

# CYBERSPRINGBOARD.COM

Activities to build fluency in cyber skills

HELLO@CYBERSPRINGBOARD.COM  
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**WHAT CAN I DO TO BUILD THE  
SKILLS AND KNOWLEDGE  
TO WORK IN  
CYBER SECURITY?**

CYBER IS MORE THAN PENTESTING  
CYBER IS MORE THAN FORENSICS  
CYBER IS MORE THAN RISK MANAGEMENT

21  
(+1)

CyBOK V1.1 KNOWLEDGE AREAS

*HELP OTHERS*  
WHAT CAN I DO TO <sup>1</sup>BUILD THE  
**SKILLS AND KNOWLEDGE**  
TO WORK IN  
**CYBER SECURITY?**

# CYBER SPRINGBOARD

- Washing up
- Write menu in busy book
- Wood working
- Cosmic yoga
- WT
- Busy book work
- Colouring
- Phonics 00/00
- Number blocks
- Train tracks
- Washing
- Clothes away
- Music
- Writing
- Cycling
- Garden play
- Drawing
- Worship
- Baking
- Afternoon stories (3pm)
- Morning welcome (9am)
- Play dough
- Make dinner
- Litter picking
- Gardening
- Running races
- PE with Joe
- Story time
- Experiments
- Hyacinth photo
- Vacuuming
- Painting
- Reading
- Stamps
- Ball games
- Cars
- Games
- Imagineering p
- Number work
- Maths challenges
- Treas
- Super Yoga

# CYBER SPRINGBOARD



# WHAT IS CYBER SPRINGBOARD?

Activities to build  
fluency in cyber  
skills

## CYBER SPRINGBOARD|CARDS

*Ideas and exercises to help you develop your knowledge and skills in cyber security.*

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AWARENESS | TOOLS

Try using the Unicorn emulator

CYBER SPRINGBOARD | CARDS

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APPSEC | KNOWLEDGE

Read the OWASP Application Security Verification Standard (ASVS)

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DYNAMIC | MODIFICATION

Hook a function call

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APPSEC | KNOWLEDGE

Read the OWASP Top 10

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DYNAMIC | MODIFICATION

Modify a copy of the binary and run it

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# WHAT IS CYBER SPRINGBOARD?

## Activities to build fluency in cyber skills

### Read an NCSC guidance document



The UK's National Cyber Security Centre (NCSC) publish guidance and reports across a wide range of topics. Reading one of these guides will give you insight into the challenges faced in the real world.

[CyBOK:ADV](#) [CyBOK:INT](#) [CyBOK:RMG](#)  
[CyBOK:SOIM](#) [Knowledge](#) [Standards](#)

### Read the Everyday Security booklet in the Practising Creative Securities series



Practising Creative Securities is a series of books which outline engagement practices and methods that can be used to structure conversations about digital security in day-to-day situations. These engagement practices and methods have been developed from eight years of research spanning four research projects that have focused on encouraging communities to talk about what digital security means to them in their day-to-day lives.

[CyBOK:HF](#) [General](#) [Easy](#)

### Read the OWASP Top 10



The OWASP Top 10 is a standard awareness document for developers and web application security. It represents a broad consensus about the most critical security risks to web applications.

[CyBOK:SSL](#) [CyBOK:WM](#) [AppSec](#) [Knowledge](#)  
[Easy](#)

### Use volatility to perform memory Forensics



The Volatility Framework is an open source memory forensics suite written in Python.

[CyBOK:FOR](#) [Exercise](#)

### Write a CMakeLists.txt to build a simple binary using CMake



CMake is an open-source, cross-platform family of tools designed to build, test and package software. CMake is used to control the software compilation process using simple platform and compiler independent configuration files, and generate native makefiles and workspaces that can be used in the compiler environment of your choice.

[CyBOK:SSL](#) [Exercise](#)

### Write a script using The Sleuth Kit (TSK) to analyse a disk image



The Sleuth Kit® is a collection of command line tools and a C library that allows you to analyze disk images and recover files from them. It is used behind the scenes in Autopsy and many other open source and commercial forensics tools.

[CyBOK:FOR](#) [Exercise](#)

# **DEMO (OR IT DIDN'T HAPPEN)**

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**METRICS**  
2022-07-13



# NEXT STEPS

## STRUCTURE

CARDS  
TAGS  
PATHWAYS  
PROGRAMMES

## FUNCTION

USER ACCOUNTS  
PROGRAMME DELIVERY  
ACTIVITY HISTORY  
STARTER CODE  
DOCKERFILES  
LEVEL-UP COMMAND

## CYBOK

IMPROVED CyBOK PROFILE  
PERSONAL CyBOK PROFILE  
CLASSIFICATION HELPERS

## COMMUNITY

DISCUSSION  
SUPPORT  
COACHING  
MENTORING  
CAREERS / JOBS

# HOW CAN YOU HELP?

- Try it and share feedback with me
- Spread the word
- Collaboration
- Funding

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# CYBOK KA PROFILE

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