## **Basic Cyber Security**

2018 NCAVA Annual Conference

**Blake Irwin** 

### # whoami

- Blake Irwin
  - Senior Cyber Security Analyst
  - 10 years IT and Cyber Security experience
    - Help Desk
    - Systems/Network Administrator
    - Incident Responder, Cyber Defender, Security Tester, Security Engineer
  - Worked in education, financial, healthcare, manufacturing industries
  - Certifications:
    - CISSP, GPEN, GWAPT, Nexpose Certified Administrator, Security+

## Security is a journey not a destination

### Overview

Threats

Account Security

Device Security

# Threats

### Definitions

- Asset what we try to protect
- Threat what we try to protect against
- Vulnerability a weakness or gap
- Risk impact to an asset due to a threat exploiting a vulnerability

- A little math
  - Asset + Threat + Vulnerability = Risk

#### What is YOUR Risk Profile?

- What do YOU want to protect?
- What threats are YOU protecting against?
- Do YOU have any known weaknesses?

What is YOUR risk profile?

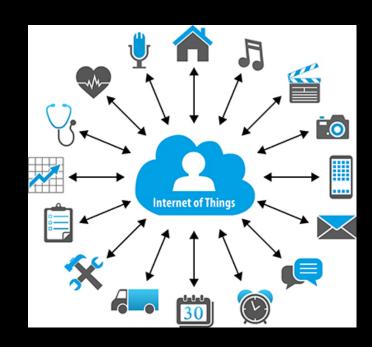
# **Emerging Threats**

### **Emerging Threats**

Phishing

• Internet of (Insecure) Things

Ransomware





## **Everyday Threats**

### **Everyday Threats**

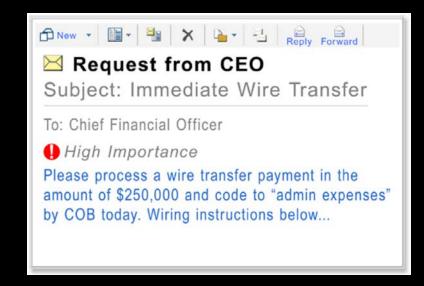
- Phishing
- Account Compromise
- Scams
- Malware
- Social Engineering
- Lost/Stolen Device
- Accidental/Unintentional disclosure
- Vendor Trust
- The Dark Web

### What is Phishing?

• Sending fraudulent emails in order to trick the recipient into taking an action resulting in disclosure of personal information, clicking of a link, or taking an out-of-band action.

### Types of Phishing

- Spam
- Phishing
- Whaling
- CEO Fraud
  - Corporate
  - Personal
    - The Little Family



#### STATON LAW FMBC CORPORATION

210 Third Avenue West Hendersonville, NC 28739

#### Wiring Instructions:

Name of Bank: Bank Of America

Bank Address: 6 Tremont street,

Boston MA 02108

ABA Number: 026009593

Beneficiary: STATON LAW FMBC CORPORATION

Account Number:

\*\*The wire transfer must have buyer/borrower name on it please.

## Why does phishing work?

- Attackers exploit human nature
- Play on emotions
  - Fear, Urgency, Trust, Luck
- Context
- Trust

### Signs of a phish

- Sender, normal address?
- Look a like domain?
- When was email sent?
- Was I expecting this?
- Did email create emotional response?
  - Upset, too good to be true, fear
- Is email trying to make me take action?
- Are details to general, wrong, odd, or illogical?
- Do links go where they say they go?

## Phishing Examples



### Example 1

- Email with .HTML attachment
- Link in attachment
- Takes you to fake payment page

From: Squarespace Support < wordpress@sekjdiir.wpengine.com>
Date: Thu, Feb 1, 2018 at 4:09 AM
Subject: Credit Card Payment Due

To:

Dear This is a notice to remind you that you have an invoice due on 02/01/2018. We tried to bill you automatically but were unable to because we don't have your credit card details on file. Invoice Date: 02/01/2018 Invoice #5155681 Amount Due: \$59.90 USD Due Date: 02/01/2018 Attached is a copy of your most recent transaction.

#### Please Verify Your Card Information

Status of Payment. If a credit card is present on your account we have attempted to charge that payment method for balances due.

There was an error renewing your connected domain due to incorrect billings  ${\tt provided}$ 

We tried to bill you automatically but were unable to because we don't have your credit card details on file.

Please login to our client area at the link below to submit your card details or make payment using a different method.

#### **Use Payment**

After numerous attempts to process your payment, we were unable to renew your connect domain

This means:

Your features will be canceled Your domain name will be disconnected from your website

To keep your domains active and prevent service interruptions:

- Check that auto-renew is enabled in the Billing panel.
  - Check that your billing credit card is up to date

### Example 2

#### Strange extortion ransom

From: nicole.ramsey1970@zipmail.com.br < nicole.ramsey1970@zipmail.com.br >

Sent: Friday, May 4, 2018 12:15 AM

To:

Subject: Be smarter next time ID eyjt035



Your PC was attacked by the corruptive application .

Whats the scam?

I deposited my malicious agent on a hard-core online portal, you pressed this information and urgently installed the malicious software to your system .

That rogue program made your front camera making video in such a way I get a clip with you dash your doodle.

During the next 5 hours this rogue program hijacked all the contact numbers numbers.

At this moment, I got all your information and movie with you burp the worm, now in a case if you wish me to eliminate all the contact information forward me 376 U.S. dollars in BTC digital currency.

In other circumstances I would forward the videotape to all your contacts .

I provide you mine Bitcoin wallet - 18dAWrPkVGEAFDSHs68C9gnnqhD4prggxW You get 24 hours after getting this. If I obtain transaction I am going to annul the videotape for ever and aye.

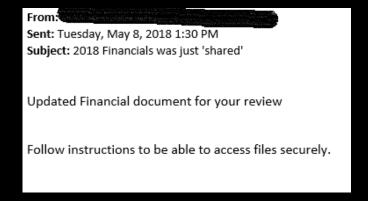
Im sorry for m y mistakes- I'm Chineeze .

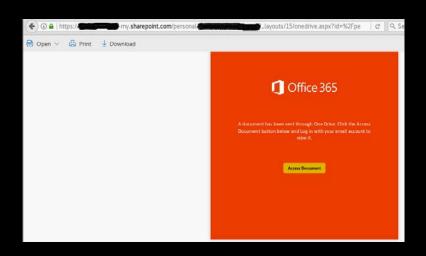
P.S. this mail address, I have plundered hobbled it.

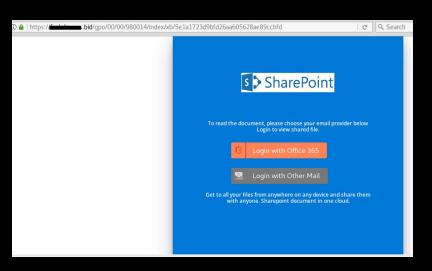
Don't reply to this email. This is temporary email address!

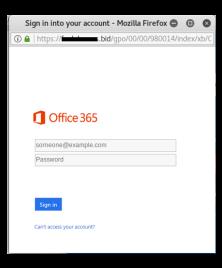
### Example 3

- Credential Stealing Phish
- Compromised Email
- Advanced Attack









### **Account Compromise**

• Unauthorized access to an account.

• Generally occurs through valid credentials.

### How was my account compromised?

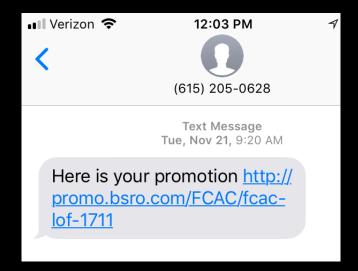
- Stolen Credentials
- Password Guessing
- Malware
- Social Engineering
- Password Reuse

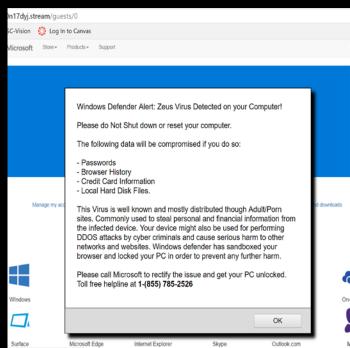
### Why are accounts compromised?

- Spam/phishing
- Steal personal information
- Fraud
- Reputation damage (social media)
- Data destruction
- Extortion
- Sell on black market
- Most roads lead to Financial Gain

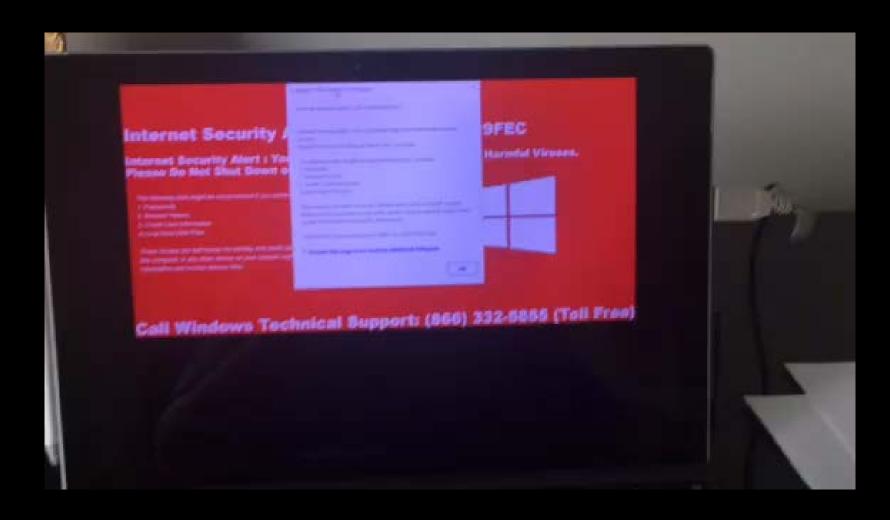
#### Scams

- Vishing
  - Telephone equivalent of phishing
- SMiShing
  - Text message (SMS) equivalent of phishing
- Scareware
  - Web browser pop-up or redirect to "scary" site





### Scareware



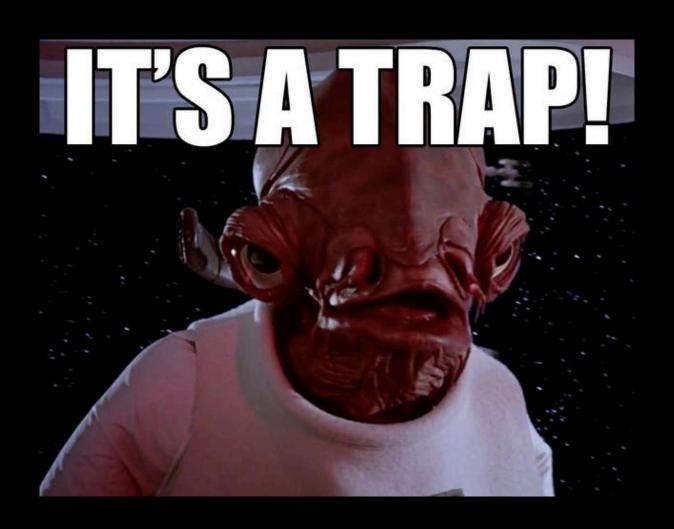
#### Malware

- Malicious software
  - Bundled with legitimate software
  - Silently installed from "bad" website
- Examples of malware
  - Ransomware
  - Keylogger
  - Botnet
  - Worm
    - WannaCry was a ransomware worm.

### **Other Threats**

- Social Engineering
- Lost/Stolen Device
- Accidental/Unintentional disclosure
- Vendor Trust
- The Dark Web

## So I fell for the trap, now what?



### I was phished, now what?

- Do not reply to the phishing email
- Report email as phishing
  - Report to webmail vendor or work as fraud
  - If personal, report to IC3.gov
- Contact your IT support if clicked.
- If credentials were entered, change password immediately
  - From clean device
- Delete the email when appropriate

### My password was stolen

- Change password from a clean machine
- Turn on multi-factor authentication (if available)
- Review account for any changes

### My device was lost/stolen

- If tracking enabled, try Find My iPhone (or similar technology)
- If not found, initiate remote wipe (if possible)
- Hope for the best...
- If sensitive data was on the device, use encryption going forward

# **Account Security**

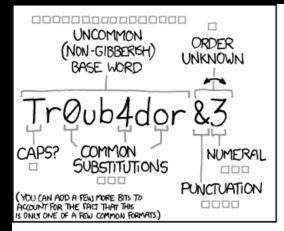
### **Passwords**



### Password Best Practices

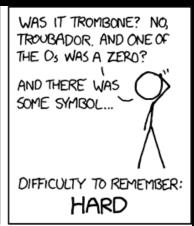
- Never re-use passwords
- Use long passwords (12+ characters)
- Use complex passwords
- Use a passphrase
- Change password periodically

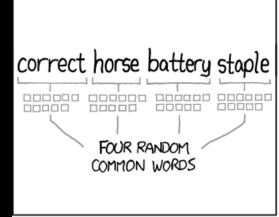
### Password Strength Visualized





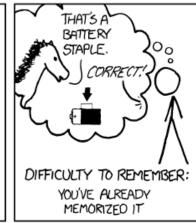
EASY







DIFFICULTY TO GUESS:



THROUGH 20 YEARS OF EFFORT, WE'VE SUCCESSFULLY TRAINED EVERYONE TO USE PASSWORDS THAT ARE HARD FOR HUMANS TO REMEMBER, BUT EASY FOR COMPUTERS TO GUESS.

#### The Blake Password Method

- Pick 4 random words
  - Chicken + Blender + Airplane + Orange
- Pick 2 numbers
  - 9 + 0
- Pick 2 symbols
  - ( ) this is Shift + 90
- Lets put it all together
  - ChickenBlenderAirplaneOrange90()
- Wow, that's 32 characters!





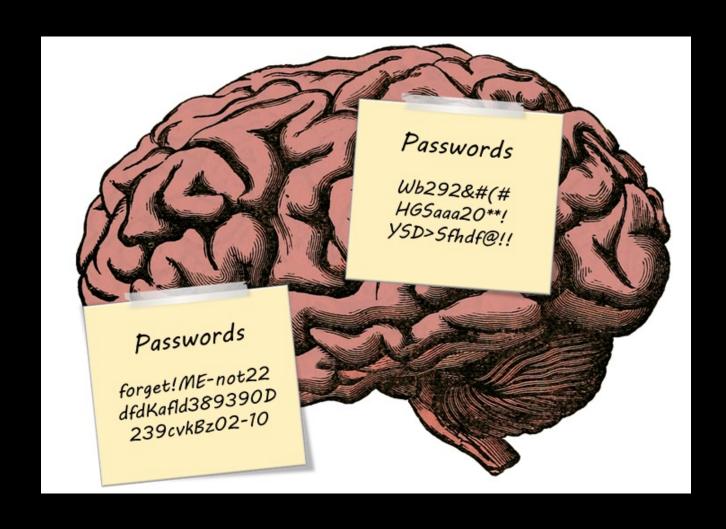




### Password Examples

- Facebook\_stol3/my+datas
- Eat-mor\*chikn#nugs
- ChickenSaladChair12!@
- ~NCAVA#Conf\_isthebest~

### But how do I remember all these passwords?



### What is a Password Manager

- A vault for storing passwords
- Encrypts passwords with a master password
- Can generate random, long, complex, unique passwords for every site
- Online and offline options
  - Online options
    - Multi-device
    - Browser plugin
    - More accessible
  - Offline option
    - No internet requirement
    - Can be multi-device or stored on USB

### Popular Password Managers

- Online
  - LastPass
  - 1Password
- Offline
  - KeePass2

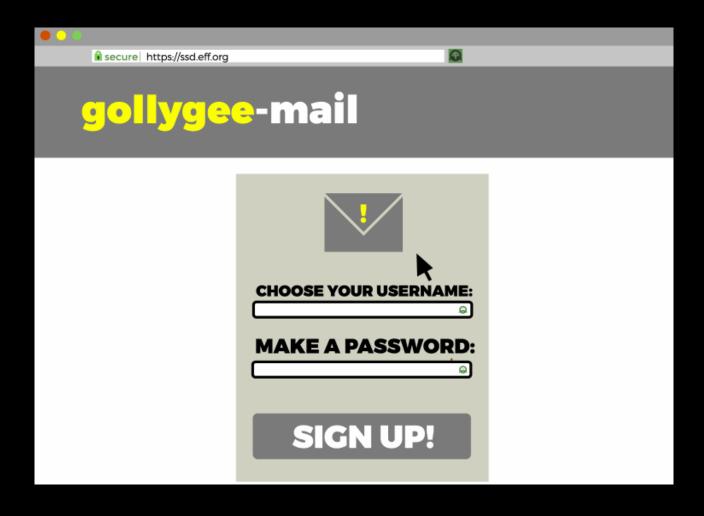




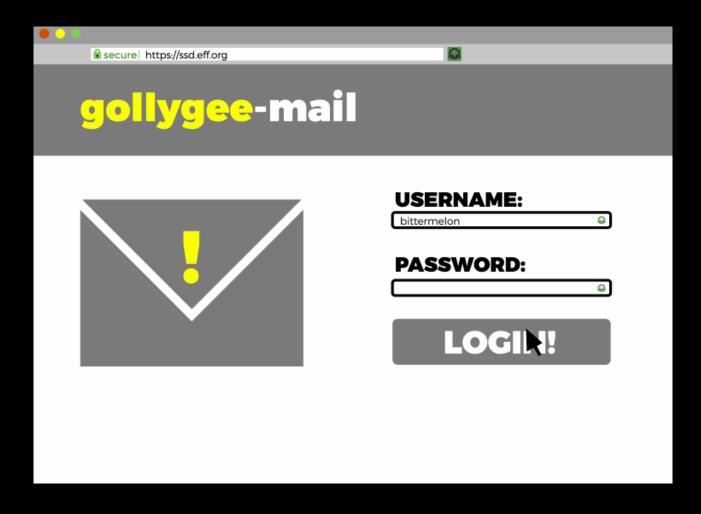
### Password Manager Login



### Generating a Password



### Pasting a Password



#### Multi Factor Authentication

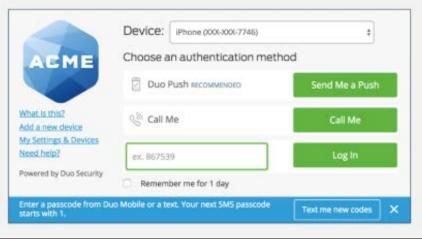
- Many names: MFA, 2FA, multi-factor, two-factor
- What is it?
  - Something you are
  - Something you have
  - Something you know
- Why should I used it?
  - Protection if password is stolen
  - Not offered by all companies
    - https://twofactorauth.org/

### **MFA Options**

- Something you are
  - Retina scan, fingerprint, Facial recognition
- Something you have
  - OTP One Time Passcode
    - SMS Text message
    - Voice Call
    - Hardware token
    - Authenticator App
  - Hardware Key

### **MFA Options**





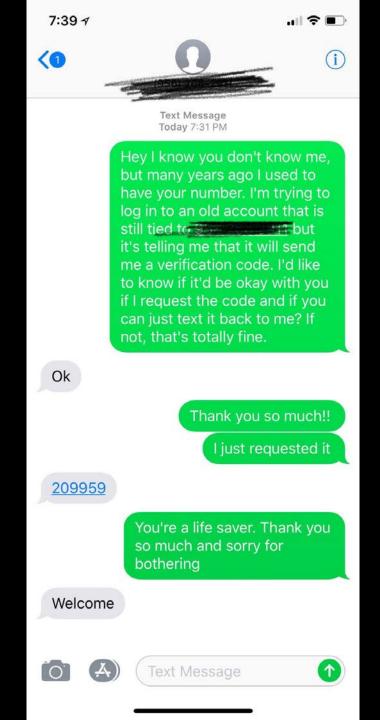






### **New MFA Bypass**

- Attacker gains user's credentials.
- Victim's account uses MFA.
- Attacker texts victim asking them to forward MFA code.
- Takes advantage of human nature.



### Online Breach Dumps



#### Adobe

In October 2013, 153 million Adobe accounts were breached with each containing an internal ID, username, email, *encrypted* password and a password hint in plain text. The password cryptography was poorly done and many were quickly resolved back to plain text. The unencrypted hints also disclosed much about the passwords adding further to the risk that hundreds of millions of Adobe customers already faced.

Breach date: 4 October 2013

**Date added to HIBP:** 4 December 2013 **Compromised accounts:** 152,445,165

Compromised data: Email addresses, Password hints, Passwords, Usernames

```
4464-|--|-xxx@yahoo.com-|-g2B6PhWEH366cdBSCql/UQ==-|-try: qwerty123|--
4465-|--|-xxxx@jcom.home.ne.jp-|-Eh5tLomK+N+82csoVwU9bw==-|-?????|--
4466-|--|-xx@hotmail.com-|-ahw2b2BELzgRTWYvQGn+kw==-|-quiero a...|--
4467-|--|-xxx@yahoo.com-|-leMTcMPEPcjioxG6CatHBw==-|-|--
4468-|-username-|-xxxxx@adobe.com-|-2GtbVrmsERzioxG6CatHBw==-|-|--
4469-|--|-xxxxx@yahoo.com-|-4LSlo772tH4=-|-rugby|--
4470-|--|-xxxx@yahoo.com-|-WXGzX56zRXnioxG6CatHBw==-|-|--
4471-|--|-xxxx@yahoo.com-|-x3eI/bgfUNrioxG6CatHBw==-|-myspace|--
4471-|--|-xxx@hotmail.com-|-kbyi9I8wDrrioxG6CatHBw==-|-regular|--
```

### Have I been pwned?

https://haveibeenpwned.com/

';--have i been pwned?

Check if you have an account that has been compromised in a data breach

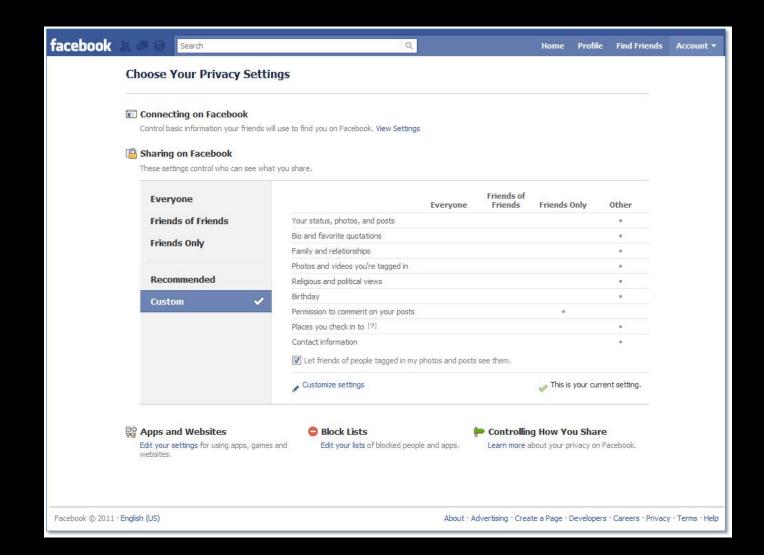
email address

pwned?

### **Account Privacy Settings**

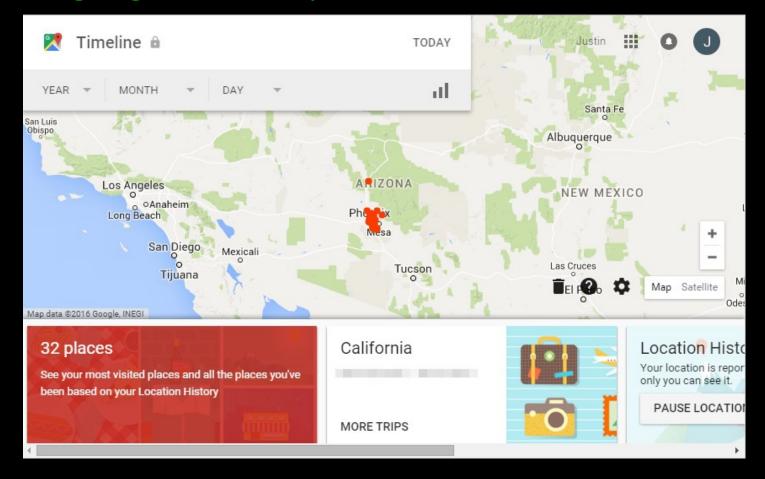
- By default, many sites make data public
- Review settings carefully, especially on social sites
- Sometimes can have unintended consequences
  - A perspective employer found my "private" pictures
  - My boss saw my online rant about how I hate my job
  - The burglar saw I was on vacation based on my insta-posted photos
  - My a business connection obtained my cell number

### Example of Privacy Settings



### Google Account Timeline

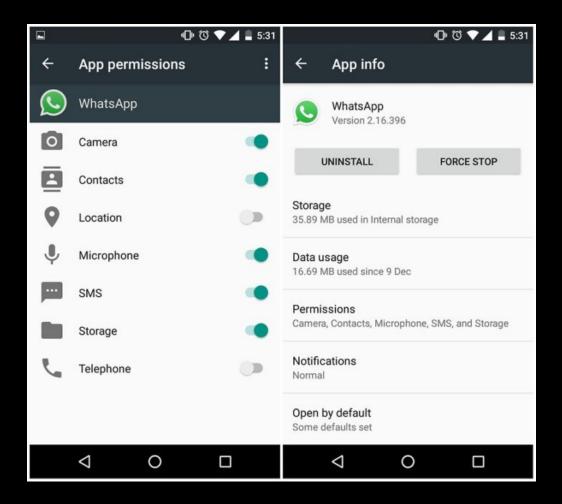
https://www.google.com/maps/timeline

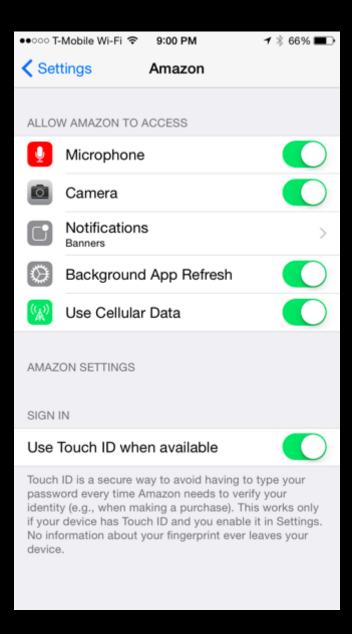


### **App Permissions**

- Does my calculator app need access to my microphone?
- Why does my music app always want location services?
- When installing apps, be weary of the permissions they request
- Many newer devices have ability to retroactively control app permissions
- Check your mobile apps for any unusual settings.

### App Permissions Example





#### Limit Personal Data Online

- Think before you post!
- What data are my apps collecting?
- What personal details and I posting to social media?
  - Out of wallet/ security question answers
  - Goldmine for identity theft/account compromise
  - Location data in posts?
- What else is out there?

### Public Record Data

- Property Records
- Voter Records
- LinkedIn
- Social Media
- Organizations
- Google
- Data Agregators
  - Whitepages.com
  - Radaris.com

### I want to Opt-out!

- Luckily there are options
- Great guides to help you get started
  - https://tisiphone.net/2017/01/25/thwart-my-osint-efforts-while-binging-tv/
  - https://webbreacher.com/2017/04/24/removing-yourself-from-the-internet/
- Phone Calls https://www.donotcall.gov/
- Credit Offers https://www.optoutprescreen.com/
- Direct Mail https://dmachoice.thedma.org/

# **Device Security**

### How to I protect my devices?

- Phones
- Computers
- Tablets
- Lightbulbs
- Toys
- Toilets





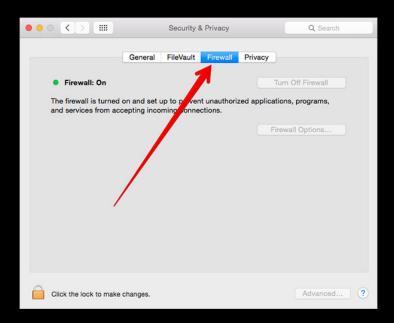
#### Credentials and Accounts

- Change default passwords for EVERYTHING
  - IoT
  - Computers
  - TVs
  - Toilets
- Use separate accounts/devices for business/fun
- Use separate accounts/devices for kids/games
- Don't forget about 2-factor when applicable

### **Firewall**

- Turn on local firewall
  - PC and Mac have built-in options for this
  - Turn on as restrictive as possible while still being usable





### Updates

- Update all devices
  - Computers, phones, IoT, cars, etc.
- Turn on auto-updates
- Update all software
  - OS
  - Third party apps
- If you don't need it, uninstall it!

#### **Antivirus**

- Protects against malware
- Many free and paid options
- Some options include web filtering too
- Windows has a built in AV, Windows Defender
- Sophos has a free home version!

#### Adblockers

- An adblocker is a browser extension that limit the amount of ads that are displayed to you while browsing.
- Some debate on adblocker ethics
- Adblockers significantly reduce ad based malware
- Recommended extensions
  - AdBlock
  - uBlock Origin
- Other good extensions by EFF
  - Privacy Badger and HTTPS Everywhere

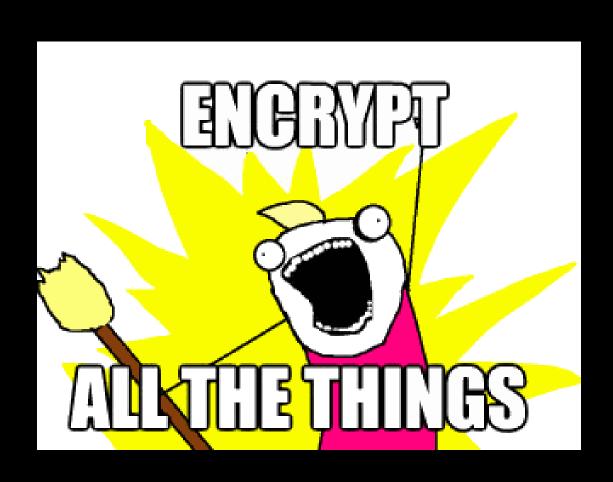
### How do I backup my data?



### **Backup Solutions**

- Online backups
  - Manual file backups (Google Drive, Dropbox, etc.)
  - Automatic backups (Carbonite, Backblaze, etc.)
- Offline backups options
  - CDs/DVDs
  - USB drive
  - External Hard drive
- Where do I store offline backups?

# Encrypt your Backups!



### **Encryption Solutions**

- Free
- Paid
- Software
- Hardware
- So many to choose!

Don't lose your encryption key ©

### **Software Encryption**

- Open Source = Free + Time
  - Can be more difficult to use
  - Good for nerds and cheapskates
- Paid Solutions = \$\$\$
  - Typically easier to use
  - Better for average user
- How do I encrypt the cloud?

### Hardware Encryption

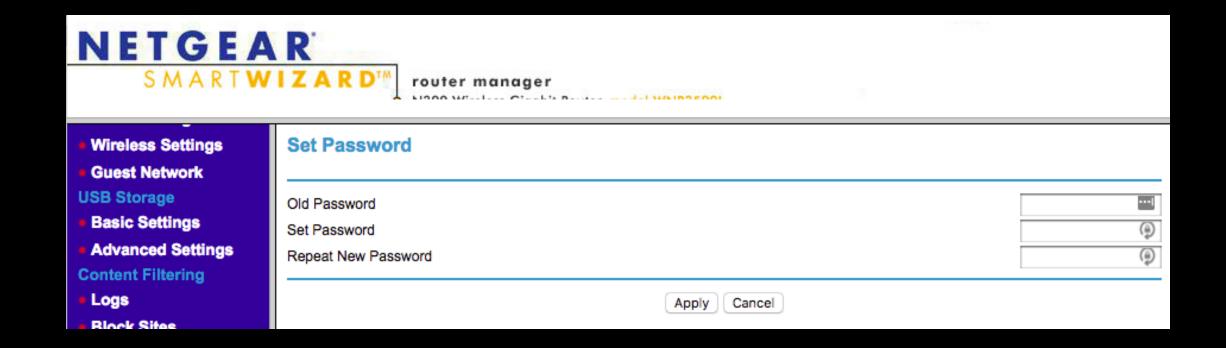
- Pre-built hardware
  - Easy to use, can be expensive
  - IronKey, Aegis Secure Key, etc.
- Make your own encrypted USB with VeraCrypt!



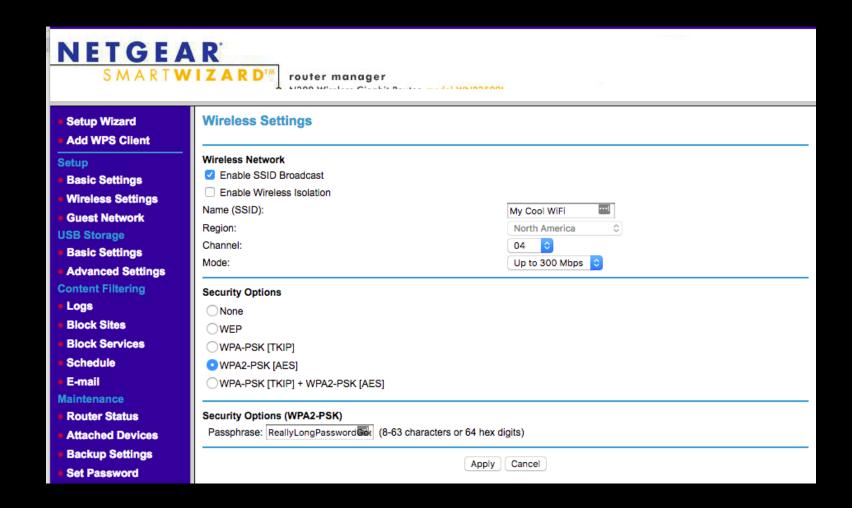
### How do I secure my WiFi network?



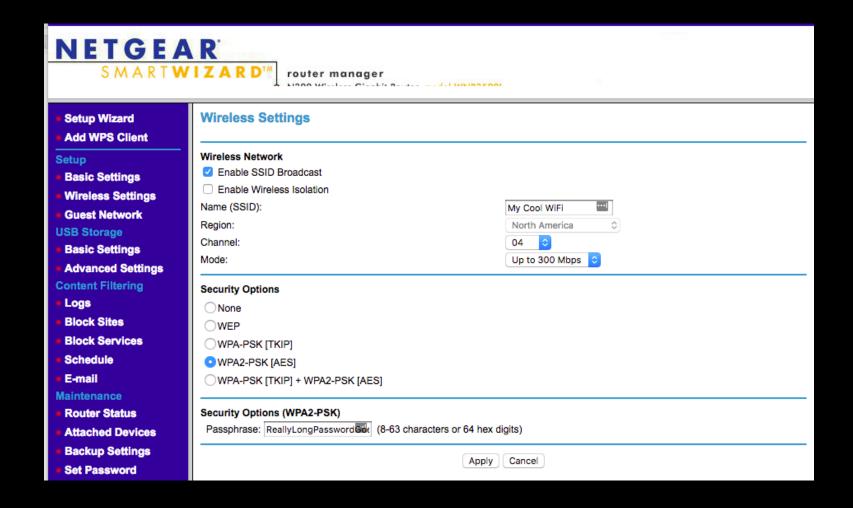
### Change default admin password



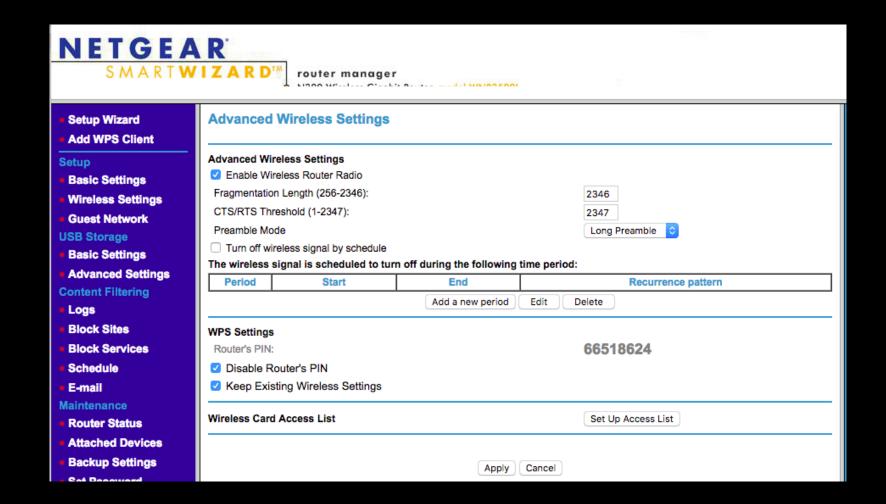
### Change SSID/WiFi Key



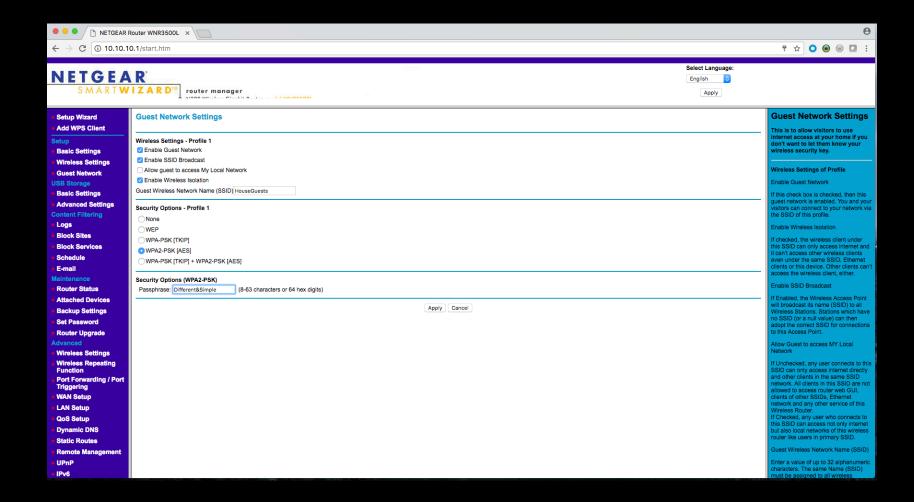
### Use Strong Encryption WPA2-PSK



### Disable WPS

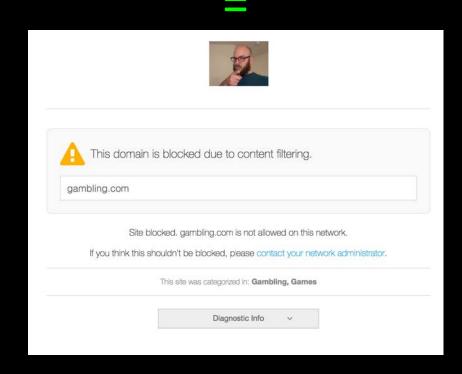


#### Use a Guest Network

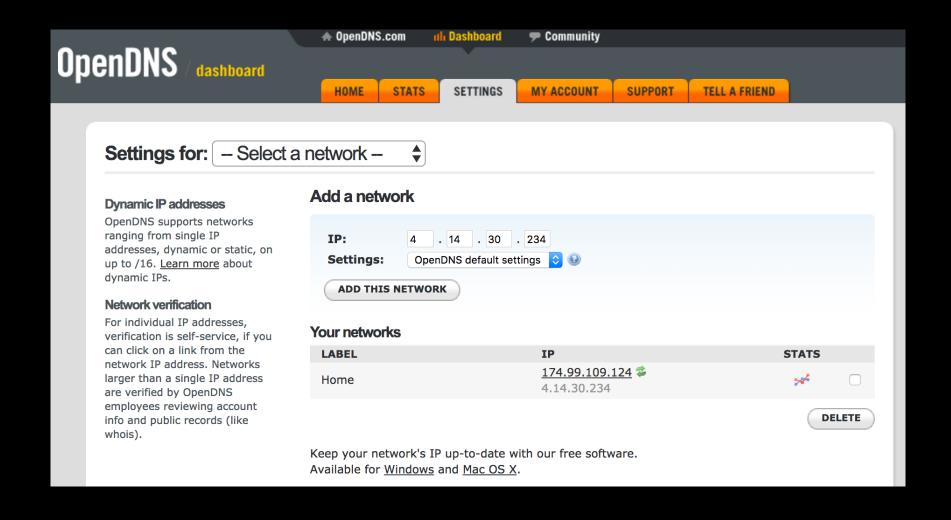


### Use OpenDNS DNS Servers





### OpenDNS Dashboard

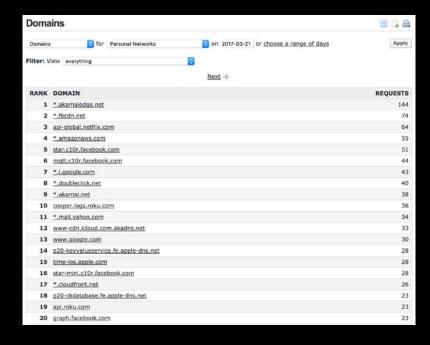


### Web Filtering and Security

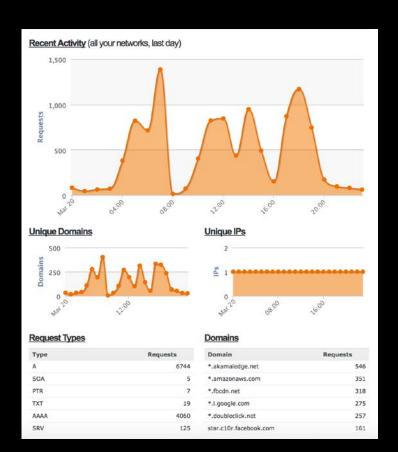
Choose your filtering level					
○ High		Protects against all adult-related sites, illegal activity, social networking sites, video sharing sites, and general time-wasters.  26 categories in this group - <u>View</u> - <u>Customize</u>			
0	Moderate Protects against all adult-related sites and illegal activity.  13 categories in this group - <u>View</u> - <u>Customize</u>				legal activity.
0	Low	Protects against pornography. 4 categories in this group - <u>View</u> - <u>Customize</u>			
$\circ$	None	Nothing blocked.			
0	Custom	Choose the categories you want to block.			
	Academic Fraud		Adult Themes	<b>/</b>	Adware
	Alcohol		Anime/Manga/Webcomic		Auctions
	Automotive		Blogs		Business Services
	Chat		Classifieds	$\checkmark$	Dating
✓	Drugs		Ecommerce/Shopping		Educational Institutions
	File Storage		Financial Institutions		Forums/Message boards
	Gambling		Games		German Youth Protection
	Government	$\checkmark$	Hate/Discrimination		Health and Fitness
	Humor		Instant Messaging		Jobs/Employment
✓	Lingerie/Bikini		Movies		Music
	News/Media		Non-Profits	<b>/</b>	Nudity
	P2P/File sharing		Parked Domains		Photo Sharing
	Podcasts		Politics	$\checkmark$	Pornography
	Portals		Proxy/Anonymizer		Radio
	Religious		Research/Reference		Search Engines
✓	Sexuality		Social Networking		Software/Technology
	Sports	<b></b>	Tasteless		Television
	Tobacco		Travel		Video Sharing
	Visual Search En	gines 🗸	Weapons		Web Spam
	Webmail				

#### Security Malware/Botnet Protection **Enable basic malware/botnet protection** When certain Internet-scale botnets are discovered or particularly malicious malware hits, we offer protection to all our users so that as many people as possible can be protected from the threat. At this time, this feature blocks the Conficker virus and the Internet Explorer Zero Day Exploit, and is continually expanded to include other types of malicious sites. **Phishing Protection Enable phishing protection** By enabling phishing protection, you'll protect everyone on your network from known phishing sites using the best data available. **Suspicious Responses Block internal IP addresses** When enabled, DNS responses containing IP addresses listed in RFC1918 will be filtered out. This helps to prevent DNS Rebinding attacks. For example, if badstuff.attacker.com points to 192.168.1.1, this option would filter out that response. The three blocks of IP addresses filtered in responses are: 10.0.0.0 - 10.255.255.255 (10/8) 172.16.0.0 - 172.31.255.255 (172.16/12) 192.168.0.0 - 192.168.255.255 (192.168/16)

### **OpenDNS Stats**







### Securing WiFi - Recap

- Change default admin credentials
- Change default SSID
- Change default wireless key
- Use strong encryption
- Disable WPS
- Segment networks
- Use web filtering

# Questions?



### Thank you!

- Contact Info
  - blak3irwin@gmail.com

- Slides and Resources
  - https://blak3irwin.github.io/