

# What are Man-in-the-Middle Attacks?

A **Man-in-the-Middle (MitM)** attack, also known as an eavesdropping attack, occurs when a cybercriminal intercepts communication between two parties. The attacker hijacks the session between a client and host, allowing them to steal, manipulate, or view sensitive data being transmitted.

## When Do MitM Attacks Happen?

MitM attacks typically occur in the following situations:

- **Visiting Unsafe Websites** – Websites without HTTPS encryption can be exploited.
- **Using Unsecured Wi-Fi Networks** – Public or open networks are vulnerable to attackers.
- **Using Outdated Software** – Security loopholes in old software versions can be exploited.

## What Happens During a MitM Attack?

- The hacker intercepts data transmitted between devices.
- The attacker can steal sensitive information such as passwords, credit card details, and private messages.
- Hackers may also manipulate the data being sent or received, leading to further security risks.
- If access is gained, stored data on affected devices may also be compromised.

# How to Protect Yourself from Man-in-the-Middle Attacks

## 1. Keep Your Software Updated

- Regularly update your operating system, browsers, and apps to close security vulnerabilities.

## 2. Avoid Public Wi-Fi

- Public networks lack encryption and can be easily exploited by hackers.

## 3. Set Strong Router Login Credentials

- Change the default login details for your home or office router to prevent unauthorized access.

## 4. Avoid Unsecure Websites

- Only use websites that begin with **HTTPS** to ensure a secure connection.

## 5. Encrypt Sensitive Information on Your Device

- Use built-in encryption tools for MacOS and Windows to protect your data.

## 6. Use a Virtual Private Network (VPN)

- VPNs encrypt your internet traffic, making it difficult for attackers to intercept your data.
- VPNs can be downloaded from trusted sources such as the App Store, Google Play, or Microsoft Store.

## Need More Help?

For more information, contact Cyber-Seniors at **844-217-3057** or visit [www.cyberseniors.org](http://www.cyberseniors.org).

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