

## Security Awareness, Training, and Education Contest

Categories

Judges

Website
Motivational Item
Poster
Newsletter
Training

 Not affiliated with any of the groups that submitted entries
 From various positions

and industries

# Website Entries (4)



CSI Cyber is intended as a learning tool for individuals not familiar with Digital Forensics and Cyber Investigations and for professionals in the field to self-assess their level of expertise. Assess your areas of expertise in a given topic and show off your skills and certificates to colleagues, teachers, family, or friends.



### How it Works



knowledge.

Pick a topic and a difficulty level, and answer 15 questions to test your



Get Your Self-Assessment

See how you scored, what you got right, and where you can improve. If you passed, you can print a certificate as proof of your achievement.



If you have a comment or a question you believe would be appropriate to use on this site, please complete the form below:



This Week's Security
 Awareness Tip

Web Policies | FOLA | USA, gov | No FEAR Act | Privacy Policy | Disclaimers | OPM Status | Contact Us

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### Monthly Awareness Video

For us at SANS Securing The Human every month is security awareness month. As such, we would like to share that commitment with you the community. On the first of every month we will post a new security awareness video on this page. At the end of the month we will take down the video and replace it with a new one. This way you, your family, friends and co-workers can stay updated with the latest cyber threats and technologies. Ultimately, our goal is to help people to change behavior so they can leverage technology more safely and effectively.

This month's video is on the Advanced Persistent Threat (APT). Learn what APT is, how it actively targets organizations and individuals, and what you can do to protect yourself.





2/11/2013



### ITWD Quick Clips -- Creating a Strong Password

# Website Winner!

# Sara Fitzgerald and Kimberly Conway

Organization: Food & Drug Administration (FDA)



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 Awareness Tip

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# Motivational Item Entries (3)







# Motivational Item Winner!

Jennie Blizzard, Shannon Jones, and Shirley Clement

> Organization: Federal Reserve Bank



# Poster Entries (14)

WORKING FROM HOME AND USING A HOME-BASED WIRELESS CONNECTION?

- Use Wi-Fi Protected Access 2 (WPA2) instead of WEP (Wired Equivalent Privacy which can be hacked in minutes). Make sure that the encryption feature is turned on.
- Consider hiding the identity of your wireless network by turning off the identifier broadcaster feature of your router.
- Change your router's pre-set password for administration to something only you know. The longer and more complex the password, the tougher it is to crack.
- Only allow trusted (e.g, your family) computers to access your network.

### Passwords are like bubble gum...

They are strongest when fresh, should not be shared, and if left around, create a sticky mess.



**Don't use the same password** for multiple accounts! If hackers successfully discover a password, they immediately assume the victim has used the same password for other accounts. Sometimes this allows access to an important account simply because the same password was also used elsewhere.

# Vary your passwords

...so they don't fall like dominoes

### DON'T MAKE YOURSELF AN EASY TARGET



#### AT WORK OR AT HOME

Personal safety is everyone's business whether it is in their professional or personal lives. Do not get too casual in your approach to safety and become a victim. It is crucial that all associates stay up-to-date on training and remain educated about different security risks. Safety should become a habit that is maintained not only at work but at home. Use common sense and take a more proactive approach. It is vital that associates take the necessary precautions to protect Diebold, themselves and others as part of their daily routine. Personal safety is a 24-hour job, so make it part of your everyday work and home culture to ensure that you do not become a target.

Do you have questions regarding personal safety and steps you can take to ensure you don't become a target? Contact globalriskandsecurity@diebold.com



Security... a team effort but an individual responsibility.

# Don't bring back more than memories...



### **Follow the International Travel Policy**



http:///



## EMAIL FROMA STRANGER? CAREFUL COULD BE DANGER!

0 0

Please check out our website for more information: http://inside.fda.gov:9003/it/ITSecurity/Communications/ucm244443.htm

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LOST DOG \$

about my lost puppy. Please help me find Fluffy. A reward is being offered to anyone who can provide any information about his location. Please click here for more details.

Please help me find my lost dog

> 0-

LOFT



### **CONTINUOUS MONITORING**



STH-Poster-YoukiskTarget-HighRasolution.pdf - Adobe Reader

File Edit View Window Help

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## YOU ARE A TARGET

#### Username & Passwords -

Once hacked, cyber ofmersis can install programs on your computer that organize all your knywholess, including your oscimania and password. That enternation is used to log this your online accounts, such as:

- Your bank or financial accounts, where they can alter or hender your money. • Your Kitsel, Google Drive, or Driptics account where
- they can access all your sensitive data.
- · Your Amazon, Mainuel or other online shopping
- accounts where they can purchase goods in your name Tour LPT or Federa accounts, where they also alson points in your name

#### Email Harvesting ----

Once hacked, cyber criminals can read your enail for educention they can sell to others, such as

- All the names, small addresses and phone
- numbers from your contact list. All of your personal or work email.

#### Virtual Goods -

Once hacked, cyber crimewik can copy and alead any whited proche pite have and well them to others, such as:

- The order panels characters, panels pools
- ar particle currencies. Any achieve loanses, specialing system bionse
- krys, or pensing itemsets.

#### Botnet-

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25

Once hecked, your computer can be corrected to ter entire network of hashed computers controlled by the opter unrand. The network, called a tomot gait that he uned for achidets such as

- 😻 🔕 🔼 🚳

Souting out space to entities of pargale.
 Launching Denied of Service attacks.

You may not realize it, but you are a target for cyber criminals. Your computer, your mobile devices, your accounts and your information all have tremendous value. This poster demonstrates the many different ways cyber criminals can make money by hacking you. Fortunately, by taking some simple steps, you can help protect yourself and your family. To learn more, subscribe to OUCHIL a security newsletter designed to help people suit like you

#### www.securingthehuman.org/ouch

#### Identity Hijacking —

Once haded, cylor criminals can also your oritre abortily to convert hadroly to convert haud or sell your identity to others, 10.00

- Fine Pacebook, Tadler or Linkedis account.
- Your small accounts. Your Stype or other M accounts

#### Web Server ---

Once hacked, cyber ofminals can turn your computer into a web server, which they can use for the following:

- Austing phishing wotubes to alow other people's NOT ANY DREET
- Roding attacking lock that will have progite's
- Collidering child pornigraphy, pitaled ethrea OF MERCHANNESS

#### Financial -

Once hacked, Oyber crimmals can acan your systems looking for valuable information, such as

- Your credit card information
- Your has records and part Allegs.
   Your Reposited sciences and subsciences places.

#### Extortion -

Once hadded, opter criminals can take over your computer and domand money. They do this by

- · Failing pictures of your with your computer caners and demanding payment is dealing or not release the patterns
- Encrypting all the data on your computer
- and domanding payment to shored & Tracking all anticales you stad and Retailering By particular Process

This poster is based as the original work of Brien Kindta. Yas can keels more about types ormanals of his blog of hits / boots 

## "We will protect Veterans' information as if it were our own."

#### - Christopher Wlaschin

ADAS for Security Operations, Information Security Office of Information and Technology US Department of Veterans Affairs





### THE CASE OF THE POWERFUL PASSWORD

You don't have to be Sherlock Holmes to know that it's up to each of us to help keep the university's systems and data secure. The place to start is your own computer, making sure it's protected by a strong password.

#### Ferret out the facts for making up powerful passwords

- Include at least seven characters in a mix of upperand lower-case letters, numbers, and special characters
- Don't use names of family members, favorite pets, birthdays, or anything else that could easily be looked up
- Add parenthesis and even a weak password will become much stronger

University of Maryland University Coll

 Change passwords every two months, and replace at least half the characters instead of just rearranging them

#### You, too, can be a Super Security Sleuth

For more clues to IT security awareness, visit www.umuc.edu/urltbd.

#### REMEMBER ... U are the center of SEC\_RITY at UMUC

#### **Enterprise Risk and Compliance Team**

## **DON'T GET HOOKED**

## Beware of Phishing Scams

Do not open unsolicited emails or emails from someone you don't know.

**Do not** click on links to web sites, download attachments, or enter personal financial data on forms accompanying suspicious emails.

Do not forward chain emails or post email addresses to web sites.





# Posts Are Forever Forever



### **BEST PRACTICES FOR USING SOCIAL MEDIA SITES:**

- Understand and follow Department policies for use of social media.
- Use unique passwords
- Be cautious about how much personal information you provide on social networking sites.
- Don't trust that a message is really from who it says it's from.
- Be selective about who you accept as a friend on a social network and share personal information only with people you know.
- Just like email, use caution before clicking a link or URL in a message.
- Learn about and use privacy and security settings on your social network sites.
- Once information is online, there is no way to control who sees it, where it is redistributed, or what websites save it into their cache. Posts are forever!

I'M READY				-
Likes: Ho ARE YOU? Attends church Politically active.	. Qyou:		kur Ş	@fe?
Two sons play T-ball Dislikes: Black and Whi Software used Single Languages	Home address Spoken Political Affiliations & Dom Brother is turning 5	Diner on nations		
Lived at same address for 5 ye Favorite Web site: Sports	Works at a Company with 100,000 employ	and the second		
Owns an iPad	Geographic location Disl as a board member Education Leve	ikes: Broccoli		
Zip Code is 21401	Hometown Likes: Green Living	Volunteers		ater
Sister is a dentist Likes: Sushi	Lives in San Diego Frequent High School Attended Runs in 5H	Phone number		
Favorite Celebrities Has a wife and three ki	ds Coaches Horker	Likes: Online News <i>Owns a Ducati</i>	\$350 Shoes	Res El



Feb 2013 440 CF/SCXS

# Poster Winner!

# Alexis Benjamin

Organization: Department of State, Office of Computer Security

### Passwords are like bubble gum...

They are strongest when fresh, should not be shared, and if left around, create a sticky mess.



# Newsletter Entries (6)

Holiday Edition 2012

Information Security News for Federal Reserve Employees

### Shopping at Work Risks

This is allowed, there's a chance you may get more than what you bargained for if you shop online at work. According to a 2011 Shopping on the Job Survey by the Global Information Technology Association, employees will increase their online holiday shopping during work hours, posing increased risks to their organization's computer system.

Employees who shop online from work could be exposing their corporate networks to viruses, malicious software and unauthorized software applications for shopping, travel and online communications that compromise computer systems. These activities not only decrease productivity and increase security risks but also cause companies to use scarce resources to address problems associated with the unauthorized online activity. "Many people go onto the Internet at work with a specific job in mind; either checking their bank account, paying a utility bill, checking travel details or doing some shopping. Others have no specific intention; they surf the web to try to kill a few hours," said John Wolfe, an information security expert. "The worrying thing is that this is the kind of activity that can lead to employees downloading software, tools or other copyright materials for fun, putting their PC at risk to viruses and spyware and leaving their employer liable for copyright infringement."

Bits & Bytes

#### When using the Internet, keep these rules in mind:

- Visit only reputable websites. If you have doubts about the site, don't go there;
- If you're working remotely, make sure to connect through
   VPN before you visit the web;
- Always close pop-up windows without following any links or entering any data;

- continued on next page

### Did You KNOW? **\$214,000**

According to a recent survey, that's an average of how much attacks by hackers cost a business. The expense of such an attack includes forensic investigation, investments in technology and brand recovery costs.

Source: National Security Institute Inc.

### Shop Online Securely

Use unique passwords. Be sure that you use a unique password for each retailer's site that you make purchases from. This way if one account is compromised, the other accounts are still safe.

Use a credit card for online purchases, not a debit card. Credit cards have more safeguards than a debit card. If your debit card number is stolen, it can result in overdraft fees and be much harder to sort out.

Look for signs that the website protects your data. On the web page where you enter your credit card or — continued on next page



"If you were concerned about identity theft, you shouldn't have left your private information lying around where I could find it!"


#### Inside this issue:

- 1 Are you trading security for convenience?
- 2-3 Are you trading security for convenience? continued
- 3 Modern Malware
- 4 CAPTCHAs: What Are They?

#### **Report an Incident**

If you suspect lost, misplaced or stolen equipment or a breach of Personally Identifiable Information (PII), notify your equipment manager **AND** contact the FDA IT Security Operations Center (SOC) at:

Email:
Toll Free Number:

## Are you trading security for convenience?

Think your iPhone or Droid is secure? You're not alone. The majority of mobile device users feel that way... the truth is, these devices are not as secure as you might think. And we're not talking about people wanting to highjack your Angry Birds apps to erase your high scores either.

"Smartphones today handle a great quantity of private and sensitive data, in a highly portable, networkconnected mobile computer. The data stored and transmitted can include security credentials, personal financial information, private communications, sensitive company data and more.

The appWatchdog tests focus on what is stored on the device. Smartphone apps handle usernames, passwords and private app data, all of which should be stored securely or not at all. In the event of a lost device or malware infection, data stored insecurely can be compromised." - Source: www.viaforensics.com

"Mobile App Security Study"

Perhaps the hottest topic with regard to mobile app security is banking. In fact, according to Juniper Research, over 200 million people took advantage of mobile banking in 2010, and they say that number will double by 2013. It's quick, easy and readily available from our back

February 2012 Page 1



### special Edition of The Front Burner **Cybersecurity**



The ACIO for Cybersecurity Issue No. 13 October 2012

#### National Cybersecurity Awareness Month October 2012

The Department of Energy is joining forces with the Department of Homeland Security and other Federal and State agencies and private industry to recognize October 2012 as National Cybersecurity Awareness Month (NCSAM). The primary goal of NCSAM is to engage and educate the public, private, and Federal sectors about cyber risks in an effort to increase the resiliency of the Nation against cyber incidents. The following is a message from our Associate Chief Information Officer (ACIO) for Cybersecurity, Mr. Gil Vega.

As the Department's Chief Information Security Officer, I would like to take a moment to discuss the critical role that cybersecurity plays in our daily lives – both at work and at home. The technology that has greatly enhanced our lives with immediate access to resources and communication tools has also exposed us to tremendous adversarial threats such as identity thieves that attempt to steal our personal information or terrorists that desire to destroy our Nation's infrastructure. In addition, we are more interconnected than ever before. From the kitchen table to the classroom, from business transactions to essential government operations and services, cybersecurity is an issue that touches all of us on a daily basis. Yet for all of its advantages, increased connectivity brings increased risk of theft, fraud, and abuse. No country, industry, community, or individual is immune to cyber risks.



National Cybersecurity Awareness Month reminds us that being safer and more secure online is a shared responsibility. In other words, during the month of October we pay special attention to "Achieving Cybersecurity Together." Each of us has an important role to play in securing our personal and professional cyberspace. Individual actions have a collective impact, and safe use of the Internet makes it more secure for everyone. If all Americans do their part by implementing stronger security practices, raising community awareness, educating young people and training employees, together we can foster a literate, resilient, and secure online society.









## Competency Models – A Look Back at 2012

ITWD's vision of creating an environment of learning excellence has driven the organization's efforts over the last 12 months. 2012 has been a year of growth and change for ITWD, and the results have been a stronger, better training program for the IT professionals in VA's Office of Information Technology.

The OIT competency model program plays an instrumental role in accomplishing ITWD's mission of preparing VA's information technology professionals to better serve our nation's Veterans through the delivery of targeted, competency-based skills and development programs. By the end of 2012, ITWD will have released a total of 13 competency models to the IT workforce.

Throughout the year ITWD built on the success of existing competency models such as the Information Security Officer (ISO) Competency Model, Supervisor Competency Model and Software Developer Competency Model to implement additional role-based models for Internet, Network

. D3

Security Operations Center, IT Project and Program Managers, Operating Systems, Systems Analysis, Data Mangers, Network Administrators, Systems Administrators, Customer Support and Enterprise Architect professionals. Incorporating feedback from the field, ITWD also worked with various groups within OIT to review and streamline the competencies included in the Core Competency Model. Core competencies are part of all models and are relevant to all roles—enhancing and simplifying the self-assessment and electronic individual development plan (eIDP) processes.

By the end of November 2012, 7,615 OIT employees had been assigned a competency model and 3,472 had completed their self-assessments in the Talent Management System (TMS).

continued page 3 .....A Look Back at 2012

Congratulations New ISO Training Program Graduates! ...... p2 The Pull of the Portal .....

ITWD Helps OIT Understand New ProPath On/Off-Boarding and Monitoring Processes .....

05

from ITWD

Core Competencies... Updated! ..... p2



## Info Security News

March 2013

#### In today's busy world we are more interconnected

than ever before and are in constant communication with others. Email, messaging and even social networking have become the norm. Yet, for all its advantages, these methods of connecting and communicating can increase your vulnerability to cyber-attacks. One common attack, spear phishing, uses fake emails which masquerade as legitimate correspondence to convince recipients in a targeted organization to provide confidential information which may result in a data breach. For example, the email message might appear as if it came from your supervisor, human resources, the IT department, or from another government agency, or an association. Spear phishing can place vou, the Department of Education (ED) and others at risk.

Let's look at the following realistic, yet fictitious scenario to learn more about how spear phishing attacks can happen.

It started out just like any other day. After arriving at the office, you log on to the network and check your email. As you go through your email, you come across one from the Department's Office of the Inspector General (OIG) with the subject line of "Final Request – Attention Required." The body of the email states that you had failed to respond to their first request for information and that a response back was required before the end of the week. That's odd, you don't remember getting the first email. You decide to click the embedded link and provide the basic information on your project to their SharePoint site. After all, you don't want to risk creating a finding in an audit report. That afternoon you notice that your computer is running really slow and you can't seem to get anything done. After opening a ticket with the Help Desk, the Department's IT team determines that your computer is running malware and that it may have spread further into the network. Oh, no....



# Newsletter Winner!

# Deborah Coleman

Organization: The Department of Education, Office of the Chief Information Officer



## Info Security News

March 2013

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# Training Entries (6)

## C4 Crime Case Evidence Map

USB PEN: Clipped on top right vest pocket



Spy coin: Right hand pants pocket



DVD: Right cargo pants pocket The player's learning is measured through the completion of the series of tasks structured around a "typical workday" that make up the game. These tasks are divided into four groupings by time of day and environment and cover all information assurance content required and approved by DISA.

For each task, the learner completes some combination of activities made up of either a simulation or a mini-game. In simulations, the learners are presented with a scenario in which they must select the best course of action to protect information systems and sensitive information. In mini-games, learners apply information assurance concepts in a fun and interactive context.







## Storytelling and Scenario-based Examples















### Transcript

Adam: Ready for coffee?

**Carlos:** Absolutely. I could really use some, this spreadsheet is giving me a headache. I can't believe how long it's taking to compile this research. **Adam:** Should you lock your computer?

Adam: Should you lock your computer?

**Carlos:** We're just heading down the hall.

**Adam:** I know, it's just the right thing to do. It's a lot of sensitive information. **Narrator:** Yvette overheard Adam reminding a coworker to protect Veteran information by locking his computer. How will Yvette pay it forward? CSEC 645: ENTERPRISE CYBERSECURITY ADIUS: FIND YOUR WAY IN THREE DAYS There are multiple events vying for the learner's attention.

Prioritize and select the most critical issue to act upon, all while keeping an eye on the clock!





Utilities 🙆



## Security Training for Senior Executives and Managers

SHOW TEXT

Introduction IT Basics FISMA Reporting C&A Training IM Capital Privacy Contract Security IT Security Policy Operations Security Summary

**IT Basics: Incidents and Their Cost** 

- Compromised IT security costs more than replacing the affected information systems
- Lost and potentially-irretrievable information and lawsuits
- Damaged reputations, loss of jobs, or damaged careers

Page 8 of 15

Upon completion of this course, Senior Executives and Managers should be able to: explain the importance of IT security; identify the possible impact of a security breach; list their responsibilities as a senior executive or manager; recognize key security acts and legislation that affect the Department's IA processes; recall crucial federal security standards; identify the purpose and importance of the Authorization & Accreditation (C&A) process; and recount key IT security Department policies, procedures, and training initiatives.

RESOURCES

GLOSSARY

EXIT

REPLAY

BACK

FORWARD

# Training Winner!

# DISA, SAIC, and Carney, Inc.

# Name of submitter: Carmen Carper

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# Peer's Choice Awards

- Part of the Poster Session on Thursday
  - Stop by and see all the entries and descriptions up close
  - Vote for your favorites (1 from each category)
  - Winners will be announced during the closing session Thursday
  - Peer's Choice Award Winners will be listed along side the official Contest winners on the FISSEA Website
- No official award certificate...

just bragging rights 🕲

# Thanks to all who submitted entries!

# A special thanks to our judges!