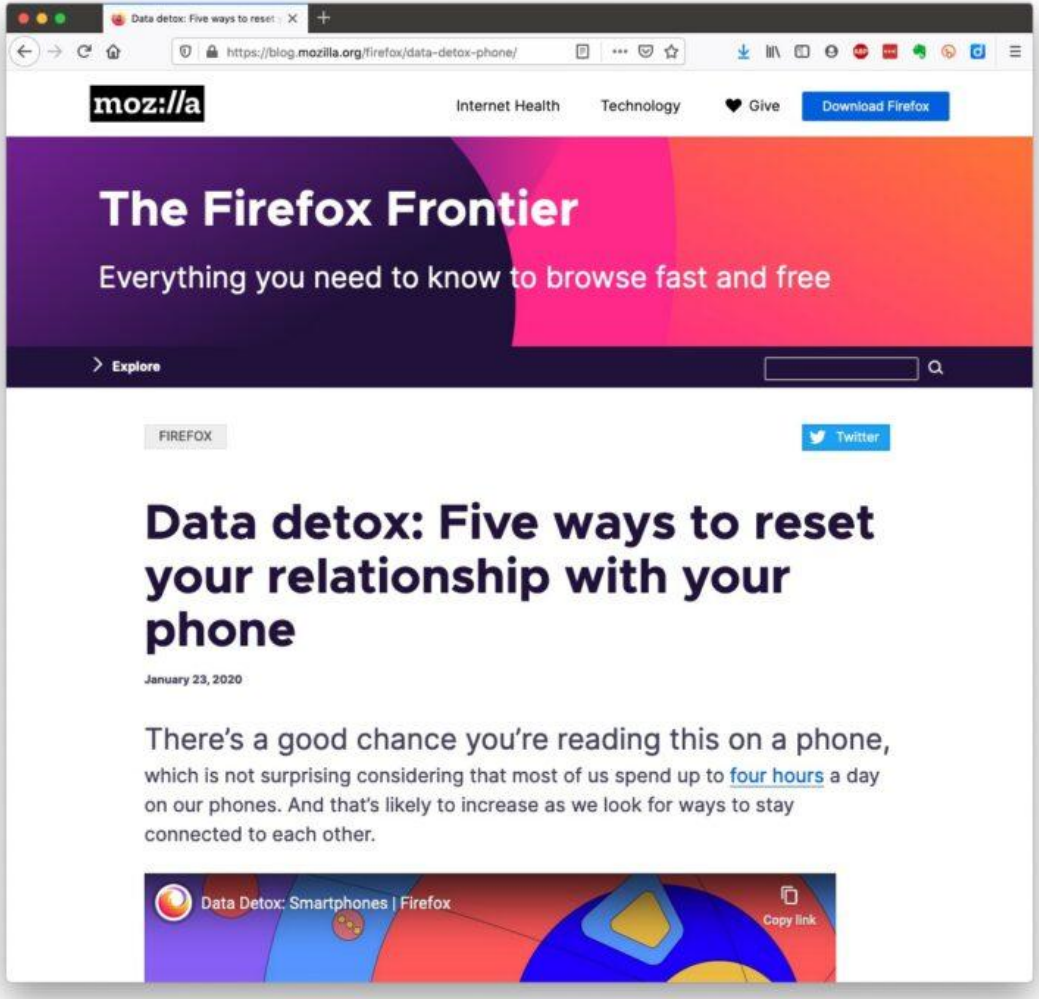
Not just emails and webpages - texts and phone calls too

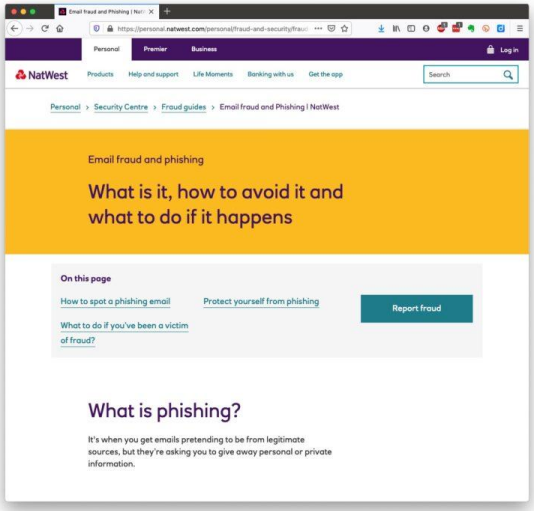
Frightened - NO … Cautious - YES!

Working with cyber-security company Falanx Cyber, we scored 12 leading banks for the security of their online banking websites, looking at login security, encryption, account management, navigation and logout.

BANK	TEST SCORE
NatWest/Royal Bank of Scotland	83%
Nationwide	75%
Lloyds/Bank of Scotland/Halifax	74%
HSBC	73%
Barclays	73%
Tesco Bank	72%
First Direct	70%
Yorkshire Bank/Clydesdale Bank	68%
Santander	59%
Metro Bank	57%
The Co-operative Bank	56%
TSB	50%


Are you scam-savvy? - Take Fi
https://quiz.takefive-stopfraud.org.uk
ARE YOU SCAM-SAVVY?
1 of 9
Question 1
You spot this brilliant all-inclusive deal online that's significantly cheaper than others you've seen. Would you buy it?
YES
or
NO
Lanzarote villa (6 person) £200pp a week.
Sun, sea, sand and sangria and much much more.
This deal will not last long!
www.supercheapallinclusive.zip
Deposit required ASAP by bank transfer.


Data detox: Five ways to reset
https://blog.mozilla.org/firefox/data-detox-phone/
moz://a
Internet Health
Technology
Give
Download Firefox
The Firefox Frontier
Everything you need to know to browse fast and free
Explore
FIREFOX
Twitter
Data detox: Five ways to reset your relationship with your phone
January 23, 2020
There's a good chance you're reading this on a phone, which is not surprising considering that most of us spend up to four hours a day on our phones. And that's likely to increase as we look for ways to stay connected to each other.
Data Detox: Smartphones | Firefox
Copy link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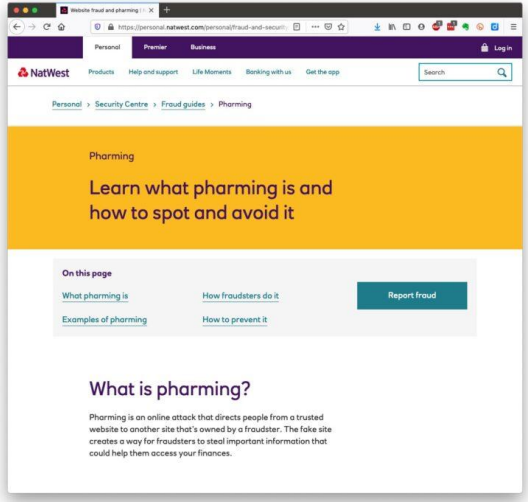
Email fraud and phishing
What is it, how to avoid it and what to do if it happens
On this page
How to spot a phishing email
Protect yourself from phishing
What to do if you've been a victim of fraud?
Report fraud
What is phishing?
It's when you get emails pretending to be from legitimate sources, but they're asking you to give away personal or private information.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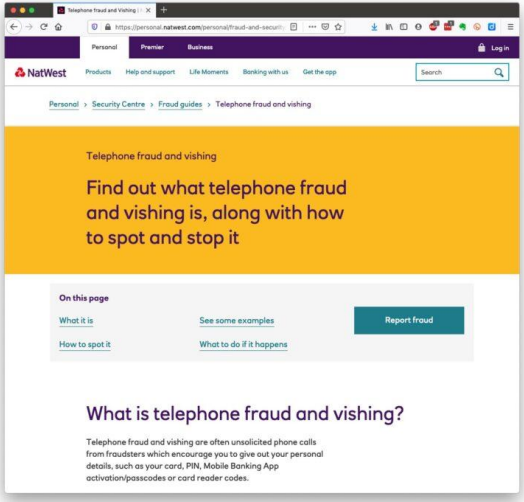
Pharming
Learn what pharming is and how to spot and avoid it
On this page
What pharming is
How fraudsters do it
Examples of pharming
How to prevent it
Report fraud
What is pharming?
Pharming is an online attack that directs people from a trusted website to another site that's owned by a fraudster. The fake site creates a way for fraudsters to steal important information that could help them access your finances.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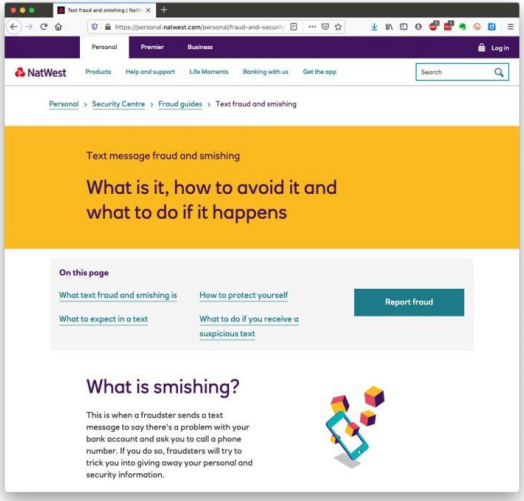
Telephone fraud and vishing
Find out what telephone fraud and vishing is, along with how to spot and stop it
On this page
What it is
See some examples
How to spot it
What to do if it happens
Report fraud
What is telephone fraud and vishing?
Telephone fraud and vishing are often unsolicited phone calls from fraudsters which encourage you to give out your personal details, such as your card, PIN, Mobile Banking App activation/passcodes or card reader codes.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Text message fraud and smishing
What is it, how to avoid it and what to do if it happens
On this page
What text fraud and smishing is
How to protect yourself
What to expect in a text
What to do if you receive a suspicious text
Report fraud
What is smishing?
This is when a fraudster sends a text message to say there's a problem with your bank account and ask you to call a phone number. If you do so, fraudsters will try to trick you into giving away your personal and security information.

Mobile phone shop staff 'enabl

https://www.bbc.co.uk/news/business-46047714

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NEWS

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Business Your Money Market Data Companies Economy

Mobile phone shop staff 'enabling Sim swap scams'

31 October 2018 Share

Staff in mobile phone shops have become key to the execution of "Sim swap" scams, Watchdog Live has discovered.

Undercover filming revealed that O2 and Vodafone employees are bypassing basic ID checks and handing over replacement Sim cards to potential criminals.

Once fraudsters gain control of a mobile number, they can intercept SMS text messages from banks containing security codes.

Scammers have drained **thousands of pounds from victims' bank accounts**.

Top Stories

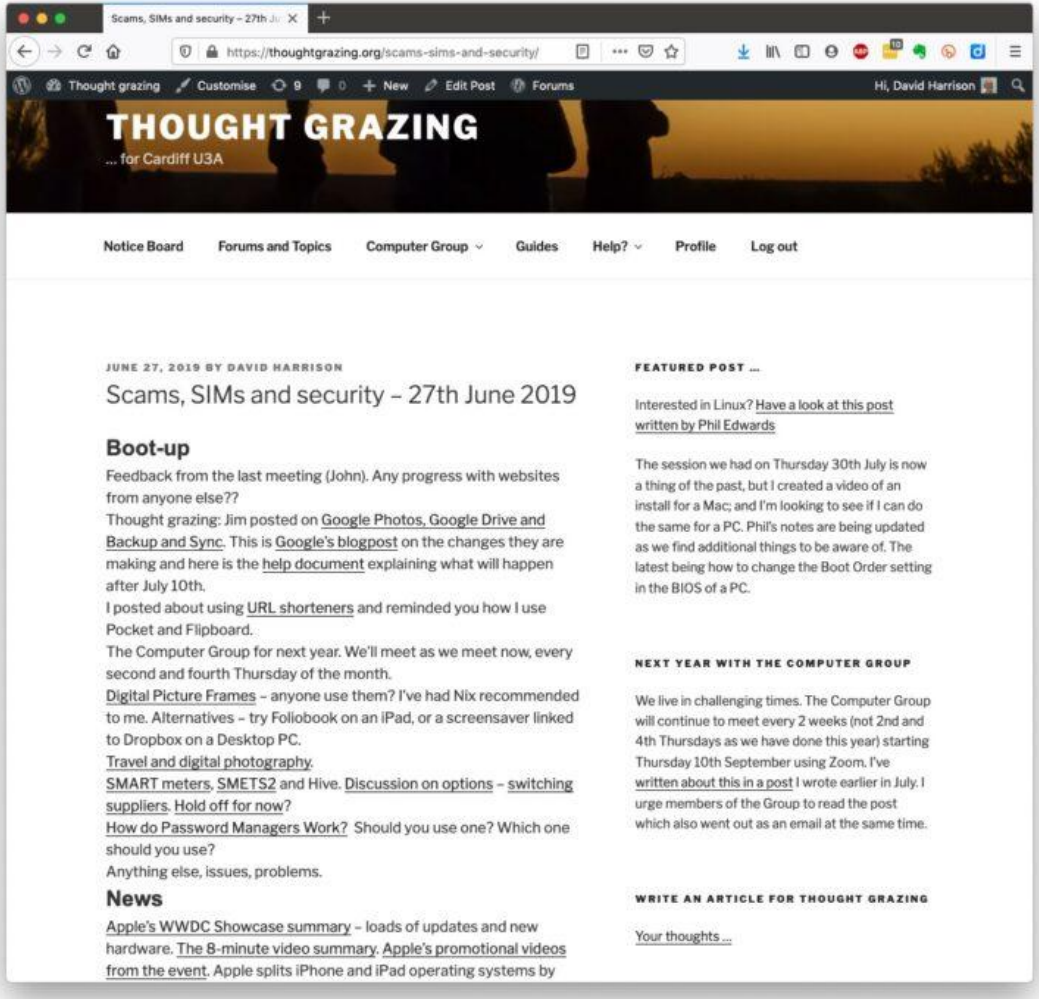
Man arrested over Birmingham stabbings
A 27-year-old man is arrested in the early hours in the Selly Oak suburb of the city.
1 hour ago

Young people breaking virus rules risk 'second wave'
4 minutes ago

Pupil badly injured in shooting on way to school
17 minutes ago

Features

'We just don't see enough normal skin'


Scams, SIMs and security – 27th Ju
https://thoughtgrazing.org/scams-sims-and-security/
Thought grazing
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New
Edit Post
Forums
Hi, David Harrison
THOUGHT GRAZING
... for Cardiff U3A
Notice Board
Forums and Topics
Computer Group
Guides
Help?
Profile
Log out
JUNE 27, 2019 BY DAVID HARRISON
Scams, SIMs and security – 27th June 2019
Boot-up
Feedback from the last meeting (John). Any progress with websites from anyone else??
Thought grazing: Jim posted on Google Photos, Google Drive and Backup and Sync. This is Google's blogpost on the changes they are making and here is the help document explaining what will happen after July 10th.
I posted about using URL shorteners and reminded you how I use Pocket and Flipboard.
The Computer Group for next year. We'll meet as we meet now, every second and fourth Thursday of the month.
Digital Picture Frames – anyone use them? I've had Nix recommended to me. Alternatives – try Foliobook on an iPad, or a screensaver linked to Dropbox on a Desktop PC.
Travel and digital photography.
SMART meters, SMETS2 and Hive. Discussion on options – switching suppliers. Hold off for now?
How do Password Managers Work? Should you use one? Which one should you use?
Anything else, issues, problems.
News
Apple's WWDC Showcase summary – loads of updates and new hardware. The 8-minute video summary. Apple's promotional videos from the event. Apple splits iPhone and iPad operating systems by
FEATURED POST ...
Interested in Linux? Have a look at this post written by Phil Edwards
The session we had on Thursday 30th July is now a thing of the past, but I created a video of an install for a Mac; and I'm looking to see if I can do the same for a PC. Phil's notes are being updated as we find additional things to be aware of. The latest being how to change the Boot Order setting in the BIOS of a PC.
NEXT YEAR WITH THE COMPUTER GROUP
We live in challenging times. The Computer Group will continue to meet every 2 weeks (not 2nd and 4th Thursdays as we have done this year) starting Thursday 10th September using Zoom. I've written about this in a post I wrote earlier in July. I urge members of the Group to read the post which also went out as an email at the same time.
WRITE AN ARTICLE FOR THOUGHT GRAZING
Your thoughts ...

Part 3: Measures to protect yourself

Common sense (too good to be true) and simple guidance

Email headers. Web links. Etc etc.

Have I been pwned?

Passwords and password managers

Two-factor authentication (if time)

References

Which? Scam Alert Service.

Age UK.

What should you do to protect yourself?

- Keep your operating software up to date. This is particularly true if you're a Windows user, and even more true if you are still running an older version of Windows than Windows 10. If you're using Windows XP, Windows Vista or even Windows 7 you should seriously consider disconnecting your machine from the internet.
- Install anti-malware, or anti-virus software if you're a Windows user. Don't pay more than you need to. Windows Defender from Microsoft is Free and for us relatively undemanding users more than sufficient. Keep it up-to-date as well! [As I said previously, your bank might be offering free software as well.]
- Keep the software you use regularly up to date as well. Consider removing any software from your machine you don't use – this is because software vulnerabilities are discovered sometimes quite a while after the software was first released.
- Be cautious over installing extensions into your browser. These are often extremely useful and valuable tools, ie password managers, Dropbox, note taking, Google Back up and Sync, but if you don't get them from the official sources then you might be importing vulnerabilities, eg spyware and trojans to your system.
- Very seriously consider logging-out from social media and other retail sites when you've finished using them, especially Facebook, you just don't know what tracking and logging of what you do, even where you are, if you're logged in on a mobile device.
- Free software is both a boon and a curse. Only download open source software from a reputable site such as Softpedia, and **never try and get proprietary software for free**.

What should you do to protect yourself? (cont'd)

- Remember the golden rule 1 – if it seems too good to be true, it probably is, so steer clear!
- Remember the golden rule 2 – don't speak to strangers (an oldie but goldie one, that); in other words if you don't know where an email has come from – ignore it; if the website address looks a little strange – do an internet search on the company or organisation to check if the address you're looking at is a spoof of the proper one.
- Have more than one email address. Use one as your personal address, other ones you can use to "throw away"when you need to register to a website, but you're unlikely ever to go back to it again.
- Seriously consider using an email service that is NOT connected to your Internet Service Provider (ISP) – if you decide to change your ISP, and you should review them periodically, then you will have real problems if your email address is linked to their service!
- You've got Spam filters running? Of course you have. Probably your ISP, or email provider (eg Gmail, Yahoo, Microsoft Outlook or Hotmail) is filtering out what it thinks is spam, but occasionally some gets through. If that's the case then you can always look at the real sender of your message.

Mail thinks this message is Junk Mail.

info, test@111-tataidc.co.in,

Your TV Licence expires in only a few days.

To: David Harrison

computer@cardiffu3a.org.uk

Copy Address
Add to VIPs
New Email

Remove from Previous Recipients List
Add to Contacts

Search for "David Harrison"

Renew online – the fastest way to stay licensed

So you know this email is from TV Licensing, we've included part of your postcode, **** . For details on how to check this is genuine information, sent by TV Licensing, please refer to Your security at the bottom of this email.

Dear Sir/Madam,

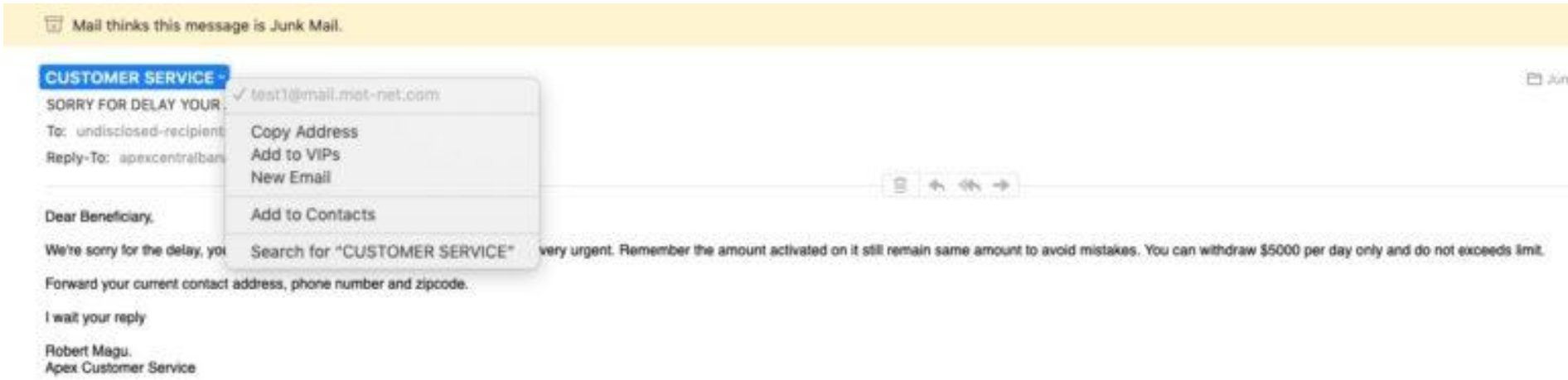
Your TV Licence expires in only a few days.

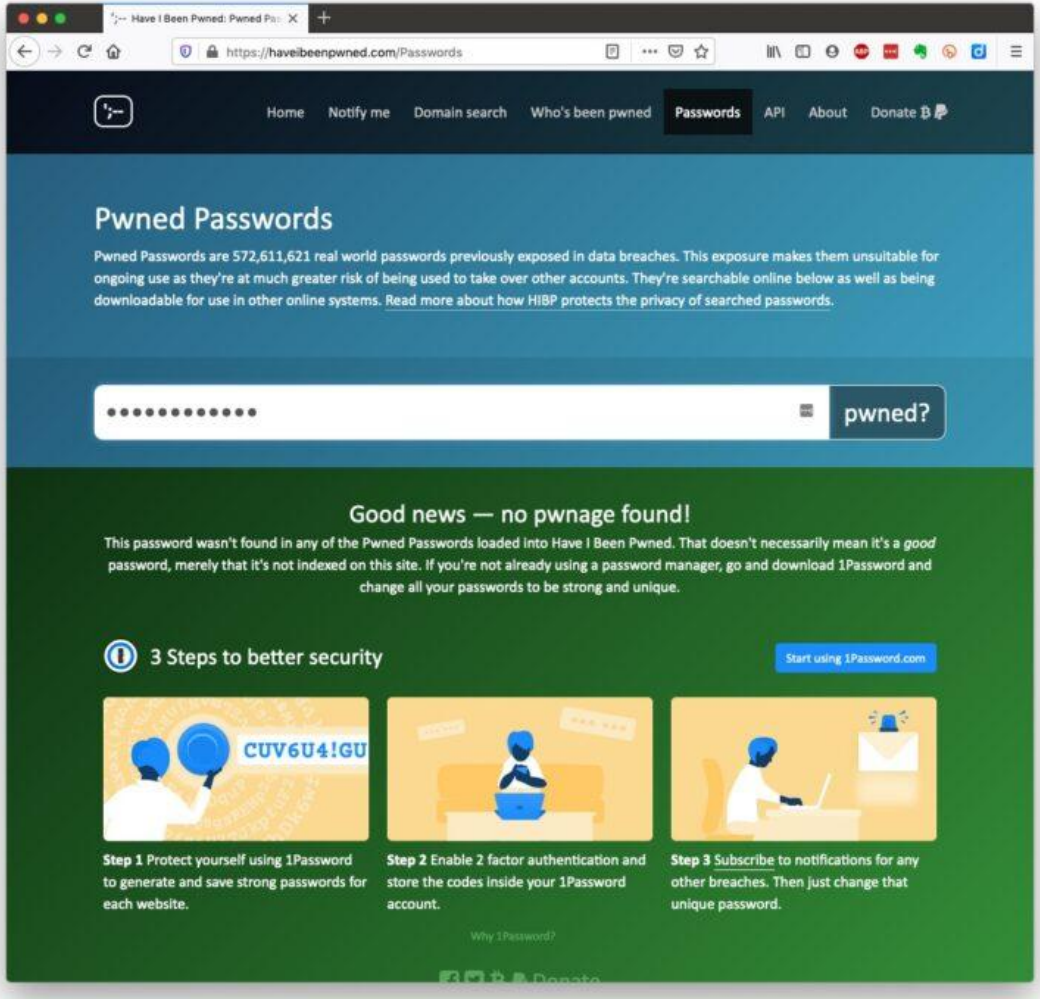
27 August 20

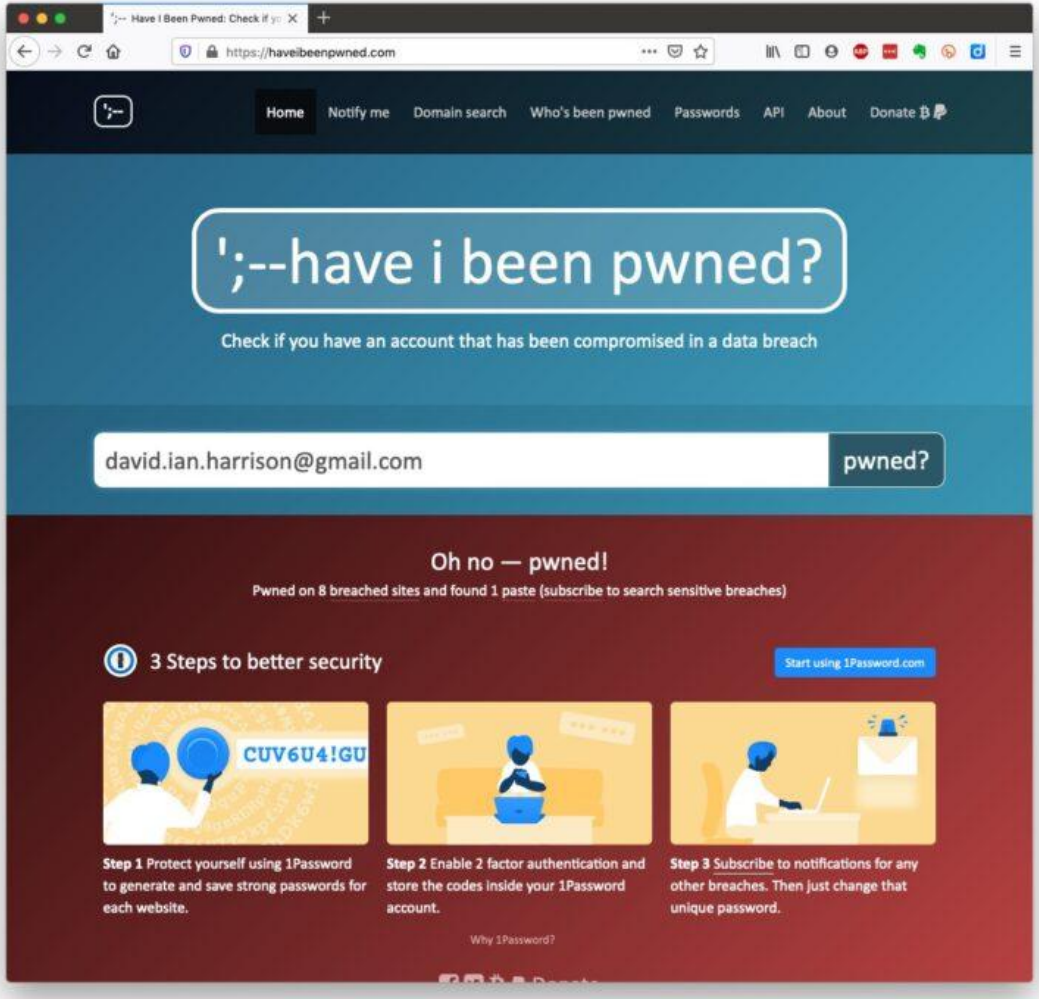
You've now got less than a week before your licence expires, so renew it today. It only takes a few minutes online. You'll then be covered for another year.

Renew now

Your TV Licence covers you to watch or record live TV programmes on any channel or device, or to download or watch BBC programmes on iPlayer – live, via catch-up or on demand.


Mail thinks this message is Junk Mail.
CUSTOMER SERVICE
SORRY FOR DELAY YOUR
To: undisclosed-recipient
Reply-To: apexcentralban
test1@mail.mot-net.com
Copy Address
Add to VIPs
New Email
Add to Contacts
Search for "CUSTOMER SERVICE"
Dear Beneficiary,
We're sorry for the delay, yo
very urgent. Remember the amount activated on it still remain same amount to avoid mistakes. You can withdraw $5000 per day only and do not exceeds limit.
Forward your current contact address, phone number and zipcode.
I wait your reply
Robert Magu.
Apex Customer Service


Have I Been Pwned: Pwned Pas
https://haveibeenpwned.com/Passwords
Home
Notify me
Domain search
Who's been pwned
Passwords
API
About
Donate
Pwned Passwords
Pwned Passwords are 572,611,621 real world passwords previously exposed in data breaches. This exposure makes them unsuitable for ongoing use as they're at much greater risk of being used to take over other accounts. They're searchable online below as well as being downloadable for use in other online systems. Read more about how HIBP protects the privacy of searched passwords.
pwned?
Good news — no pwnage found!
This password wasn't found in any of the Pwned Passwords loaded into Have I Been Pwned. That doesn't necessarily mean it's a good password, merely that it's not indexed on this site. If you're not already using a password manager, go and download 1Password and change all your passwords to be strong and unique.
3 Steps to better security
Start using 1Password.com
CUV6U4!GU
Step 1 Protect yourself using 1Password to generate and save strong passwords for each website.
Step 2 Enable 2 factor authentication and store the codes inside your 1Password account.
Step 3 Subscribe to notifications for any other breaches. Then just change that unique password.
Why 1Password?


Have I Been Pwned: Check if yo
https://haveibeenpwned.com
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
david.ian.harrison@gmail.com
pwned?
Oh no — pwned!
Pwned on 8 breached sites and found 1 paste (subscribe to search sensitive breaches)
3 Steps to better security
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CUV6U4!GU
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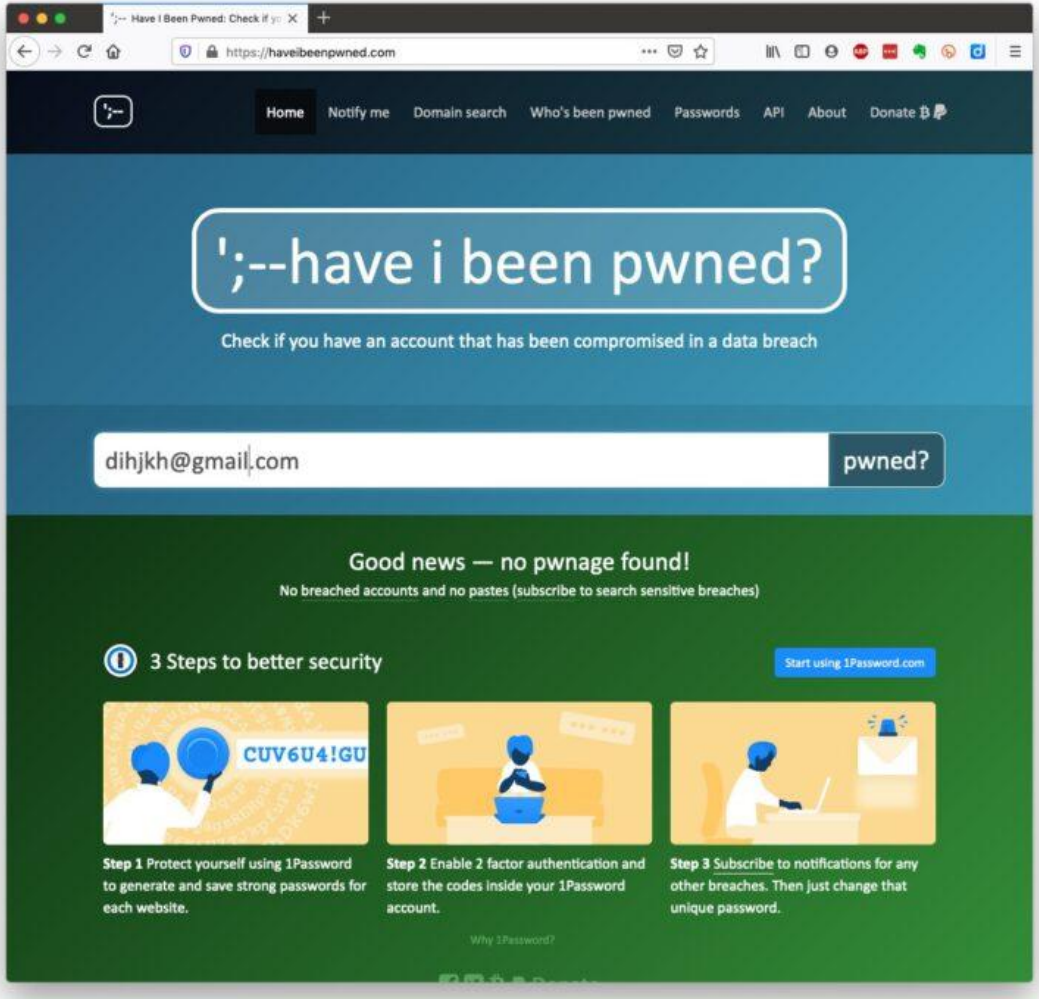
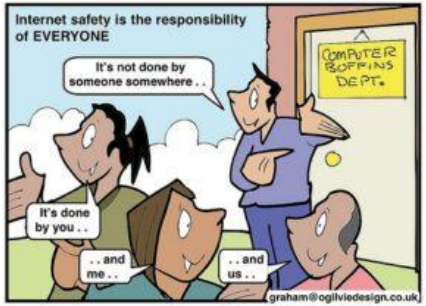

Have I Been Pwned: Check if yo
https://haveibeenpwned.com
Home
Notify me
Domain search
Who's been pwned
Passwords
API
About
Donate
';--have i been pwned?
Check if you have an account that has been compromised in a data breach
dihjkh@gmail.com
pwned?
Good news — no pwnage found!
No breached accounts and no pastes (subscribe to search sensitive breaches)
3 Steps to better security
Start using 1Password.com
CUV6U4!GU
Step 1 Protect yourself using 1Password to generate and save strong passwords for each website.
Step 2 Enable 2 factor authentication and store the codes inside your 1Password account.
Step 3 Subscribe to notifications for any other breaches. Then just change that unique password.
Why 1Password?

THOUGHT GRAZING

... for third agers



MARCH 28, 2015 BY DAVID

Let's start at the beginning ...

So ... you've dipped your toe in the water, got that computer that your son/daughter has persuaded you to get, allowed the telecommunications company to install broadband in your house with that WiFi thing and you don't exactly know what to do with it – apart from send them emails to say you're still alright and still alive – and oh yes, there's online shopping – that must be a good idea.

I don't intend to replicate by way of providing a guide all the things you should or should not do as a silver surfer, just point you in certain directions and provide as impartial follow-up advice as I can, should you require it. Therefore what follows is not a comprehensive guide to getting started, just some of the things that appear to me to be most important. At the bottom of this post I provide links to some resources that are a) reputable, and b) authoritative which I would encourage you to also

Using a Password Manager and

https://thoughtgrazing.com/2020/04/08/using-a-passwor

THOUGHT GRAZING

... for third agers

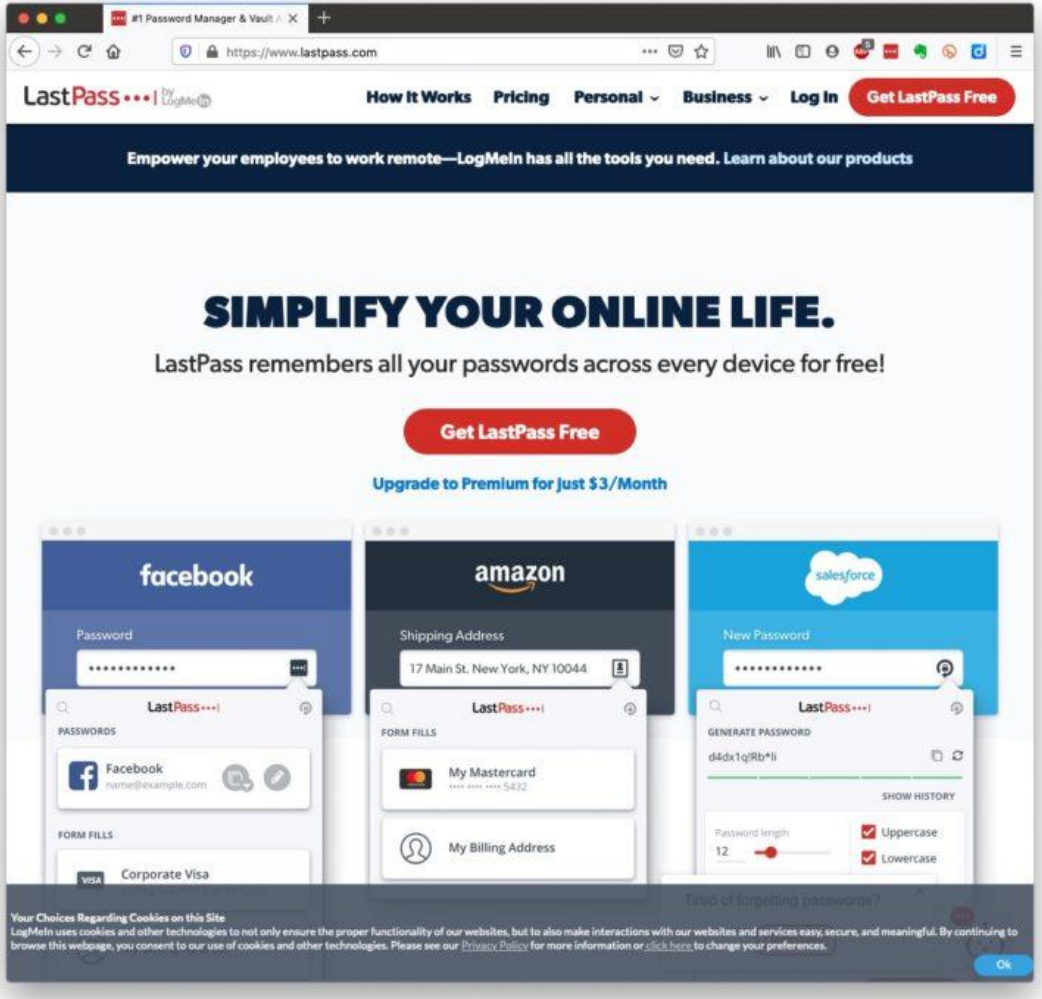
Home Why thought grazing?

APRIL 8, 2020 BY DAVID

Using a Password Manager and implementing Two Factor Authentication

Introduction – passwords, passwords, passwords.

Log in to your e-mail account. Log in to your bank account. Log in to Facebook, WhatsApp or twitter.


#1 Password Manager & Vault
https://www.lastpass.com
LastPass by LogMeIn
How It Works
Pricing
Personal
Business
Log In
Get LastPass Free
Empower your employees to work remote—LogMeIn has all the tools you need. Learn about our products
SIMPLIFY YOUR ONLINE LIFE.
LastPass remembers all your passwords across every device for free!
Get LastPass Free
Upgrade to Premium for just $3/Month
facebook
Password
LastPass
PASSWORDS
Facebook
name@example.com
FORM FILLS
Corporate Visa
amazon
Shipping Address
17 Main St. New York, NY 10044
LastPass
FORM FILLS
My Mastercard
My Billing Address
salesforce
New Password
LastPass
GENERATE PASSWORD
d4dx1q!Rb*li
SHOW HISTORY
Password length
12
Uppercase
Lowercase
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LogMeIn uses cookies and other technologies to not only ensure the proper functionality of our websites, but to also make interactions with our websites and services easy, secure, and meaningful. By continuing to browse this webpage, you consent to our use of cookies and other technologies. Please see our Privacy Policy for more information or click here to change your preferences.
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... for Cardiff U3A

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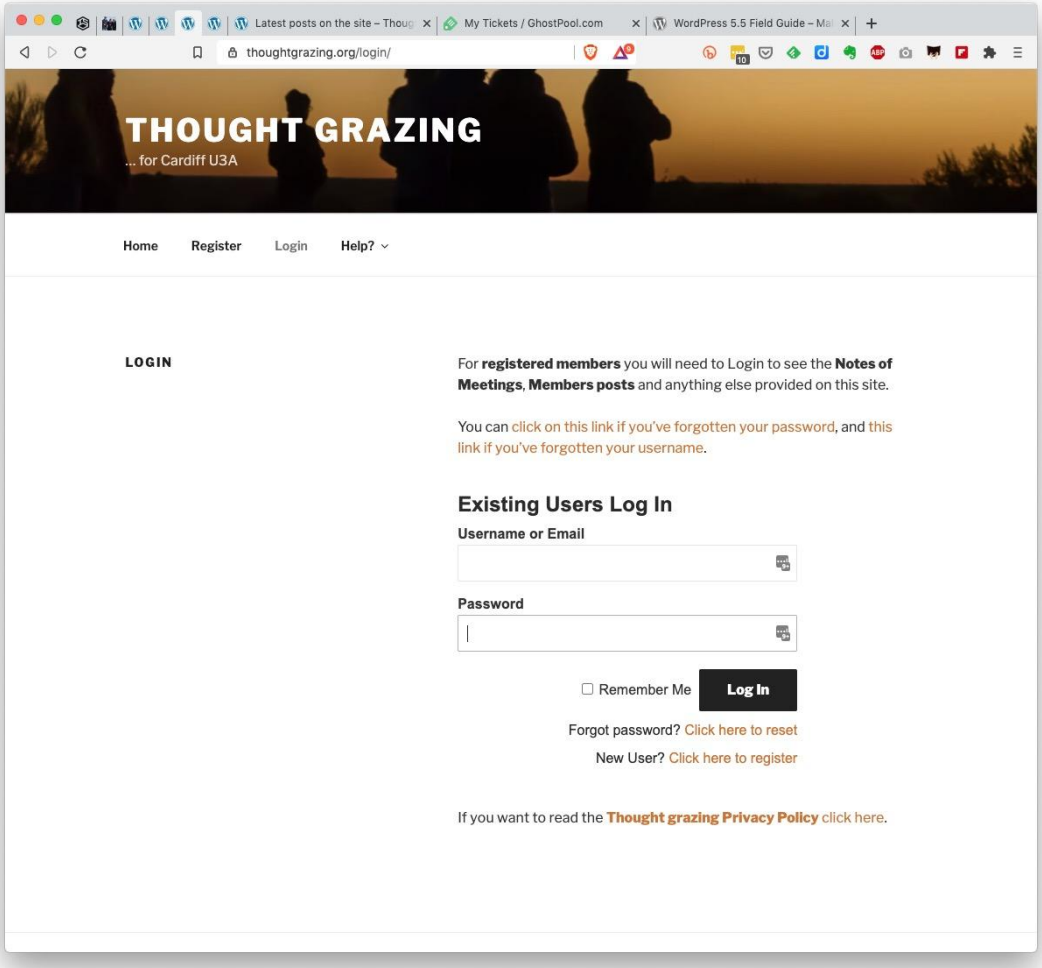
HOME

You've arrived at Thought grazing, a website developed for the **Computer Group of Cardiff U3A** which meets on the second and fourth Thursdays of the month at 2:00pm in the URC, Windsor Place, Cardiff. Click on this link for further information about the Group, and click on this link if you want to know more about U3A .

Unfortunately, as this is a **Private** website, if you're not a member of the Cardiff U3A you won't have rights to see its articles, comment on them, or add your own articles. All of these features are only accessible to members of the Group who have logged in and Cardiff U3A members who have registered to get access and use the site. To do that you'll need your Membership Number which is on your Membership Card.

However there is a **Public** site at https://thoughtgrazing.com which if you're a silver surfer, or fellow third ager, I encourage you to go and visit.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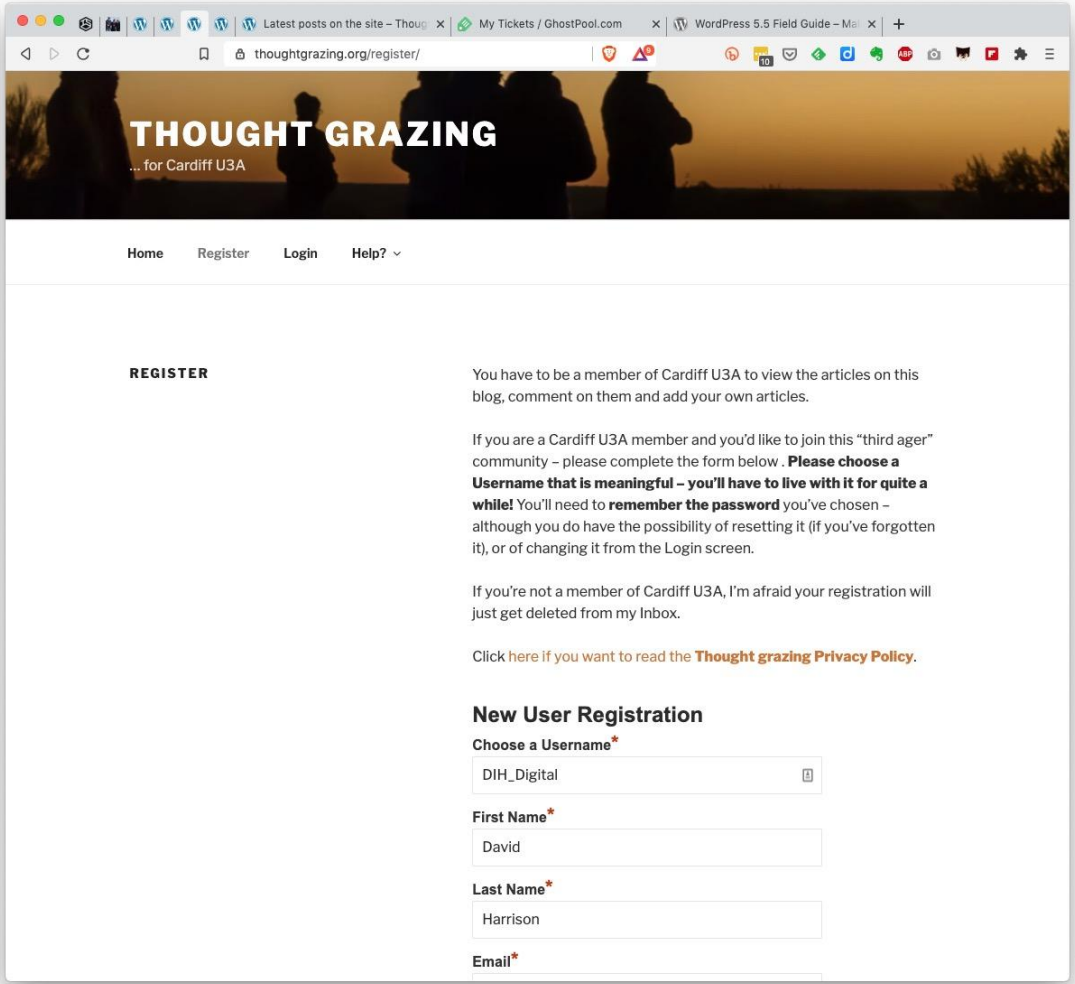
For registered members you will need to Login to see the Notes of Meetings, Members posts and anything else provided on this site.
You can click on this link if you've forgotten your password, and this link if you've forgotten your username.
Existing Users Log In
Username or Email
Password
Remember Me
Log In
Forgot password? Click here to reset
New User? Click here to register
If you want to read the Thought grazing Privacy Policy click here.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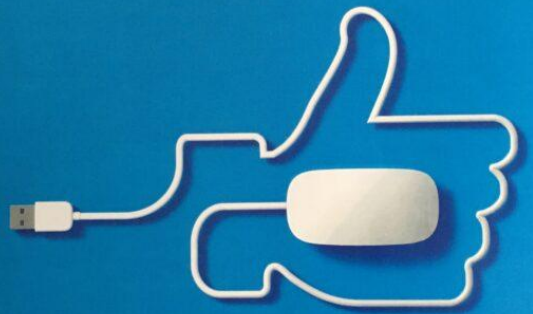
You have to be a member of Cardiff U3A to view the articles on this blog, comment on them and add your own articles.
If you are a Cardiff U3A member and you'd like to join this "third ager" community – please complete the form below . Please choose a Username that is meaningful – you'll have to live with it for quite a while! You'll need to remember the password you've chosen – although you do have the possibility of resetting it (if you've forgotten it), or of changing it from the Login screen.
If you're not a member of Cardiff U3A, I'm afraid your registration will just get deleted from my Inbox.
Click here if you want to read the Thought grazing Privacy Policy.
New User Registration
Choose a Username*
DIH_Digital
First Name*
David
Last Name*
Harrison
Email*

Which?

STAYING SECURE IN A DIGITAL WORLD



Protect yourself, your devices and your data whilst making the most of the latest innovations

Shop securely online and use internet banking to confidently manage your money

Communicate safely with loved ones by email, social media and video-calling apps

Which?

PROTECT YOURSELF FROM SCAMS

WARNING

Scams in operation

A tool kit to understand the workings of a scam, so you can spot, avoid and report them

Expert advice on identifying scams, including online, email, shopping, banking and repeat scams

How to get your money back if you've been scammed and where to go for support