

# SECURITY TIPS

(PRINT OUT THIS LIST AND KEEP IT  
IN YOUR BANK SAFE DEPOSIT BOX.)

- DON'T CLICK LINKS TO WEBSITES
- USE PRIME NUMBERS IN YOUR PASSWORD
- CHANGE YOUR PASSWORD MANAGER MONTHLY
- HOLD YOUR BREATH WHILE CROSSING THE BORDER
- INSTALL A SECURE FONT
- USE A 2-FACTOR SMOKE DETECTOR
- CHANGE YOUR MAIDEN NAME REGULARLY
- PUT STRANGE USB DRIVES IN A BAG OF RICE OVERNIGHT
- USE SPECIAL CHARACTERS LIKE & AND %
- ONLY READ CONTENT PUBLISHED THROUGH TOR.COM
- USE A BURNER'S PHONE
- GET AN SSL CERTIFICATE AND STORE IT IN A SAFE PLACE
- IF A BORDER GUARD ASKS TO EXAMINE YOUR LAPTOP, YOU  
HAVE A LEGAL RIGHT TO CHALLENGE THEM TO A CHESS  
GAME FOR YOUR SOUL.

# Recently...

**Baltimore's 911 system, Boeing join Atlanta in week of crypto-malware outbreaks**

**Under Armour Data Breach Compromises 150 Million User Accounts**

**02 Panerabread.com Leaks Millions of Customer Records**

APR 18



# Cybersecurity Awareness Training

# Icebreaker



At which desk do you feel like you belong?



CyberSecurity can seem overwhelming, complex and sometimes even scary.

But much of cybersecurity is manageable by non-technical people and most cybersecurity depends on people and behavior.

It turns out there are some pretty basic things you can do to make yourself and your organization significantly more secure.

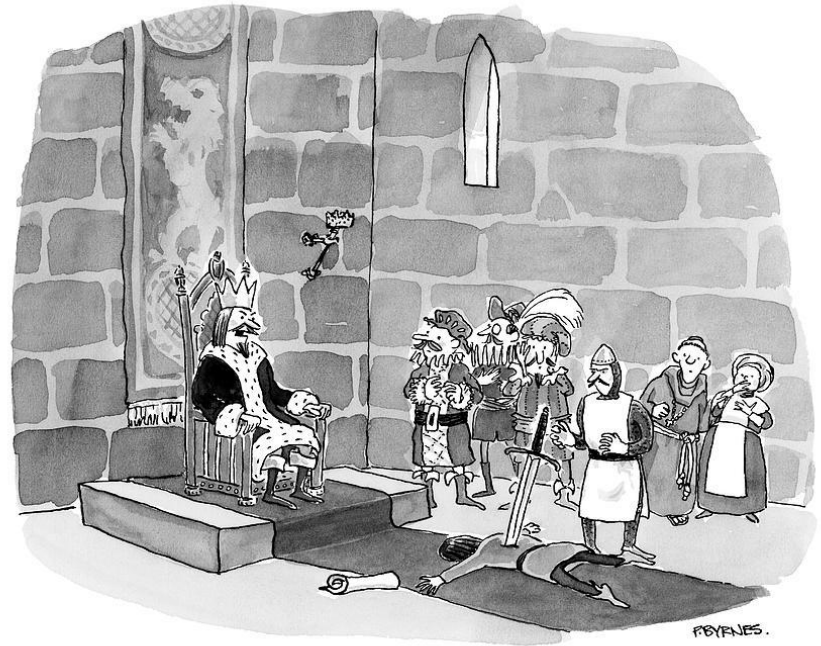
Today, we'll talk about those things.



# Things you can do that make a big difference

- **Nurture** A security culture at your organization
- **Educate** Yourself and others about tactics used to steal your info
- **Protect** Your accounts and devices with secure practices
- **Verify** When in (ANY) doubt, VERIFY!

NOT something you should do.



*"Then the messenger shouldn't have been such a jerk."*

# Layers of Defense

Malicious actors, malware, ransomware,  
failing hard drives, stolen laptops,  
lost smartphones, phishing & errors

Firewalls and Filtering

Training and Policies

Patching and Malware Protection

Backups and Incident Response



# A Challenge: Can you stay awake for...



## Three Slides of Boring Stuff

We want to explain cybersecurity because it's a term we all see a lot.

It might be a little boring, but it's only three slides and we'll go fast





## Key Term

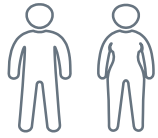
# Cybersecurity



IBM's Definition . . .



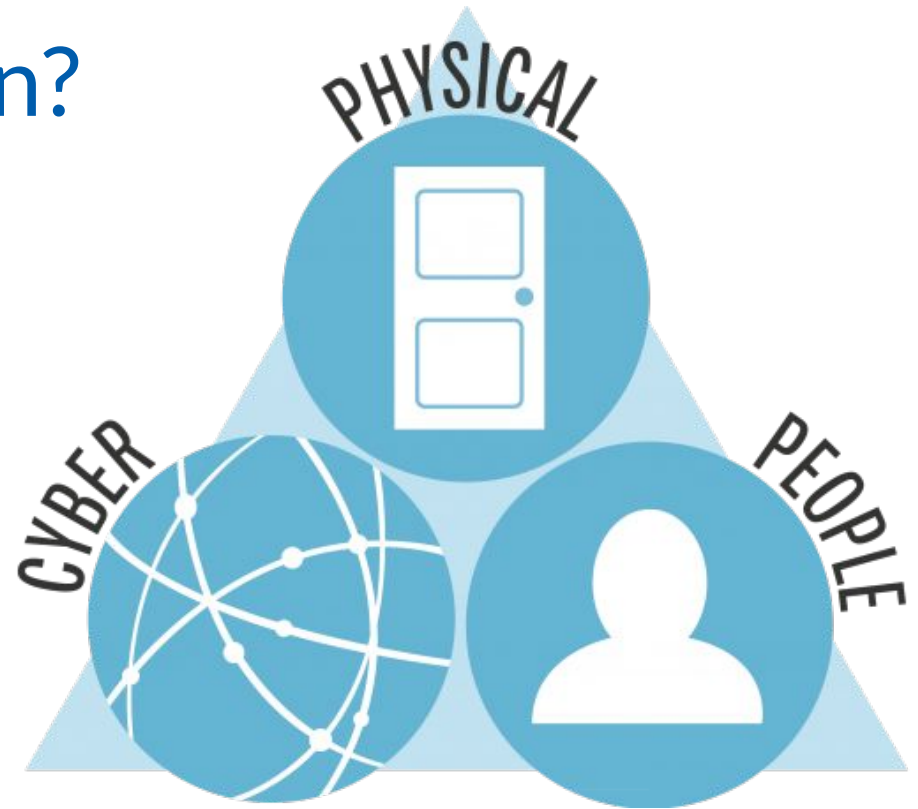
**Cyber Security** /-n **1.** the protection of an organisation and its assets from electronic attack to minimise the risk of business disruption.



# Security Triad

Where do people fit in?

Everywhere



# The CIA Security Triad

*(yes another triad)*



C - How bad would it be if the information was exposed

I - How bad would it be if the information was lost

A - How bad would it be if the information was not available

You made it through three slides of boring stuff  
Congratulations!





## Key Term

**Phishing** is the attempt to acquire sensitive information such as usernames, passwords, and credit card details (and sometimes, indirectly, money), often for malicious reasons, by masquerading as a trustworthy entity in an electronic communication.

*Vishing (Voice Phishing) and Spear Phishing (targeted phishing) are other types of phishing)*

# Phishing





# Phish or not a Phish?



# Phish or not a Phish?

Take a look at the website we will display next. We'll leave it up for 10 seconds, then ask everyone if they think it is a phish (fake website) or not a phish (legitimate).

*P.S. You will notice a watermark "Phishtank" on most of the images. This is NOT a signifier of phish or not a phish status.*

**Login****ESPAÑOL**

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Special OffersSM

AAdvantage®

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Agency Reference

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**To login:**

- Enter your AAdvantage Number
- Enter your Password
- Click **Go**

If you do not have an AAdvantage number, click  
[Enroll in the AAdvantage Program.](#)

**Login**

Your password is case sensitive and must be 6-12 numbers  
and/or letters.

AAdvantage Number

[Forgot AAdvantage Number?](#)

Password

[Forgot/Need Password?](#)

Remember My AAdvantage Number

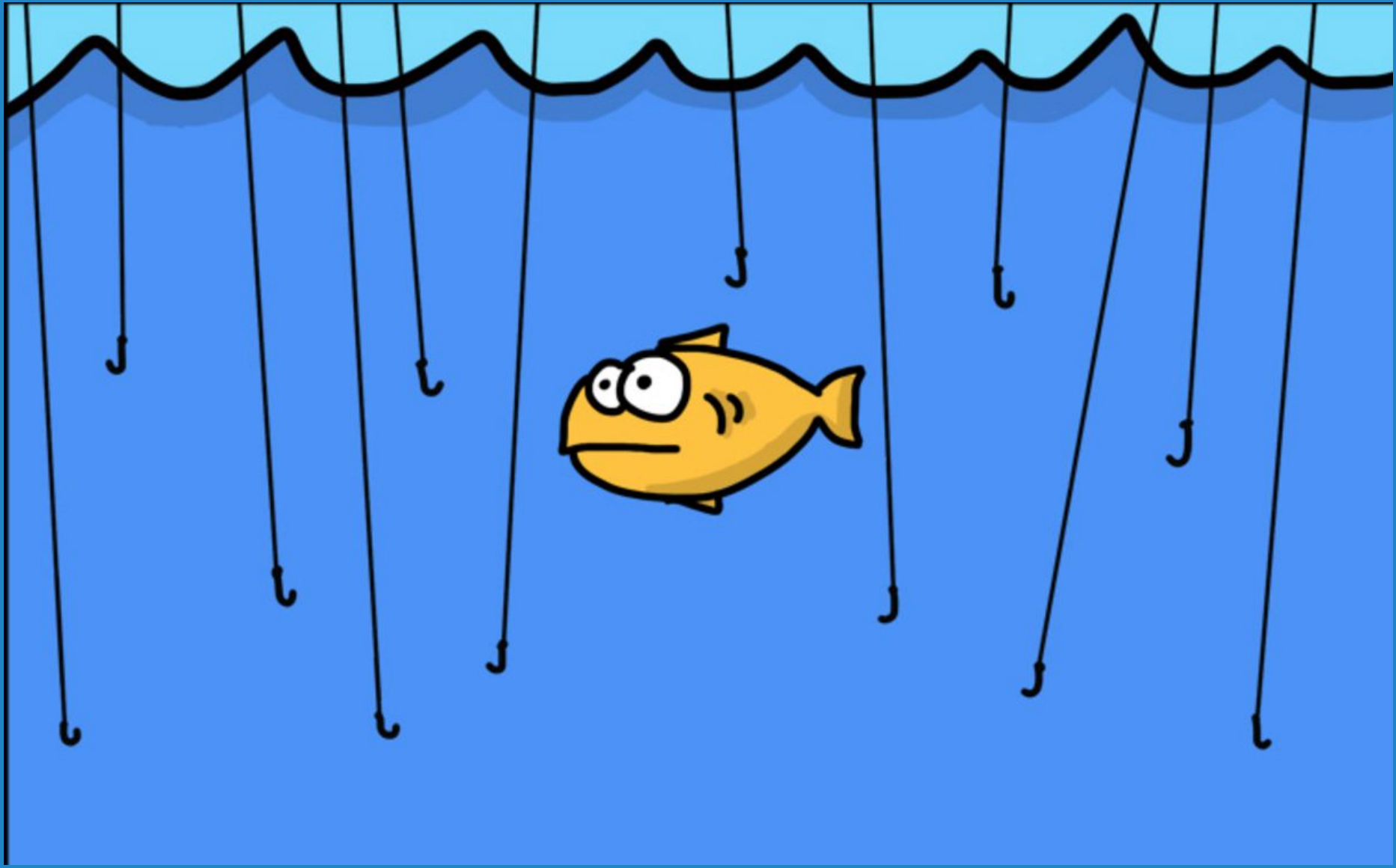


This is a public/shared computer, do not remember me.

[Password Help FAQs](#)**GO**[Enroll in the AAdvantage Program - It's Free!](#) DealFinder™ | RSS | [AA.com en Español](#)[Airline Tickets](#) | [AA Careers](#) | [Copyright](#) | [Legal](#) | [PRIVACY POLICY](#) | [Customer Service Plan](#) | [Browser Compatibility](#) | [Site Map](#)

member of

**American Eagle****American Airlines**  
Vacations.  
AAVacations.com





## 2 No "https."

The real American Airlines login page will always use "https" indicating a secure login.

## 1 Forged URL.

Even though **aa.com** is the real domain for American Airlines, the actual domain for this phish is **airlinesaamemeber.com**.

### Travel Information

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AAdvantage Number

[Forgot AAdvantage Number?](#)

Password

[Forgot/Need Password?](#)



Remember My AAdvantage Number



This is a public/shared computer, do not remember me.

[Password Help FAQs](#)

GO

[Enroll in the AAdvantage Program - It's Free!](#)

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American Eagle

American Airlines  
Vacations.  
AAVacations.com



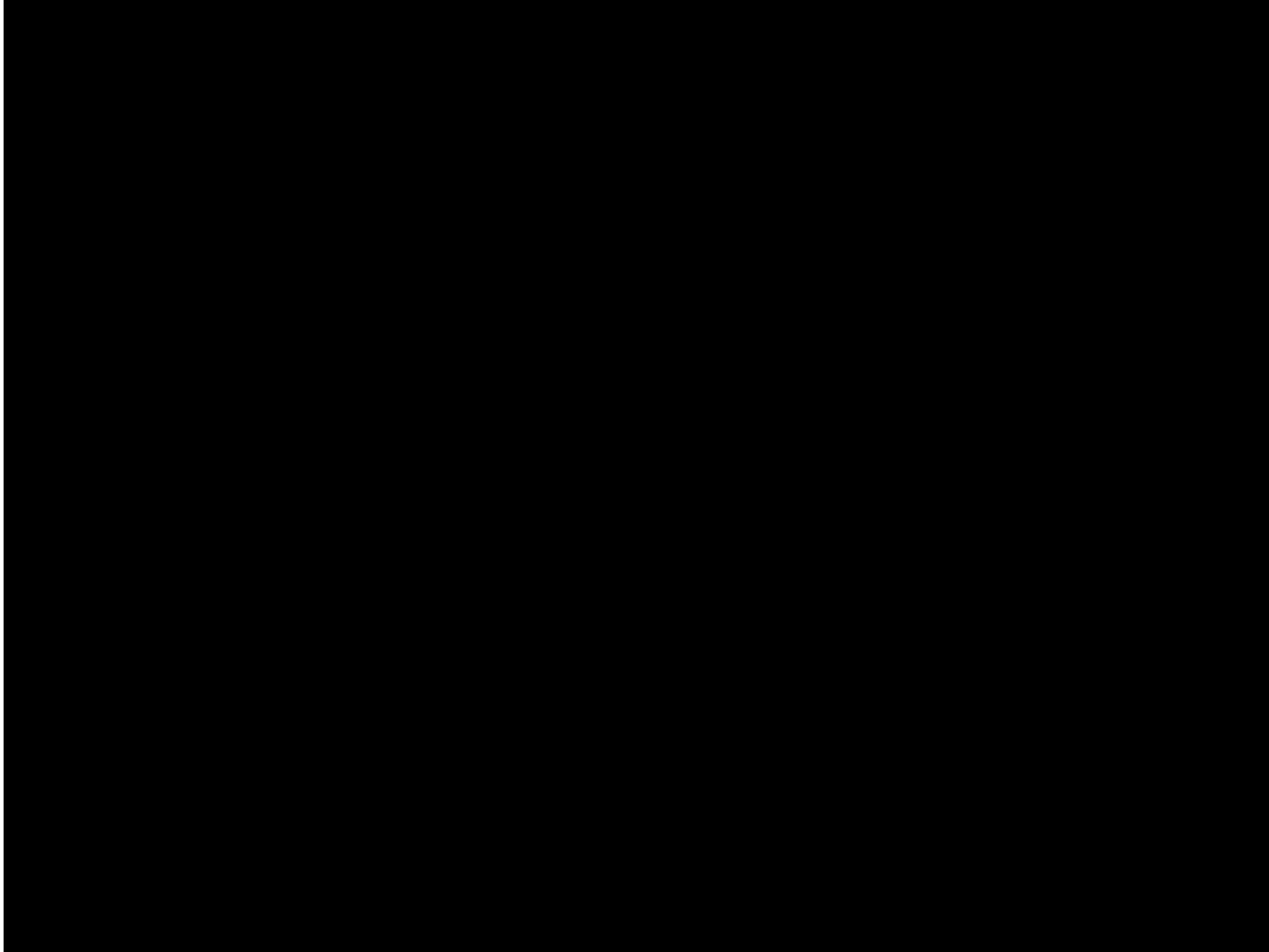
# Can I have your personal information?



What's **YOUR**  
My Little Pony name?



# Phishing for Passwords



# Threat Modeling

The core questions to ask:  
(from the Electronic Frontier Foundation)



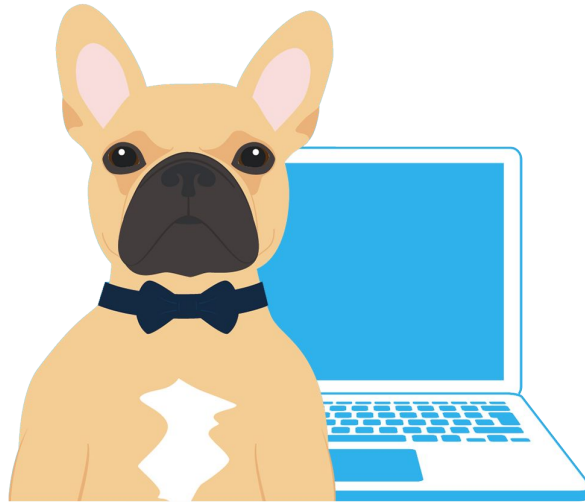
- What do you want to protect?
- Who do you want to protect it from?
- How likely is it that you will need to protect it?
- How bad are the consequences if you fail?
- How much effort are you willing to expend?

# The Threat Model we ALL have in common

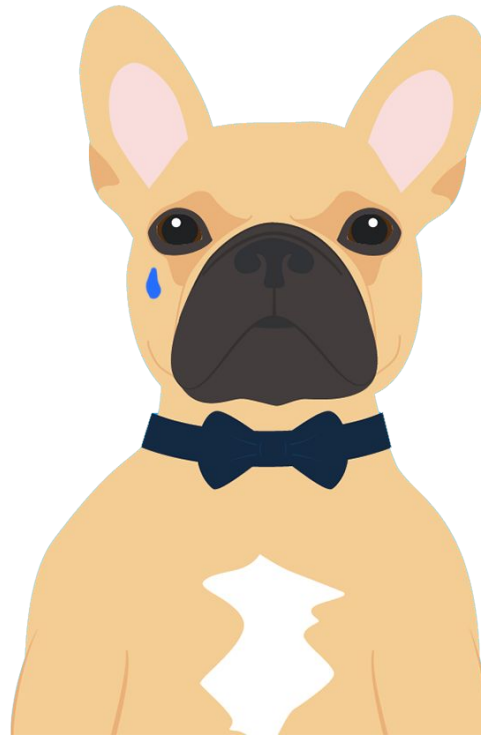




# Risk is part of Existence



Avoid



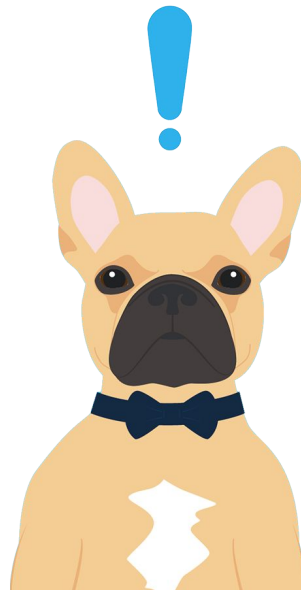
# Reduce



# Transfer



# Accept





# Ways we get breached



# Layers of Defense

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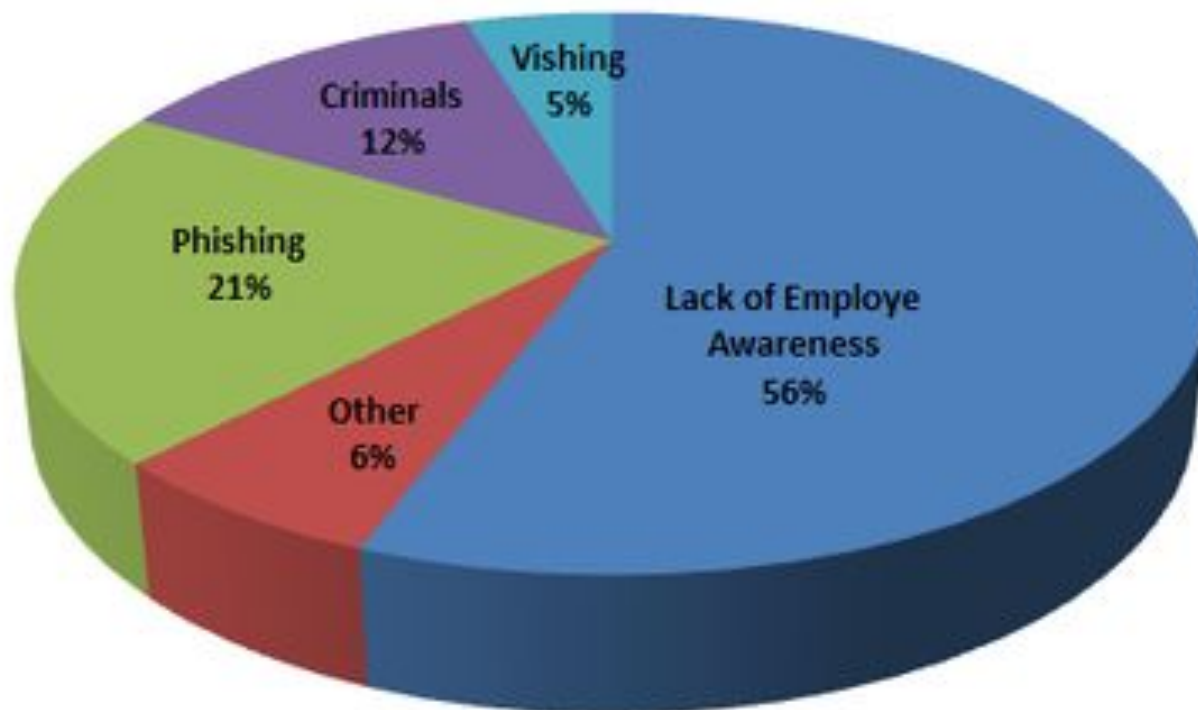
# Social Engineering

## Key Term



The manipulation of our human instinct to help

## What's the most dangerous social engineering threat to organizations?



## Characteristics

- Initiation
- Urgency
- Fear
- Authority

## Asking for

- Clicks
- Money
- Credentials
- Information



Book recommendation - [Gift of Fear by Gavin DeBecker](#)

You would have to send me a secure pin  
through a text message?

REAL FUTURE



# 123456 is THE BEST password

## LinkedIn breach (2012)

Rank	Password	Frequency
1	123456	753,305
2	linkedin	172,523
3	password	144,458
4	123456789	94,314
5	12345678	63,769

## Ashley Madison breach (2015)

PASSWORD	NUMBER OF USERS
123456	120511
12345	48452
password	39448
DEFAULT	34275
123456789	26620



**DOUBLE FACEPALM**

FOR WHEN ONE FACEPALM DOESN'T CUT IT

DIY.DESPAIR.COM

# What makes the strongest passwords?

7!G2Kq@q

Or

xCuBZE\$\$%^s2

Or

I like to eat donuts on Wednesdays.

*Question: Which of these is the strongest password?*

7!G2Kq@q

It would take a computer about

**9 HOURS**

to crack your password

xCuBZE\$\$%^s2

It would take a computer about

**34 THOUSAND YEARS**

to crack your password

**I like to eat donuts on Wednesdays.**

It would take a computer about

**49 QUATTUORDECILLION YEARS**

to crack your password

Scores from: <https://howsecureismypassword.net/>

Human brains are not good at making and remembering long, complex and random alphanumeric strings.



*And wait, it gets worse...*

# Even Complex Passwords aren't great

- They can still get phished
- They can still be reused in multiple places
- They can still be shared in insecure ways (e.g. plain text)
- They can still be part of a larger breach
- They can still be captured by keystroke loggers



# Password Managers to the Rescue





# Top Password Managers



1Password



KeePass



## What's The Best Password Manager (Poll Closed)

LastPass 43.16% (4,967 votes)



Dashlane 5.34% (615 votes)



KeePass 19.64% (2,260 votes)



1Password 26.51% (3,051 votes)



RoboForm 5.34% (615 votes)



Total Votes: 11,508

*Source: Lifehacker January 2015*

# Password Managers - Basics

- Create long, complex and random passwords.
  - It's literally their job.
- Inexpensive (generally <\$30/year/person)
- Protects against phishing attacks
- Can audit all your passwords

LastPass...|

Security Challenge

50%



Your Security Score


Top 41%


Your LastPass Standing


83%


Master Password Score


Challenge your friends  


 **Improve Your Score**


 Step 1 - Change Compromised Passwords





 Step 2 - Change Weak Passwords



 Step 3 - Change Reused Passwords



 Step 4 - Change Old Passwords



# Ways to Authenticate



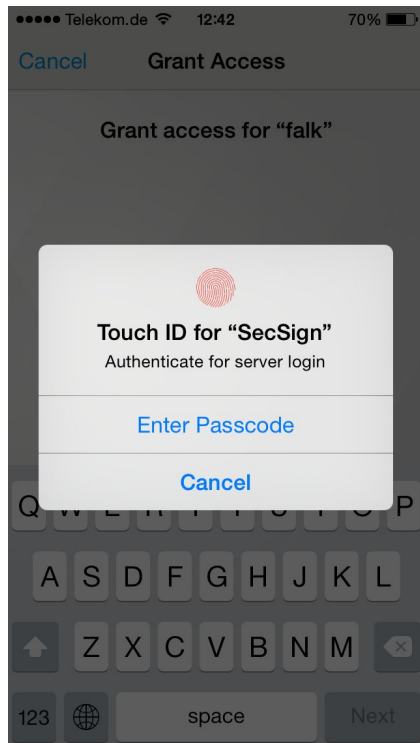
1. Something you know (username, password)
2. Something you have (smartphone, usb key)
3. Something you are (fingerprint, voice recognition)

# A form of 2FA we all use already

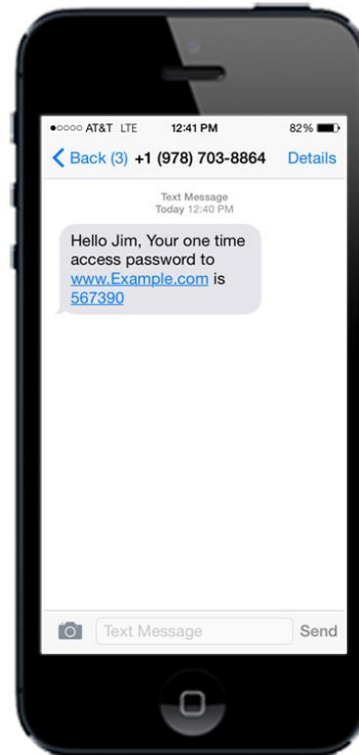


# Common Methods of 2FA

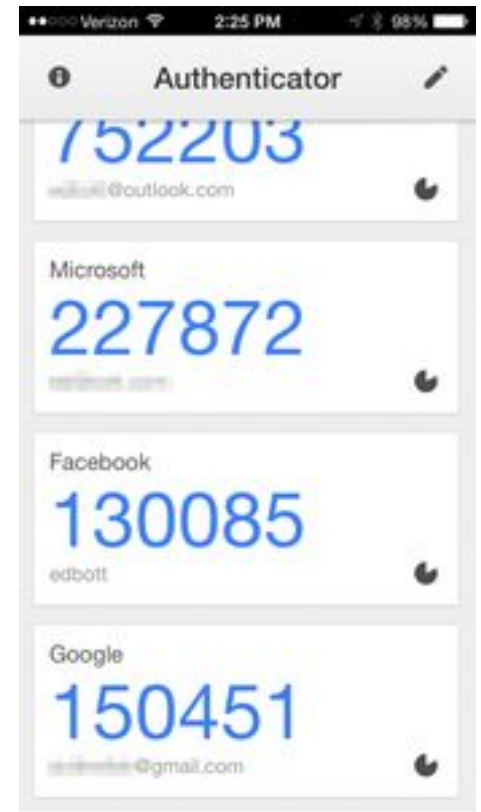
Fingerprint  
(something you are)



SMS  
(something you have)



Authenticator app  
(something you have)



# Phish or not a Phish?

## #2





**From:** IT <IT@roundtabletechnology.com>  
**Reply-to:** IT <IT@roundtabletechnology.com>  
**Subject:** Change Your Office 365 Password Immediately

 [Send me a test email](#)  
 [Toggle Red Flags](#)



Dear user,

Your IT administrator has recently enacted a security policy within our system which changes security requirements for passwords. **All users are required to change their Office 365 password immediately.**

Please click [here](#) to log into Office 365 to change your password.

You must complete the password change within 24 hours.

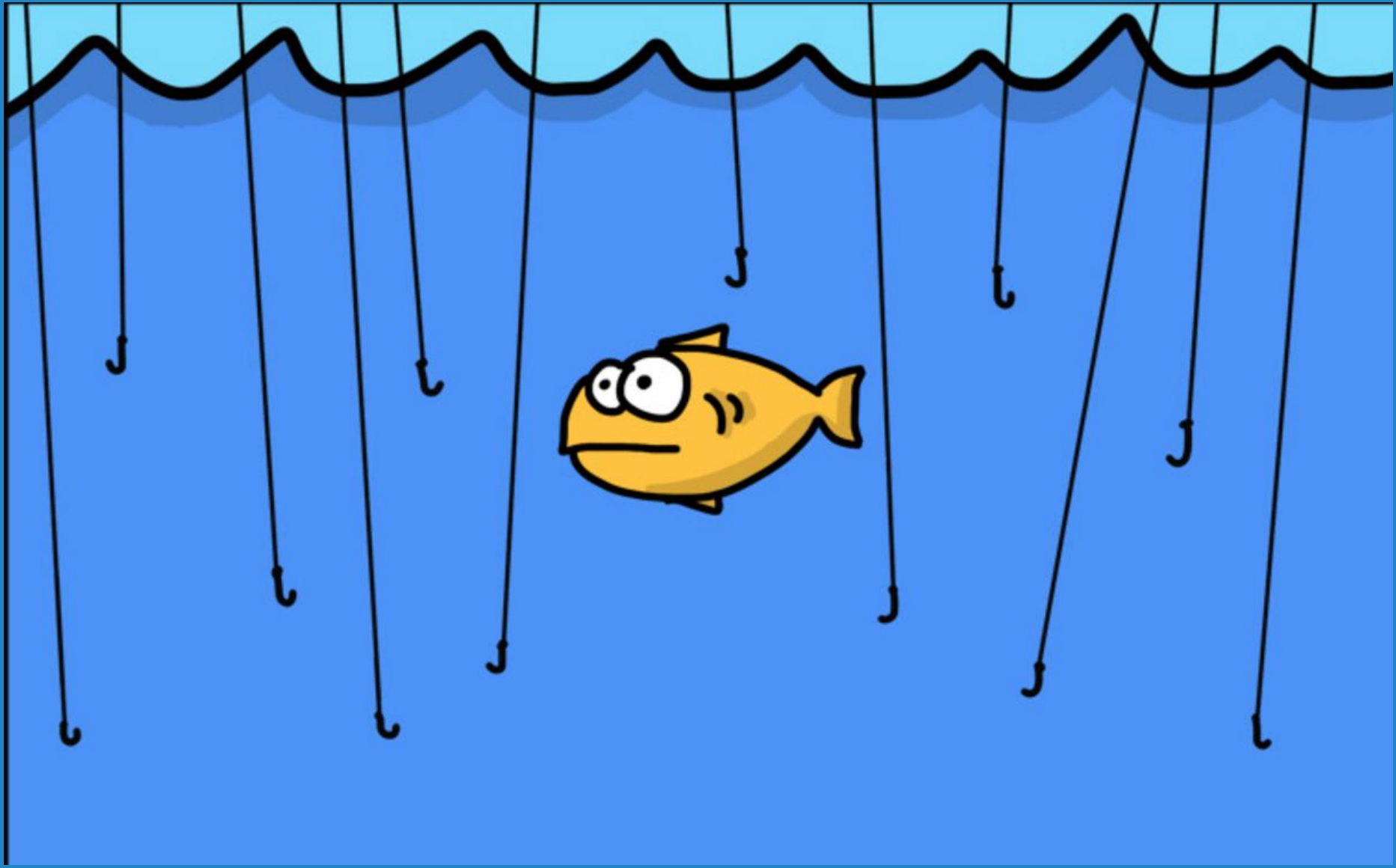
Sincerely,

*The Office 365 Team*

This message was sent from an unmonitored email address. Please do not reply to this message.

**Microsoft**

[Privacy](#) | [Legal](#)



Sender email address is from your organization, but could be spoofed.

To: joshua  
From: IT <[IT@roundtabletechnology.com](mailto:IT@roundtabletechnology.com)>  
Reply-to: IT <[IT@roundtabletechnology.com](mailto:IT@roundtabletechnology.com)>  
Subject: [Change Your Office 365 Password Immediately](#)



[Dear user,](#)

Your IT administrator has recently enacted a security policy within our system which changes security requirements for passwords. **All users are required to change their Office 365 password immediately.**

Please click [here](#) to log into Office 365 to change your password.

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*The Office 365 Team*

This message was sent from an unmonitored email address. Please do not reply to this message.

[Privacy](#) | [Legal](#)

Microsoft

# Shadow IT



headlikeorange

# Risks with Mobile Technology

I'LL TAKE A TALL LATTE,  
A PUMPKIN SCONE, AND  
THE LOGIN CREDENTIALS  
OF EVERYONE ON YOUR  
WI-FI NETWORK.





# Remote and Travel

If you do all the other things we have talked about (and are going to talk about), you are already much safer.

These same practices make remote work and travel much safer.

- Multi-Factor Authentication
- Device Encryption
- Using Virtual Private Networking
- Environmental Awareness
- Log out of sessions





# Mobile Devices

- Protect your device with a STRONG password
  - (hint) 1234 is not a strong password
  - (hint) The letter Z on a pattern lock is not a strong password
- Encrypt your devices
- Learn how to disable services (bluetooth, wifi, location)
  - Consider disabling these when not needed



# Wireless Networks

- Secure your own home WiFi with WPA2
- Avoid using public wi-fi
- When using public wi-fi, use a VPN
- Restrict sensitive transactions on unknown
- Tether instead of wi-fi if not cost-prohibitive

✓ Civic Hall	🔒	📶
AirDaily	🔒	📶
AirDigital	🔒	📶
AirZoom(Unsecured)	🔒	📶
AnnFi	🔒	📶
Blue110315water	🔒	📶
c4net2G-5G	🔒	📶
CCTValpha	🔒	📶
CenterStone - WiFi	🔒	📶
Chauncey's Friends	🔒	📶
chaunceysnewhotness2.4	🔒	📶
COGENT Front	🔒	📶
DailymotionGuests	🔒	📶
Dashlane-2,4ghz	🔒	📶
DIRECT-59-HP OfficeJet 46...	🔒	📶
dmtvnetwork	🔒	📶
ebprivate	🔒	📶
enet	🔒	📶
Escalade	🔒	📶
EZWIFI	🔒	📶
Gingerbr	🔒	📶
Guest Internet Access	🔒	📶
GUESTNET	🔒	📶
HP-Print-6A-Officejet Pro 8630	🔒	📶
HRCcorp	🔒	📶
Kurtosys Wi-Fi Network 5GHz	🔒	📶
LACWK-CONFERENCE-5G	🔒	📶
mc12	🔒	📶
NADEL91-5G	🔒	📶
NETGEAR60-5G-2	🔒	📶
PCHGuest	🔒	📶
Phantom	🔒	📶
Platinum Rye Guest	🔒	📶
rsnet	🔒	📶
S-Board-8	🔒	📶
Thegr8spaldini-5G	🔒	📶
TWCWiFi	🔒	📶
TWCWiFi-Passpoint	🔒	📶
ue7	🔒	📶
usv	🔒	📶
usv-airplay	🔒	📶
Verizon-MiFi5510L-6E5E	🔒	📶



# Encryption

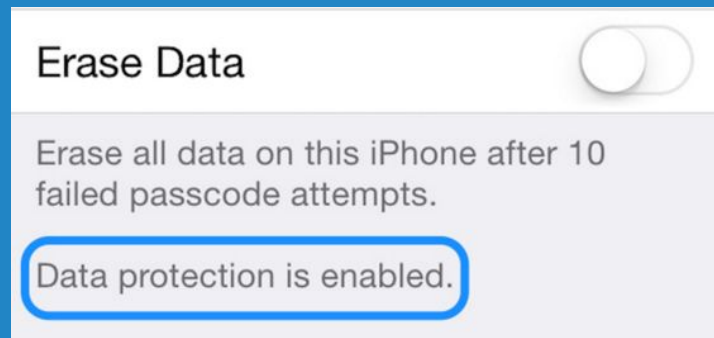
## Key Term

Encryption is the most effective way to achieve data security. To read an encrypted file, you must have access to a secret key or password that enables you to decrypt it.

Unencrypted data is called plain text ; encrypted data is referred to as cipher text.

# Encrypt Your Devices

Encryption your laptop, smartphone and tablet is usually as easy as toggling a switch and creating a PIN or passkey.





## on what you can do

- **Nurture** a Security Culture at your organization
- **Educate** yourself and others about tactics used to steal your info
- **Protect** your mobile devices and accounts with secure practices
- **Verify** any and all communications if you have any doubt

Going a step further...



Putting it all together for yourself

Ricky  
the  
Activist



# Cybersecurity Persona Template

## What needs protecting?

Hard drives, data files,  
research papers

Social media accounts

Correspondence with other  
activists

Government Sources

Ricky is an activist and blogger who calls attention to humanitarian issues around the world. Ricky's work is constantly under scrutiny by various organizations and his online accounts are regularly watched and susceptible to hacking and interception.

Due to rising safety concerns, Ricky is considering **encryption of all data and communications** with his team.

Over many years of hard work, Ricky has a substantial amount of content on his blog. He has many files full of research, plans and data that must be kept confidential - Integrity is everything in his line of work. Ricky is concerned that his information may be intercepted by foreign agencies who are not sympathetic to his cause.

To mitigate these vulnerabilities:

Ricky uses a **Virtual Private Network (VPN)** to access the internet securely when connecting to wi-fi in public places.

Ricky **encrypts** all of his email communications.

All of his online accounts use **Two-Factor Authentication (2FA)**

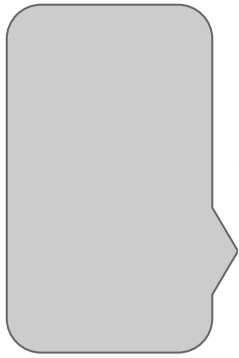
Ricky **encrypts all sensitive files, hard drives and external media.**

Ricky creates **strong, 30-character+ passwords** with special characters and numbers organized by a **password manager.**

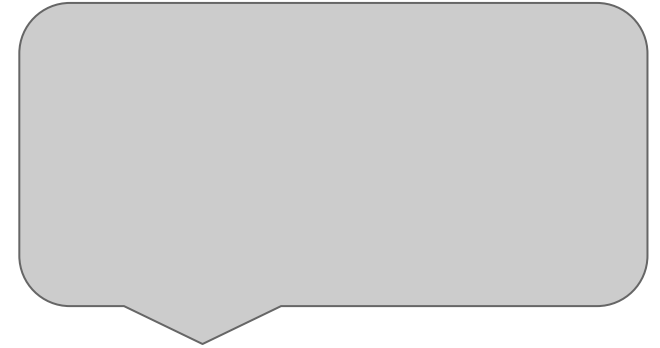
Ricky **regularly clears out his chat history** to prevent previous communications falling into the wrong hands.



# Cybersecurity Persona Template



What needs protecting?



To mitigate these vulnerabilities:



**Security Planner**  
by the Citizen Lab

[HOME](#)

[WHO WE ARE](#)

[ALL RECOMMENDATIONS](#)



# Improve your online safety with advice from experts

Answer a few simple questions to get personalized online safety recommendations. It's confidential – no personal information is stored and we won't access any of your online accounts.

Let's do it

Last updated Dec 21, 2017.



**Now tell us again,  
at which desk do you feel like  
you belong?**





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WWW.ANDERTOONS.COM







# Resources

- [Access Now - First Look at Digital Security](#)
- [Carnegie Mellon Phishing Education](#)
- [OpenDNS Phishing Quiz](#)
- [Today.com - Not Bad Phishing Quiz](#)
- [Sonicwall Email Phishing Quiz](#)
- [FTC - Scam Alerts](#)
- [FTC - About Phone Scams](#)
- [More Free Security Resources from RoundTable](#)
- And of course, [ninja.rtt.nyc](#) (our Cybersecurity Ninja Series)

Parking Lot.