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10 Cybersecurity Podcasts To Follow In 2022 and Into 2023

~ 10 cybersecurity podcasts i personally recommend you check out

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1) Darknet Diaries est. 2017

Hosted by [Jack Rhysider](#)

Episode frequency: Weekly

Episode length: 30 — 100 minutes

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Available on: Apple Podcasts, Google Podcasts, Spotify, YouTube, iHeart Radio, Stitcher, OverCast, TuneIn, CastBox, Podcast Addict, Pocket Casts, Radio Public, RSS



This podcast is about the deep dark side of the WWW, and is hosted by Jack

Rhysider. Jack explores the dark side of the internet where he delves into stories of illicit activities that happen on the dark web. He does an incredible job uncovering hidden and often disturbing facts about the underground cyber realm. It includes 100+ stories about black markets, hackers, cyber warfare, data breaches, shadow government activity, and everything in between. Tune in for spine-chilling adventures into the dark web.



2) Smashing Security est. 2016

Hosted by Graham Cluley and Carole Theriault

Episode frequency: Weekly (Wednesday)

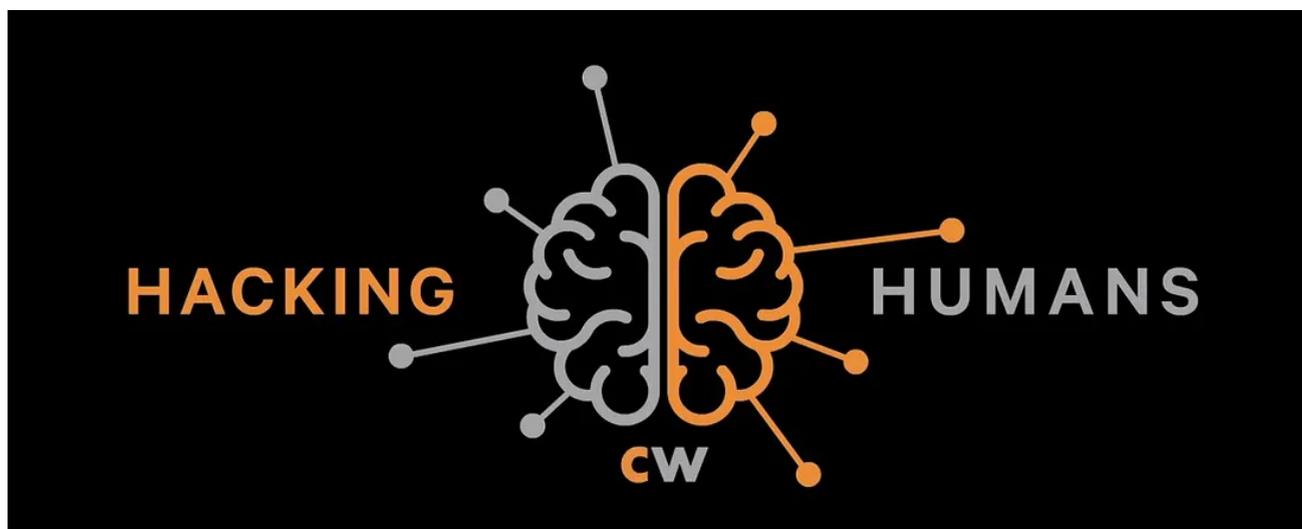
Episode length: 60 minutes

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🎙️ Smashing Security was dubbed the winner of “Best Security Podcast of 2018” and, “Best Security Podcast of 2019,” and rightfully so. To date the podcast has over 8 million downloads. If you’re in security, you’ve probably heard of this podcast and if you haven’t, you have now. Join security industry veterans Graham Cluley and Carole Theriault as they chat with guest about all things cyber security to include hacking and cyber crime. They take pride in inviting guest from all over the world to share their knowledge and experience. You can click

[HERE](#) to check out their guest lineup.



3) [Hacking Humans](#) by [CyberWire](#) est. 2018

Hosted by [Dave Bittner](#) and [Joe Carrigan](#)

Episode frequency: Weekly

Episode length: 30 – 60 minutes

Connect via: [Twitter](#)

Available on: Apple Podcasts, Google Podcasts, Castbox, Overcast, Spotify, Stitcher, RSS

🎙️ Join Dave and Joe each week as they deep dive into the world of social engineering. This podcast is about the deception it takes to successfully hack a human. Some of the topics they cover are about criminal exploits and phishing campaigns. Every week the listeners get the opportunity to hear about the new and on-going schemes that are affecting the world. Here you can learn from the experience of others and how they were able to handle and recover from cyber attacks.



4) Hacker Public Radio (HPR) est. 2007

Hosted by HOST LIST

Episode frequency: Monday — Friday

Episode length: 30 — 75 minutes

Connect via: Twitter | LinkedIn

Available on: Apple Podcasts | WWW

🎙️ Hacker Public Radio is a podcast that is released every Monday thru Friday. It is both created and produced by the listeners and covers any and all topics involving the crowd favorites: hackers and hacking. Here you can learn about Linux, open source, password managers and how to be secure on the Internet. You can also tune in to absorb various tips and tricks that will push you to be a better contributor to the cyber community.



5) Security Now est. 2005

Hosted by Steve Gibson and Leo Laporte

Episode frequency: Weekly

Episode length: 30 — 60 minutes

Connect via: YouTube

Available on: Apple Podcasts, Google Podcasts, Pocket Casts, Spotify, YouTube, RSS

🎙️ The very first episode, “As the Worm Turns”, was released 17 years ago on August 19, 2005. Steve Gibson, the man who coined the term “spyware,” and then created the first anti-spyware program, hones in on the hot topics in security today alongside Leo Laporte. If Steve’s spyware coin wasn’t enough, he even went on to be the creator of SpinRite and ShieldsUP! Tune in with them to see what’s on the menu this week!

maliciouslife

BY CYBEREASON

6) Malicious Life by Cybereason

Hosted by Ran Levi

Episode frequency: Weekly

Episode length: 30 — 60 minutes

Connect via: Twitter — MaliciousLife | Twitter — Cybereason

Available on: Apple Podcasts, Google Podcasts, Spotify, Stitcher, CastBox, RSS

🎙️ Malicious Life is a podcast told and hosted by security experts and world renowned hackers. This is a running archive of some of the worlds unimaginable computer hacks. How do you make 500 million dollars disappear into thin air? You'll find out here. This podcast is drowned with some of the wildest cybersecurity stories you can imagine. You can tune in to find out about historical events that are told by the people who were actually there. *“Lock your door, wipe your hard drive, and come listen to fascinating stories from the cyber underground.” — Malicious Life*



DEFENSIVE
SECURITY PODCAST

7) Defensive Security Podcast est. 2012

Hosted by Jerry Bell and Andrew Kalat

Episode frequency: Weekly

Episode length: 30 — 60 minutes

Connect via: Twitter | Facebook

Available on: Apple Podcasts, Audible, RSS

 The Defensive Security Podcast — Malware, Hacking, Cyber Security & InfoSec is a podcast aimed at reviewing intrusions, data breaches, malware infections, and other events that have crippled the cyber community. Their mission is to teach lessons on how we can better protect our assets before and after a security compromise. Why? Well because there is always something to learn in the unfortunate event of a compromise. Always.



8) SANS Internet StormCenter Daily Cyber Security Podcast (StormCast)

Hosted by Johannes B. Ullrich

Episode frequency: Daily

Episode length: 5 — 10 minutes

Connect via: [Twitter](#)

Available on: Apple Podcasts, Google Podcasts, Podcast Addict, Spotify, Stitcher, YouTube, Podbean, iTunes, RSS

🎙️ StormCast is meant to be a brief summary on what is important in cybersecurity today. The podcast is published every weekday, Monday thru Friday, and is designed to get you ready for the day with a brief. The shows are usually about 5 minutes long, and are a summary of current cyber security related events. The content is late-breaking, educational, easy to comprehend, and based on listener input as well as on input received by the SANS Internet StormCenter team.



9) Down the Security Rabbit Hole (DtSR) est. 2011

Hosted by [Rafal Los](#) and [James Jardine](#)

Episode length: 30 – 60 minutes

Episode frequency: Weekly (Tuesday)

Connect via: [Twitter](#) | [LinkedIn](#)

Tune in via: Apple Podcasts, Google Podcasts, RSS

🎙️ A podcast born in 2011 with one goal in mind – to entertain the masses while providing fun and educational content. The podcast aims at educating listeners on how to exist as safe as possible online. Down the Security Rabbit Hole invites governmental leaders and high-level security professionals to shed light on how

you can be a more successful security professional yourself. If you think you've missed something, you haven't. DtSR has taken special care to ensure all of their episodes are available online for anyone to take advantage of. There are more than 500 episodes to choose from and all of them provide quality content to their listeners. My only complaint is that their official website is hosted via HTTP and not HTTPS 🙄



10) Hackers Podcast est. 2015

Hosted by Gummo and friends

Episode length: 30 – 60 minutes

Episode frequency: Daily/Weekly

Connect via: Twitter

Tune in via: Apple Podcasts, Google Podcasts, RSS

🎙️ Number 10, but my #1. There is a saying that states, “*you save the best for last*” and there may be some truth to that statement here. Hosted by the infamous Gummo, this is the place where you can come swim freely within the mind of a black hat hacker (*and probably one of the first to ever appear online at that*). He is one of the coolest, most down to Earth, and humble guys around. We've shared a few chats back and forth and little does he know that meeting him is written on my life's bucket list. If you don't know who Gummo is right now, you should make your way to the YouTube videos below for a proper introduction from Gummo himself. I refuse to spoil the surprises on what content he has to offer, but.....he's a black hat hacker who talks about his black hat hacking..... Enticing enough, yet?

🎧 [“Hacker interview — Gummo”](#)

🎧 [“Black Hat Hacker — Gummo \(follow up\)”](#)

!! BONUS Podcasts



11.) [CyberWire Daily](#) est. 2015

Hosted by [Dave Bittner](#)

Episode length: 10–30 minutes

Episode frequency: Daily

Connect via: [Twitter](#)

Tune in via: Apple Podcasts, Google Podcasts, Pandora, Castbox, Overcast, Spotify, Stitcher, RSS

🎧 The CyberWire Daily is a podcast known far and wide in the cyber security community. This show is hosted every weekday by Dave Bittner who interviews industry-wide professionals and VIPs as they weigh in on some of the most talked about headlines in cyber security. I would consider this podcast a must-add to your podcast library because of the type of content it pushes out to the masses. If you need to catch up on the latest news in security, this is a fast way to find out, and a good place to start and end your day. Give them a listen!



12.) Shared Security est. 2009

Hosted by Tom Eston, Scott Wright, and Kevin Johnson

Episode length: 30 minutes

Episode frequency: Weekly

Connect via: Twitter

Tune in via: Apple Podcasts, Google Podcasts, Spotify, YouTube

🎙 The newest addition to our list, the Shared Security podcast established in circa 2009, is a all-in-one podcast that talks about any and everything security. Every single week they chat on topics such as technology, information security, current cyber related news, and data privacy. They regularly conduct interviews with industry professionals and specialists in an effort to help YOU stay more secure and private while connected to the world. They occasionally dive deeper into more technical related security topics and take time breaking down those subjects so that any listener, new or veteran, can understand. They've been around for a long time and their arsenal is filled with endless shows to keep you company on your drive home from work.

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