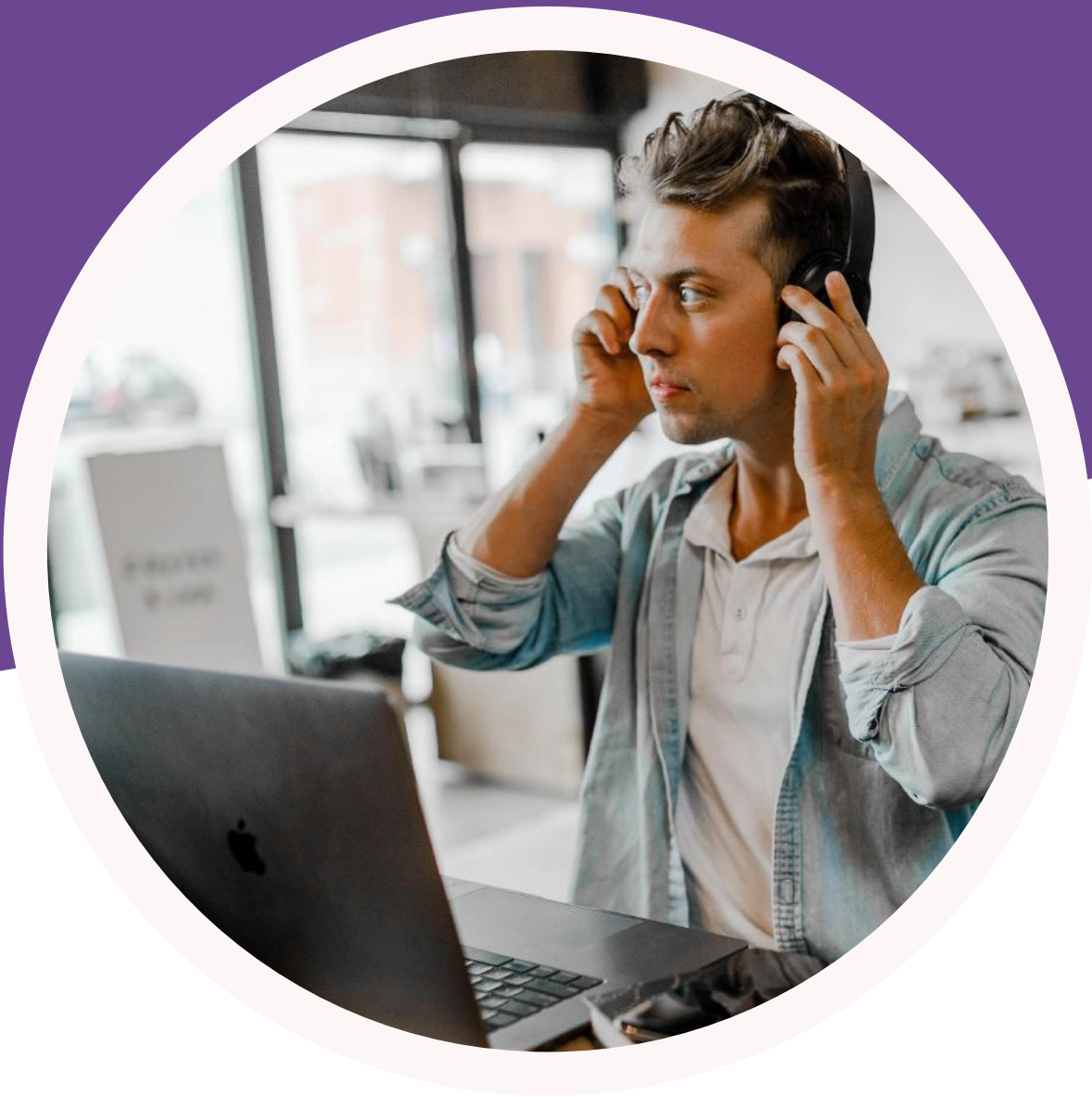


# What is "Zoom Bombing" and how can I avoid it?



# Zoom Bombing

## What is "Zoom Bombing?"

An unwanted, disruptive intrusion into a video conference call, generally by hackers or Internet Trolls.



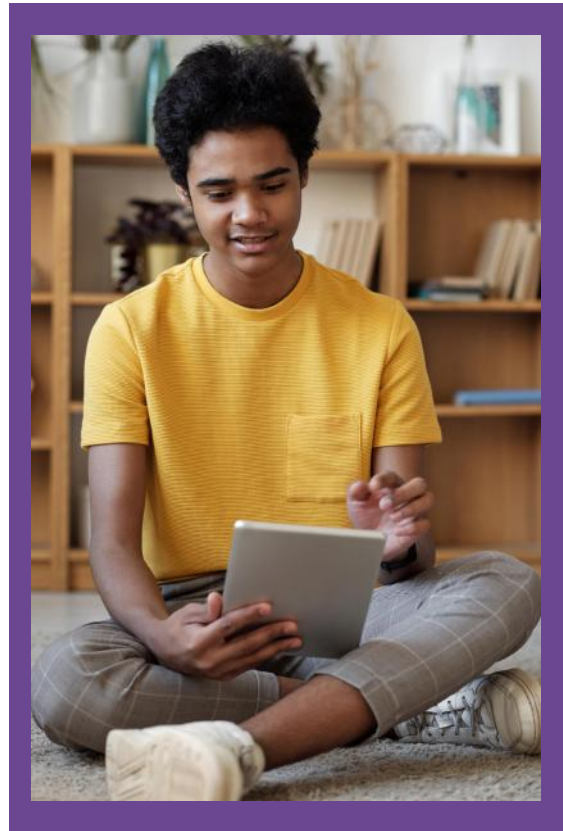
Typically, a teleconferencing session is hijacked by material that can be lewd, obscene, racist, or antisemitic in nature, typically resulting of the shutdown of the session.

# Zoom Bombing

## Does this only happen on Zoom?

While the term "Zoom Bombing" was coined after the popular teleconferencing platform Zoom, this action can happen on **ANY** teleconferencing platform, including:

- Web-X
- GoToMeeting
- Google Meet
- Microsoft Teams
- Adobe Connect
- Skype
- YouTube live streaming
- Facebook Live
- ... and many more.



# Zoom Bombing

## How can I protect myself?



- Ensure your conference host(s) are confident with technology and have done some form of training and testing with the platform you use, before hosting an important event or meeting.
- Always double check 'Security Settings' and 'Advanced Sharing Options' before sending out a meeting invitation.
- Join meetings through your web browser, rather than using desktop software. The web browser versions get security enhancements faster.

# Zoom Bombing

## How can I protect myself?

- Have more than one conference host. The number of co-hosts should increase based on the size of your attendee list.
- Schedule specific meetings instead of creating a Meeting ID.
- If using a Meeting ID, do not share the Meeting ID on any social networks or public/unsecure spaces.
- Give hosts specific monitoring assignments such as:
  - Admitting people into the chat from the waiting room
  - Watching attendees profile photos/ video screens
  - Watching chat conversation, or set the chat so attendees can only message the host(s)

# Zoom Bombing

## Consider a teleconferencing platform that...

- Allows you to require registration
- Allows you to require a password for attendees to sign into the meeting. Like all social networks, make sure the password is unique and not the same as passwords for your other accounts/ meetings.



- Allows you to require a waiting room before allowing an attendee to enter the call
- Has the ability to “not re-admit if removed” (Banning)

# Zoom Bombing

## Consider a teleconferencing platform that...

- Allows you to set attendee webcams to off upon arrival. This may also help with quality and speed, if somebody has poor Internet signal
- Allows you to turn on file transferring, microphones and/or webcams at your discretion
- Does not permit change in virtual background while live
- Has control settings so only one participant can share their screen at a time, or by host only.



# Zoom Bombing

## Consider a teleconferencing platform that...

- Allows you to set attendee webcams to off upon arrival. This may also help with quality and speed, if somebody has poor Internet signal
- Allows you to turn on microphones and/or webcams at your discretion
- Does not permit change in virtual background while live
- Has control settings so only one participant can share their screen at a time, or by host only
- Doesn't allow attendees to enter the meeting until the host is there
- Allows you to lock the meeting once all invited attendees have joined, or after a certain amount of time



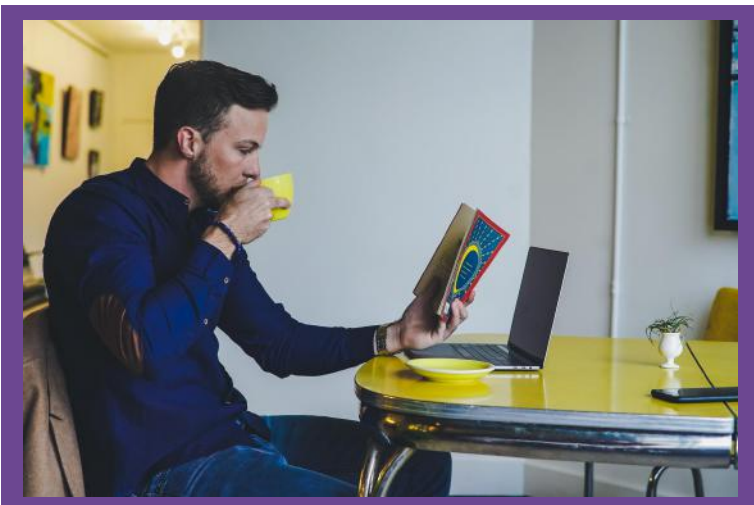
# Zoom Bombing

## Hosts: So you were zoom bombed.

Did you recently hold a teleconference that was zoom bombed?

Don't beat yourself up! It isn't your fault. You tried your best to continue moving forward with online meetings, and Zoom bombing is a new, unexpected consequence of the pandemic and remote life.

- If you can't or don't know how to remove/ban the intruder at the time, immediately shut the online meeting down.
- Report the incident to your immediate supervisor, IT person, and HR Department.



# Zoom Bombing

## Hosts: So you were zoom bombed.

- E-mail meeting attendees to apologize for the unexpected incident and let them know you've reported it to the proper authorities. Suggest some of the contacts listed at the end of this hand-out, if anybody is upset or triggered by what they witnessed.
- Review your security and information sharing settings to ensure you're future meetings are protected.
- Send a follow-up message to reassure your attendees about measures put in place to make future meetings more secure.



# Zoom Bombing

## Feeling triggered by a recent zoom bombing?

If you recently experienced a zoom bombing (as a host or attendee) and felt triggered or upset by what you witnessed, please know that it is completely understandable, and there is help available.

- Know that the host of the meeting didn't intend for the zoom bombing to occur, and is experiencing the same situation as you.
- Reach out to the hosts of the meeting, your workplace Employee Assistance Program (EAP) or school's guidance counsellor/mental health professional to find out what support options they provide.
- If you know of friends going through a hard time or who may have been triggered by the experience, reach out and discuss the event together.

# Zoom Bombing

## Support is available.

- CHANNAL Warm Line

Phone 1-855-753-2560 from 9am to 12am, daily.

Speak with a trained mental health peer supporter. You may be prompted to leave a voice mail. CHANNAL will return your call with a blocked phone number.

- Doorways Drop-In Counselling

Phone: 709-752-4903

Mental Health and Addictions in St. John's is now offering DOORWAYS Counselling Sessions by phone or video. Call to discuss counselling options during the following times:

M/W/F: 8:30 am – 4:30 pm      T/T: 11:00 am – 7:00 pm

In-person counselling is available for URGENT concerns upon pre-screening, where possible.

# Zoom Bombing

- **Kids Help Phone**

Phone 1-800-668-6868

Text 'CONNECT' to 686868

As an e-mental health service, Kids Help Phone remains open for young people across Canada 24/7 without any face-to-face contact. Text options and available.

- **Mental Health Crisis Line**

Phone 1-888-737-4668

The Mental Health Crisis Line provides 24/7 telephone-based crisis intervention, toll-free and confidential, by professionally trained Crisis Interveners.

This service is open to anyone in crisis, their caregivers or loved ones, as well as health professionals on a consultative basis by phone.

# Zoom Bombing

- **NL Victim Services**

Phone: (709) 729-7970

Email: [victimservices@gov.nl.ca](mailto:victimservices@gov.nl.ca)

A free service offered by the Department of Justice and Public Safety to victims of crime in NL. Victim Services provides assistance to victims of:

Intimate partner violence (domestic violence), sexual assault, criminal harassment (stalking), personal violence like assault, assault with a weapon, assault causing bodily harm, threats, homicide (family members can access services), impaired driving, property crimes, theft and fraud.

Services are available to adult victims of crime, 16 years of age and older whether or not the crime has been reported or a charge has been laid. Services are also available to children, youth, or witnesses (under 16 years of age) when charges are laid. A caregiver or legal guardian must consent to services.

# Zoom Bombing

- **Sexual Assault Crisis Line**

Phone: 709-726-1411

If you are experiencing a crisis related to sexual assault, this number is available 24-hours a day.

- **Sexual Assault Crisis and Prevention Centre**

Phone: 709-747-7757

24-Hr Support Information Line 1-800-726-2743

A non-profit, community-based, charitable organization that exists to support individuals of all genders who have been impacted by sexual violence. They operate from a feminist, pro-choice, trauma-informed, person-centered perspective where individuals with lived experience are honoured for their unique strengths, needs, skills, and abilities.

# Zoom Bombing

- **St John's Women's Centre**

Phone: 709-753-0220

On Tuesdays between 12-7 pm and Wednesdays from 12-5pm, their “Right Here, Right Now” drop-in counselling is a program that provides single session therapy to women and women identified (18 and over) in the St. John’s area.

With COVID-19, the service is now being offered over the phone on a first come, first served basis.

Deaf women can now contact the Women’s Centre about programs and services by texting (709) 770-4312, They can respond to your messages Monday to Friday 8:30-4:30pm





# What is "Zoom Bombing" and how can I avoid it?



Have you checked out  
our new website?

Violence Prevention Avalon East  
[www.ViolencePreventionAE.ca](http://www.ViolencePreventionAE.ca)