Leveraging Human Factors for Effective Security Training

FISSEA 2012



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Carnegie Mellon

About the Speaker

- Associate Prof, Carnegie Mellon University, School of Comp Science
- Research and teaching interests:
 - Usable privacy and security
 - Mobile computing
- Co-author
- Startup









About this Talk

- Useful for people interested in:
 - How to effectively train people?
 - How to effectively design better user interfaces for privacy and security?
- Two case studies from my research



Human Element of Security

- People are key part of computer security for every organization
 - Keeping passwords strong and secure

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- Avoiding social engineering
- Avoiding malware
- Appropriate use of social networking
- Keeping mobile devices secure
- Overlooking human element is most common mistake in computer security



What is Human-Computer nteraction?

Field that seeks to understand the relationship between people & computers

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- Designing useful, usable, desirable artifacts
- Understanding how people use systems
- Expanding the ways we can use computers

Combines behavioral sciences, interaction design, and computer science





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Design Principles in 5 Minutes

- How do people believe how things work?
- Mental models describe how a person thinks something works
- Incorrect mental models can make things very hard to understand and use



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Refrigerator Controls

Normal Settings Colder Fresh Food C and 6-7 Coldest Fresh Food **B** and **8-9 Colder Freezer** Warmer Fresh Food C and 4-1 OFF (both)

A B C D E

C and 5 **D** and **7-8** \mathbf{O}

7 6 5 4 3

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What is a typical conceptual model?



Most people think of independent controls





Controls amount air vectored up and down

- Now can you fix the problem?
- Two general solutions:
- make controls map to user's mental model
- foster a more accurate mental model

Nissan Maxima Gear Shift

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- from others, past experiences, and usage
- interactions with system image

Mental Models

- People inevitably build models of how things work
- Ex. children and computers
- Ex. you and your car
- Ex. how hackers work (and why)
- Ex. visibility in social networking sites
- Ex. app stores (all apps vetted by Google?)
- Two options:
- Make the system match people's models
- Foster a better mental model



Example: Phishing Attacks

- "Interviewed 40 people as part of an "email study" (Downs et al, SOUPS 2006)
- Only 55% of participants said they had ever noticed an unexpected or strangelooking URL
 - Most did not consider them to be suspicious

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Example: Phishing Attacks

- 55% of participants reported being cautious when email asks for sensitive financial info
 - But very few reported being suspicious of email asking for passwords
- Knowledge of financial phish reduced likelihood of falling for these scams
 - But did not transfer to other scams, such
 as an amazon.com password phish







HERDING CATS.

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Yes, End-Users <u>Are</u> Trainable

- Our research demonstrates users can learn how to protect themselves... if you can get them to pay attention to training
- Problem is that today's training often ooring, time consuming, and ineffective
- All day lecture, no chance to practice skills
- Or passively watching videos
- Or posters and mugs and calendars
- Raise awareness, but little on what to actually do



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How Do We Get People Trained?

- Create "teachable moments" Micro-games for training (fun)
- Use learning science principles throughout





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PhishGuru Embedded Training

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- Send simulated phishing emails
- If recipient falls for it, show intervention that teaches what cues to look for in succinct and engaging format
- Useful for people who don't know that they don't know
- Multiple user studies have demonstrated that PhishGuru is effective
- Delivering training via direct email not effective

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		Viewing Messages: 1 to 33 (33 total)
ted To:		Transform Selected Messages:
Move For	ward	Read Unread Delete
	Date 🔻 Subject 🗊	
Jones	Mar 12, 2007 Will pick you up in 60 minutes	
Li [fpi@fpi.com]	Mar 12, 2007 Conference room #2 - reservation	
[III]@III]	Mar 12, 2007 Your IKEA order confirmation	
	Mar 12, 2007 <u>Reactivate your eBay account</u>	
Allen	Mar 12, 2007 How about lunch together tomorrow?	
or Fitzpatrick	Mar 12, 2007 sexy baby and bad erection?	
h Dicosta	Mar 12, 2007 tomorrow's meeting rescheduled	
ca Berdford	Mar 12, 2007 View my photos on Yahoo! Photos	
h Dicosta	Mar 12, 2007 document dropped - your office - please fax	
ys Bank	Mar 12, 2007 Update your account information	
Williams	Mar 12, 2007 Sushi making party	
eng	Mar 12, 2007 [cognix] Dinner menu selection - Annual day	
mk	Mar 12, 2007 Citibank Urgent E-mail Verification	
Li	Mar 12, 2007 <u>Business cards</u>	
	Mar 12, 2007 A warm Hello from Jesse	

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ate your support and understanding, as we work together to keep amazon market a safe place to trade. Thank you for your attention on this tter and we apologize.



Learning Science

- Area of research examining learning, retention, and transfer of skills
- Example principles
 - Learning by doing
 - Immediate feedback
 - Conceptual-procedural
 - Reflection
 - -... many others







Evaluation of PhishGuru

- Is embedded training effective?
 - We've conducted 4 peer-reviewed studies showing embedded training works well
 - Studies showed significant decrease in falling for phish and ability to retain what they learned
- P. Kumaraguru et al. Protecting People from Phishing: The Design and Evaluation of an Embedded Training Email System. CHI 2007.
- P. Kumaraguru et al. School of Phish: A Real-Word Evaluation of Anti-Phishing Training. SOUPS 2009.



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Results of One Study

- Tested 500+ people in one month

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- 1 simulated phish at beginning of month, testing done at end of month
- ~50% reduction in falling for phish
- 68 out of 85 surveyed said they recommend continuing doing this sort of training in the future
- "I really liked the idea of sending [organization] fake phishing emails and then saying to them, essentially, HEY! You could've just gotten scammed! You should be more careful – here's how..."

Can Browser Interfaces Help?

- Modern web browsers come with blacklists and special interfaces for identifying phish
 - Our evaluation of several blacklists show they catch ~80% of phish after 24 hours, not very good in first few hours
- Are these browser interfaces effective?
 - And, what can we learn from them?
 - Science of Warnings from human factors





n In - Windows Internet Explorer 44 http://www.amazonaccounts.net/gp/sign-in.htm 😒 Suspicious Website E X Edit View. Favorites Tools Suspicious website 7 🥭 Sign In This might be a phishing website. You amazon.com Cart Amazor Phishing websites impersonate trustworthy websites for the purpose of obtaining your e You Your Browsing endati History personal or financial information. ch Amazon.com Microsoft recommends that you do not give any of your information to such websites. n In Report whether or not this is a phishing website. What is your e-My a-mail ad What is Dhishing Filter9

Internet Evalorer 7 - Passive Warning



Internet Explorer 7 – Active Block



Mozilla Firefox - Active Block

How Effective are these Warnings?

- Tested four conditions
- FireFox Active Block
- IE Active Block
- IE Passive Warning
- Control (no warnings or blocks)
- "Shopping Study"



- Setup phishing pages and added to blacklists
- Phished users after real purchases (2 phish)
- Used real email accounts and personal info
- S. Egelman, L. Cranor, and J. Hong. You've Been Warned: An Empirical Study of the Effectiveness of Web Browser Phishing



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How Effective are these Warnings?

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ondition Name	Size	Clicked	Phished
Firefox	20	20	0 (0%)
Active IE	20	19	9 (45%)
Passive IE	10	10	9 (90%)
Control	10	9	9 (90%)



Almost everyone clicked, even those

How Effective are these Warnings?

No one in Firefox condition fell for our phish People in Firefox condition not more technically savvy

ondition Name	Size	Clicked	Phished
Firefox	20	20	0 (0%)
Active IE	20	19	9 (45%)
Passive IE	10	10	9 (90%)
Control	10	9	9 (90%)

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Discussion of Phish Warnings

- Nearly everyone will fall for highly targeted and contextualized phish
- Passive IE warning failed for many reasons
- Didn't interrupt the main task
- Can be slow to appear (up to 5 seconds)
- Not clear what the right action was
- Looked too much like other ignorable warnings (habituation)
- Bug, any keystroke dismissed

n In - Windows Internet Explorer 44 http://www.amazonaccounts.net/gp/sign-in.htm 😒 Suspicious Website E X Edit View. Favorites Tools Suspicious website 7 🥭 Sign In This might be a phishing website. You amazon.com Cart Amazor Phishing websites impersonate trustworthy websites for the purpose of obtaining your e You Your Browsing endati History personal or financial information. ch Amazon.com Microsoft recommends that you do not give any of your information to such websites. n In Report whether or not this is a phishing website. What is your e-My a-mail ad What is Dhishing Filter9

Internet Evolorer - Passive Warning

Discussion of Phish Warnings

Active IE warnings

- Most saw the warning, but many did not believe it
 - "Since it gave me the option of still proceeding to the website, I figured it couldn't be that bad"
- Some element of habituation (looks like other warnings)
- Saw two pathological cases





Internet Explorer - Active Block



 Manodus sonware oreal: This size contains links to viruses or other software programs that can reveal personal information stored or typed on your computer to malicious persons.

MSIES Rodosian Based on our Work

A Science of Warnings

- -HIP model or real-world arnings
- See the warning?
- Understand it?
- Believe it?
- Motivated?
- Can and will act?





Designing for Path of Least Resistance

- Where possible, make the default behavior safe
- Ex. The two pathological cases
- Assume people won't see, read, believe, or be motivated



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- Active warnings over passive warnings
- Interrupt people if warning is important
- Need to balance this with habituation
- Make important warnings look very different

Summary



- Human element most overlooked aspect of computer security
 - Ex. phishing scams, passwords, mobile
- Mental models important to design
 Mismatched models can cause failures
- Security training can work if done right
 Learning sciences
- C-HIP model for security warnings
 - Do people see, understand, believe,

More of Our Research

- Our team does research on:
 - Better password policies
 - Alternatives to passwords
 - Mobile apps, privacy and security
 - Location-based services and privacy
 - Social networking and privacy
 - Configuring firewalls





More of Our Research





mébile commerce lab



- http://cups.cs.cmu.edu
- http://mcom.cs.cmu.edu
- http://cmuchimps.org/



nin.

jasonh@cs.cmu.edu





Micro-Games for Cyber Security

- Training doesn't have to be long & boring
- Micro game format, play for short time
- Two-thirds of Americans played a video game in past six months
- Not just young people
 - Average game player 35 years old25% of people over 50 play games
- Not just males
 - 40% of casual gamers are women



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Case Study: Anti-Phishing Phil

- Tested Anti-Phishing Phil with ~4500
 people
 - Huge improvement by novices in identifying phishing URLs
 - Also dramatically lowered false positives













Round 1 Over

Maria

tulations! You may proceed to the next round.

Correct choice X Incorrect choice

ttp://202.57.255.177/citizensbank.com/index.php)

ttp://oxd3.oxba.ox8a.oxo3/chase.com/

ttp://www.citibanking.net

ttps://bankus.etrade.com/

ttp://147.46.236.55/PayPal/login.html

ttps://www.wellsfargo.com

ttp://www.citizensbank.com

ttps://www.chase.com

SCAM ALERT! Don't trust URLs with all numbers in the front.

SCAM ALERT! URLs with all numbers in the front are usually a scam.

The real site is citibank.com.

If you are not familiar with this site, google "etrade".

SCAM ALERT! URLs with all numbers in the front are usually a scam.

www.wellsfargo.com belongs to Wellsfargo Bank.

citizensbank.com belongs to Citizens Bank.

chase.com is part of the J.P. Chase Corporation.





se negatives for users who played Anti-Phishing Phil ("game condition"). False negatives are nations where people incorrectly label a phishing site as legitimate. Novices saw the greatest luction in false negatives, and retained what they had learned.



e positives for users who played the Anti-Phishing Phil game. False positives are situations are people incorrectly label a legitimate site as phishing. Again, novices saw the greatest rovement in reducing false positives, and retained what they had learned.



interactive cybersecurity training

Welcome admin! Change Password Log Off

Reports User Accounts Modules

Modules



on!

al Networks

earn how to navigate social networks safely.

Smartphone Security

Learn how to use your smartphone in a ways that protects you and your employer.

Welcome, System Administrator! Here are some common administrative tasks: Manage module licenses

Manage user accounts

PhishGuru™

Use the following link to manage your PhishGuru account:

PhishGuru™

sers

Average Score

Most-missed Items

Example Topic: Email Security



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ontacts

mbank w.wombank.com) Wombat Way sburgh, PA 15213)-555-1234

mbazon w.wombazon.com)1 Wombat Way sburgh, PA 15213)-555-8891

mboyage w.womboyage.com) Wombat Way sburgh, PA 15213)-555-7823

mzai w.womzai.com) Wombat Way sburgh, PA 15213)-555-3298 To: Phyllis From: Human Resources Subject: Information required

Dear Phyllis,

email security

We are moving our tax records to a new system and need you to verify your tax information for us. Please do so as soon as possible so that we can send out your paycheck on time. Please reply with the following information filled in:

Full name: Soc. Sec. #: Date of Birth: Number of dependents:

Thank you for your attention in this matter. Office of Human Resources Flag - this section indicates a fraudulent email

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Ignore - this section is not a fraud indicator





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3.b The message doesn't look "normal" Does the grammar of the message not match how your friend usually writes?



"Looking forward to hiking this weekend" 2 hours ago - Like - Comment

Normal post from Bob.



Bob Sullivan "I found out who has a crush on me! you can 2!! http://bit.ly/SvOFms," 2 hours ago - Like - Comment

Weird post from Bob.

Bob's account has probably been compromised and the message is a scam.





Case Study #1: PhishGuru

- Canadian healthcare organization
- Three-month embedded training campaign
 - 190 employees
 - Security assessment and effective training in context





late:	My Phish Guru Campaign 05-03-2010						
Name:	Yahoo Service Desk						
Address:	servicedesk@yahoo.com						
ct:	Password Change Alert						
Z U ABG	王 王 二 Format ・ Font family ・ Font size ・						
Killian (ma)	$ z = t = z = s = cc cb = b \Delta = b z = - cb z = s - b b b b b b b b b$						

p://www.yahoo.com/password/change.htm

cerely,

hoo Service Desk





An American Reduction in alling for Phish

	Viewed Email Only	%	Viewed Email and Clicked Link	%	Employees
paign 1	20	10.53%	35	18.42%	190
paign 2	37	19.47%	23	12.11%	190
paign 3	7	3.70%	10	5.29%	189

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