PHUNZIRO YAKUTETEZA NKHANI ZA MA LAMYA NDI MA KOMPYUTA

KUTETEZAOTETEZA

ZOKHUDZA CHOUNIKILA ICHI

KutetezaOteteza akupatsilani: Uphungu wosavuta wothandiza chitetezo chanu cha digital ndi zida zosalipilidwa ndi machitidwe yosavuta.

KutetezaOteteza ndi kabungwe kali ndi nchito ya kuteteza Maufulu ya Anthu komwe kapezeka Kumawa (kapena kuti Ethopia mwachidule) ndipo ndi Nyanga za Afrika.

Tifuna kulimbikitsa nchito za oteteza maufulu ya anthu mu maiko onse pa kuchepetsa mavuto yao pa ziopsyezo za kuvutitsidwa ndi kuonjezela kukula kwao ndikuti athoza kukwanitsa kuteteza maufulu ya anthu. Kabungwe aka komwe katchedwa kuti DefendDefenders kasewenza mudziko ya Burundi, Djibouti, Eritrea, Ethiopia, Kenya, Rwanda, Somalia (pamodzi ndi dziko ya Somalia), South Sudan, Sudan, Tanzania, ndi Uganda.

pa **Thandizo yofunikila mwam'sanga** chonde yanganani https://www.defenddefenders.org/get-help/ kapena kutuma lyamya yathu ya nthawi iliyonse yofunikila mwam'sanga ya +256-783-027611 Tumani - ICT Helpline/Signal/WhatsApp on +256-787-556560

NJIRA YA CHITETEZO

Tizakulangizani kuita m'malo ena m'mene muyenela kuyangana zosewenzetsa zanu ndi malo mobisila zinthu zanu ndi kuteteza nkhani.

Mazenela
unyinji wa mazwenela aya ungapezeke mosavuta pamalo palembedwa kuti - start menu. Kufika pa mazenela aya, dinizani mfungulo ya mazenela > mukabokosi kolembedwa kuti Search Box > lembani kuti - Control Panel > Dinizani polembedwa kuti - Systems and Security > Yanganani khalidwe ya Chitetezo cha zenela ya Defender Firewall, mbali yosintha malemba pa kutsimikizila kuti mwayasha.

Makina yotcheda kuti Mac
Pitani polembedwa kuti Apple menu ( ) > System Preferences, dinizani polembedwa kuti -Security & Privacy, mukate lo dini zani polembedwa kuti -General. Pofuna kudzi wa zambiri pa kukwanisa makonze dwe, pitani pa: https://apple.co/365i2KA

Makina yotchedwa kuti Android
Pitani polembedwa kuti -'Settings'. Vomelezani monga zoikidwa za mfungulo/zotsekela malo ngati zili zofunikila. Pofuna kudziwa zambiripa za makonzedwe ya chitetezo pa Android pitani pa: https://nr.tn/3fIBQ9J

Lamya yam'manja yotchedwa kuti iPhone
pitani polembedwa kuti > gwilani polembedwa kuti - ID & Passcode mukamaliza lembani mfungulo kapena chotse gulila chanu chotchedwa kuti passcode. zikatelo, pitani pansi ndi kutsimikizila kuti zose wenze tsa zotche dwa USB siziloledwa pa malo olembedwa kuti – lock screen, tsimikizilani kuti malo ayandi yozzima. Pofuna kudziwa zambiri, piatani pa: https://zd.net/3nXf94p, ndi https://apple.co/2J1bc03

BACKUP

A backu p ndi pepala yach iwi ri imwene isunga zinth u zanu zimene mulinazo mumakin a zobisika mumalo ena kutali ndi zoyamba. Ngati mwaso we tsa zinthu zanu chifukwa chakuti

chosewenzetsa chinathyoka kapena kubedwa, mwach itsanzo , mwango ta ik id wa chabe chosewenzets a osati zinthu zanu.

Pa mazenela ndi Mac:

Google Drive Sync ndi chosewenzetsa chabwino kusankha chimene chili ndi pafupifupi 15GB zosungilamo za ulele.

 Microsoft OneDrive ichinso chiatsa 5GB mosungila mwa ulele, ndipo nichosavuta kusewenzetsa – chofunikila kwambiri ngati musewenzetsa zinthu za Microsoft Office, chifukwa zimayanjana mosavuta.

Dropbox, **Degoo**, ndi **Sync.com** zonse ziwiri zipatsa mosungila mwa ulele ndipo sizivuta kukhazikitsa. Tilangiza kuti musankhe chosewenzetsa chimene chiyendelana ndi zofuna zanu (ngati simuli utsimikila, yambani ndi chosewenzetsa cha Google Drive!) ndipo tsimikizilani kuti mwakonza zinthu zanu mwa timatiki kuti zisungidwe ku **malo ena pamene muzakhala** online.

Zosewenzetsa za Malaya yam'manja:

iPhone / iPad: Zokonza > Apple ID (kusankha kwapamwamb a) > Sankhani chosewezetsa chanu > iCloud Sungani zinthu zanu

Android: Isayana kulongan a ndi mapangid we ndi m'tundu, koma nthawi zambiri ziyanjana ndi zosewenzetsa zotchedwa Google account kumene ndi kumakumano ya lamya yanu yam'manja. Tsegulani app pa zokonza za lamya yanu yam'manja > Tap System > Backup > tsegulani nchito ya ya kusungila ku malo ena.

Pa zidziwitso zoonjezela, p itan i p a: **https://bit.ly/3nXhHQ1**

ONLINE SECURITY

Phishing

Is the fraudulent attempt to obtain sensitive information, data, and user credentials.
Be wary of emails with

• Nkhani zoipa
• Chingelezi chosanenedwa bwino
• Kupatsa moni muchitundu chosayenela
• Kufuna yankho mwam'sanga-m'sanga.

Pofuna kudziwa zambiri, itani pa:
https://bit.ly/ 3666qqI ndi
https://bit.ly/ 3q5EIT1

Vishing

Zopanga zagulu ndi lamya (Voice-Phishing = Vishing)
pofuna kudziwa zambiri, pitani pa:
https://nr.tn/3q 3hn k N

Pa kuona zimene anthu ena angaeza zokhudza inu, sewenzetsani malo monga ThreatCro wd.org, HavelBeenPwnde d.co m, ndi OSINTFrame_work.co m
to funani maina yanu yamene musewenzetsa yotchedwa usernames
ngati muli online, email addresses, nambala ya lamya, ndi dzina lanu. Mungathe kudabwa ndi zotulukamo!

Ngati mwapeza chili chonse chimene simufuna kuti anthu aziwe:
• Sinthani makonzedwe ndi kupita ku malo ena pa nchito iliyonse m'mene mwapeza nkhani zanu.

Sinthani zimene mutumiza mutsogolo, chifukwa zidziwitso nizovuta

kwambiri kuti muzifafanize ngati zalowa pa makina ya online

KUBISA

Nthawi zonse tsimikizilani kuti chosewenzetsa chanu chili chotetezedwa ndi chinsinsi cha nambala:

Zenela:

Dinizani polembedwa cha zenela > m'ka Bokosi kofunilamo > Lembani Bitlocker > dinizani polembedwa kuti Manage Bitlocker > Yatsani tsopano polembedwa kuti Bitlocker. Ikani chopezela mfungulo mu Chisinsi Chachikulu (zofotokozedwa mu tsamba yotsatila) mwina mungaifune patsogolo! Ngati muli ndi m'tundu wa zenela imene ilibe makonzedwe ya Bitlocker, mungayangane nso pa VeraCrypt, chosewenzetsa cha zobisika chamene chili chaulele ndi ubwino ndi uphungu wa kusewenzetsa monga zopezeka pano, https://bit.ly/3g2Ndho.

Makina yotchedwa Mac:

Sankhani menu ya Apple > System Preferences, t sopano di nizani polembedwa Security & Privacy > Dinizani apo pa FileVault tab > Yatsani pa FileVault. Pitani pa https://apple.co/39ir7ld pofuna kudziwa zidziwitso zambiri.

Android:

Itani polembedwa kuti Settings > Security > Encryption > D i n i z a n i p o l e mb e d wa Encrypt Phone. P o f u n a ku d z i wa z i d z i wits o z ambiri, p i ta n i p a https://bit.ly/39isi47

iPhone:

 pitani polembedwa kuti Settings > FaceID/Touch ID Passcode > Yatsani Passcode > Ngenesani nambala yamakonze d wa yachisinsi nambala iliyonse yachisinsi / mfungulo imeneyi pamenepo izabisa zosewenzetsa zanu – makonzed we yayakulu !

PASSWORDS & 2 FACTOR AUTHENTICATION

A password manager will store and assist you to create new password s for all of your accounts (on line /o ff lin e). This means you can use very long, secure passwords, different pa website iliyonse, popanda kuzikumbukila!

zosewenzetsa za mtundu wa **LastPass** kapena **Bitwarden** ngati mfungulo mosungila zinthu za pamene muli online, chifukwa ipezeka mu njira zambiri kamba ka machitid we yache ya ulele, ndipo ipezeka m'malo ambiri osewenzetsa. Njira zina zabwino zosankha ngakhala simuli olumikizidwa zionjezela **PasswordSafe** kapena **KeePass**.

Nkhani zambir zovomelezeka zimene ziwika kwambiri

kuti Njira-Ziwiri Zomelezeka ndi njira Yovomelezeka imene ifunika osewenzetsa kuti apeleke umboni uwiri kapena utatu

Kuti apeze m'pata wa kumalo osungila monga zopempha, kusewenzetsa online. Sewenzetsani app yovomelezedwa monga **Authy** kapena **Google Authenticator** kuposa kumal andila ma uthenga ya chisinsi ya SMS. Mungathe kukhala ndi **Authy** mu zosewenzetsa zambiri pa makonzedwe ya kuvomekeza yotchedwa zosankha – ichi chitanthauza kuti ma app ya Google kapena Microsoft yavomelezedwa, mungathe kutsimikiza nthawi zonse muli ndi malemba ya chisinsi yopezeka pa laptop, lamya, tablet ndi zina zotele – zosewenzetsa zonse zimene musewenzetsa.

 Tengani zosewenzetsa zambiri kulingana ndi m'mene mungakwanisile kupyolera mu mfungulo yanu yaikulu ndi zosewenzetsa za nkhani ziwiri zovomekezedwa – komabe, ngati mufuna kupanga zosankha mwam's an ga, ikani zosewenzetsa zanu kukhala zoyambilila kuchita pa email ndi paliponse pamene pali pofunikila pamene pali posungila nkhani zosokoneza ma ufulu ya anthu.

Instant Messaging:

Whatsapp , Signal ndi Telegram zonse zipatsa malemba ya zobisa ndipo ziyenela kutengedwa ngati njira zosadalilika zam'tokoma.

Ena akuti WhatsApp ilibe citetezo, koma sichili kwena-kweni pokhudza m'tokoma ngati uli otetezeka (zili tero), koma kuonjezapo nkhani zitatu zofunikila kwambiri za m'mene app isewenzetsedwa ndi anthu:

• Osatuma ma uthenga ku mamembala ya anthu amene simudziwa ndipo osangokhuluilira – nthawi zonse chitani m'tokoma otetezeka pa kuchepetsa anthu

• Ma app ena yanaikidwa nthawi ya kufafaniza ma uthenga pakapita nthawi

• Ma app ena monga yotchedwa **Wire** yangakuloleni kuti mulankhule ndi anthu kopanda kuzindikila ma nambala ya lamya yao

Nsonga yofunikila kwambiri ndi kusewenzetsa imodzi mwa zida izi ndi Kupewa Kusewenzetsa ma uthanga ya SMS ngati kuli kotheka – makamaka ngati muzindikira kuti angakupezeni, siili yotetezeka, ndiponso ndi chapafupi kwa yondetsa za m'tokoma kapena abwenzi ao kupeza ma uthenga anu.

Kulinso kompyuta yokhala pa thebulu ndi mayendetse ena ya ma app aya, motelo mungayasewenzetse mosapeza vuto pa kukopela/kuika nkhani zanu pa malo ena ndi nkhani zikulu-zikulikuti zikhale m'malo mwa email ngati mufuna

Email:

Email sili yodalilika kulingana ndi makonzedwe yache, telo khalani osamalira pamene muisewenzetsa pa chili chonse chofuna chitetezo pokhapo ngati mwasungila kwani zinthu zanu choyamba – onani tsamba ili kumbuyo pa nkhani zokhudza WhatsApp, Signal, Wire ndi Telegram ya ulele, yosavuta ndiponso kusankha kotetezeka imene ingathandizile kukhala m'malo mwa Email pa nchito zambiri

PGP ndi njira imene ipezeka nthawi zonse pa kueza email, koma ndi chinthu chovuta kuika kusewenzetsa kwa anthu amene sadziwa nchito iyi – tingapemphe kuti ngati mudziwa kale mosewenzetsela mfungulo ya PGP yanu, uphungu uyu siwanu.

Komabe, mu zaka zatsopana apa pali kuyesetsa pa kupanga PGP kuti ikhale chida chosewenzetsa nthawi zambiri monga Mailvelope ndi FlowCrypt.

Mailvelope iyi isewenza pa nkhani zonse zokhudza email monga gmail ndi yahoo. Tampulo iliyonse isewenza

Njira yopezeka nthawi zonse imene tithokoza kwa kwa osewenzetsa Gmail ndi chosewenzetsa chimene chifufuza zinthu mu kompyuta ndipo chitchedwa kuti FlowCrypt. Yendelani FlowCrypt.com ndi kutsatila njira yosavuta ya kukhazikitsa pa kuona m'mene mungathe kusewenzetsela a kupeza email pa mphindi zochepela zisanu!

S M A R T

S	M	A	R	T
Chofunikila	Zopima	Kukwaniritsa	Chofunikila	Nthawi

Pezani nthawi yokwanila ola imodzi kapena ma ola yawiri ya kukhala ndi makina yanu ya laptop pamodzi ndi lamya yam'manja, ndi kupita ku makonzedwe ya zinthu zanu. Mungachip eze kukhala chofunikila, makamaka ngati ndinu amene muchita nchito iyi pa bungwe, kupanga zolingalir a izi zotchedwa 'SMART' action plan.

Pamene mulumikidzidwa mungathe kuona zosankha zambiri zimene SMART ikhoza kuimilirako, koma malemba onse alankhula liu limodzi yofunikila kwambiri yakuti: SMART ndipo ndi imodzi imene mungathe kusewenzetsa mosapeza vuto pa kupeza chitukuko chanu, kusonyeza umboni ku anthu amene ali nchito imodzi-modzi kuti pali kutukuka kwa nchito, ndipo zizathandizila aliyense wopezekamo kuti ayangane kutsogolo ndi zofunikila kuchitidwa, pa nthawi yanji, ndipo ndani amene azagwira nchito imeneyo.

Yanganani https://www.projectsmart.co.uk/smart-goals.php
ku maganizo yotsatila ndi zidziwitso zina..

Zikomo ndipo Khalani ndi Mafuno yabwino pakunga bwino zosewenzetsa zanu ndi nchito zanu!

CHISINSI, KUKHULUPIRIKA NDI KUPEZEKA (ZUNTHU ZITATU)

Chisinsi, Kukhulupirika ndi Kupezeka (Zinthu Zitatu) zamene zitchedwa pachingerezi kuti Confidentiality, integrity and availability kapena kuti CIA triad, ndi m'tundu wa chinthu chamakonzedwe ya kuunikila za chitetezo cha zidziwitso m' kati mwa bungwe. M'tundu uyu nthawi zina umaitanidwanso kuti Kupezeka, Kukhulupirika ndi Chisinsi kapena pa chingerezi kuti AIC triad (availability, integrity and confidentiality) pa kupewa m'somkonezo wa Nzeru za Otumikila Apakati. Zinthu zonse zitatu zili maziko ndipo zili zofunikila pa chitetezo cha intaneti, akatswiri akhulupilira kuti zinthu zitatu izi za CIA ziyenela kukonze dwanso mwa ubwino kuti zitumukile ndi mphamvu.

Mwanjira iyi, **chisinsi** ndi gulu ya malamulo yamene yaika mal ire pa kupeza zidziwitso, **kukhulupirika** ndi chitsimikizo chakuti zidziwitso zili zokhuluirika ndi zoona, ndipo **kupezeka** ndi chitsimikizo cha kudalilika kwa kupezeka kwa zidziwitso ndi anthu ovomerezeka.

Chisinsi, kukhulupirika, kupezeka

Zotsatira ndi m'ndandanda wa nsonga zitatu zikuzi kul u zi mene zipanga utatu wa CIA:

Chisinsi zisiyana pang'ono ndi m'pimo wa chisinsi wamene unapangidwa kuteteza zidziwitso zofunikila kwambiri kuti zisapezeke kwa anthu osavomerezeka amene ayesa kuzifuna-funa. Sichachilendo kuti zolembedwa ziikidwe m'magulu kulingana ndi kuchuluka pamodzi ndi m'tundu wa chionongeko chimene chingachitike ngati zifika m'manja yosayenela. Njira zoonjeze la kapene zochepetsa zingachitike kulingana ndi magulu amenewo.

Kukhulupirika

- kuonjezela kusungilila kosasinthasintha, kuchita zoona ndi zolembedwa zokhulupirika pa moyo wache wonse. Zolembedwa siziyenela kusinthidwa pamene

- ziyenda malo ena, ndipo mbali ziyenela kutengedwa pa kutsimikizila kuti zolembedwa sizisinthidwa ndi anthu amene Sali ovomekezedwa (mwachitsanzo, pa kusatsatila chisinsi).
- **Kupezeka** chitanthauza kuti zidziwitso ziyenela kukhala zosasinthasintha zodalilika ndi zopezeka kwa anthu ovemerezeka. Izi zionjela kusungilira bwino malo mosungi la zinthu ndi zimango ndi machitidwe yamene yasunga ndi kuonetsa zidziwitso.

Utatu wa CIA

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          Chisinsi
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  Kukhulupirika    Kupezeka
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Chisinsi

Chitsanzo chabwino cha njira zosewenzetsa pa kutsimikizila chisinsi ndi kufuna nambala ya akounti kapena nambala yotsogolera pamene musungiza ndalama pa intaneti. Kusunga zolembedwa mwa njira yobisa ndi njira imodzi yodziwika pa kutsimikizila chisinsi. Zitupa zosewenzetsa ndi manambala yachisinsi zipangitsa machitidwe yofanana; njira-ziwiri zotsimikizira zimene pachizungu akuti **two-factor authentication** (2FA) zikhala mwambo. Zosankha zina ndi kutsimikizila kwa **Biometric ndi zizindikiro za chitetezo, zofunikil a zikuluzikulu** kapena zizindikilo zosavuta.

Kukhuluirika

Muyeso uyu uonjezela kupatsidwa chilolezo kwa ma faelo ndi kupeza ulamuliro kwa osewenzetsa. Kuonjezela pa izi, mabungwe yayenela kuikapo njira za kufufuza kusintha kulikonse kwa zolembedwa kumene kungachitike kamba ka zochitika - osati - ndi munthu monga zimene zitchedwa kuti electromagnetic pulse (EMP) pachingerezi kapena kuonongeka koipitsitsa kwa maki na yosewenzetsa.

Kupezeka

Izi zitsimikizika bwano ndi kusungililidwa mosamalira mosungila monse, kukonza bwino malo osungila zinthu mwam'nga ngati zifunika ndi kusungilila machitidwe yamene yasewenza bwino yamene pachingerezi akuti operating system (OS) malo yamene yali yomasuka ku zolimbana za ma purogiramu. Kulinso kofunikila kusunga mwatsopano zinthu zonse zofunikila kusinthidwa.

Machitidwe yabwino pa kukwaniritsa utatu wa CIA

Pa kukwaniritsa utatu wa CIA, bungwe iyenela kutsatila m'ndandanda wonse wa machitidwe yabwino. Machitidwe ena yabwino, kugawidwa ndi iliyonse mwa nkhani zitatu, zionjezela:

Chisinsi
Zolembedwa ziyenela kuperekedwa kulingana ndi chisinsi chofunikila cha bungwe.

akuti business continuity(BC) zili m'malo mwache kuchitila ngati zolembedwa zasowa.

Zolembedwa ziyenela kusungidwa mwa chisinsi pa kusewenzetsa 2FA.Sungani kupezeka kwa mindandanda yolamulira ndi ma faelo ena pa muyeso watsopano.

Kukhulupirika
Tsimikizilani kuti anthu anchito ali ozindikila za phangano ndi malamulo yofunikila pakuchepetsa zolakwa zopangisdwa ndi munthu.

- Sewenzetsani malo ene kosungila zinthu ndi kopezela ma purogiramu.
- Pakutsimikizila kukhulupirika, sewenzetsani malo otchedwa version control, access control, security control, data logs ndi checksums.

Kupezeka

- Sewenzetsani njira zotetezela monga redundancy, failover ndi RAID. Tsimikizilani kuti machitidwe ndi zopempha zikhala mwa m'sinkhu wa tsopano.
- Sewenzetsani network kapena machitidwe ya zoyanganila makina.
- Tsimikizilani kuti makonzedwe ya zopezela zolembedwa ngati zasowa ndi kupitiriza kwa zochita kumene pa chingere