## Personal Digital Security

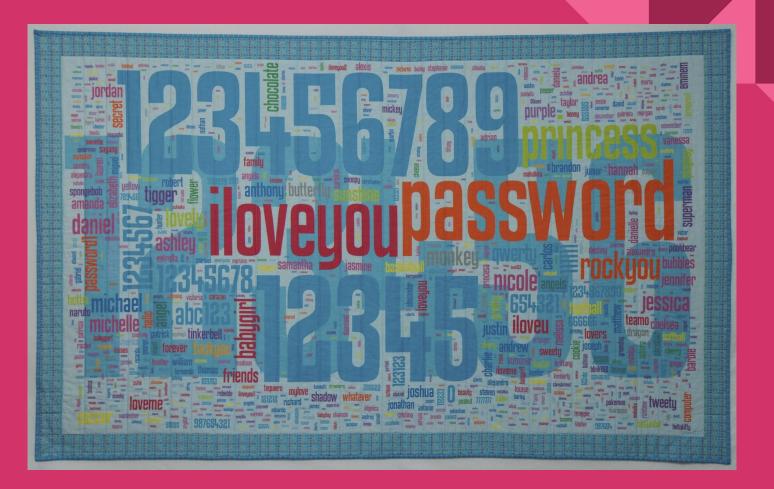
David & Sam

# https://tinyurl.com/ 2019gpisecurity

#### **Goals of Security**

- Confidentiality
- Integrity
- Availability





Passwords



## Dr. Lorrie Cranor



"Designing Password Policies for Strength and Usability"



Table I. A Summary of Findings for Study 1

		ion	ec(olo)	attent	is diffici	H Clo)	AR (S)	etined	affort (10) affort (10) Cracked	AC
Condition	Part 1 uc	nnpletion (00	Nean ore	Agreeor	Part re	Patt 2 en	Agree ret	membracked	ello cracked	eld
comp8	83.0	56.9	2.4	32.8	1.7	13.2	39.3	2.2	50.1	
basic12	94.5	45.4	1.5	15.2	1.6	11.6	27.4	9.1	52.0	
basic16	93.9	49.9	1.8	28.5	1.6	13.7	30.1	7.9	29.7	
basic20	93.9	50.0	1.9	35.2	1.6	15.3	32.9	5.6	16.4	
2word12	92.0	51.4	1.9	21.9	1.6	13.1	31.0	3.4	46.6	
2word16	92.1	51.3	2.1	34.7	1.7	14.6	36.8	1.1	22.9	
3class12	92.0	54.9	1.5	26.0	1.7	14.8	35.3	3.2	36.8	
3class16	90.5	60.2	1.9	40.3	1.7	16.2	42.9	1.2	13.8	

Each condition is compared to comp8. Light blue indicates being statistically significantly better than comp8, and dark red indicates being worse. No shading indicates no statistically significant difference.

Table I. A Summary of Findings for Study 1

		Length	Upper	Lower	Digit	Sym.	Fail	Length	Class	Dict.	2word
Condition	Participants	(median)	(median)	(median)	(median)	(median)	(%)	(%)	(%)	(%)	(%)
comp8	1996	10	1	5	2	1	58.0	6.5	26.3	39.0	_
basic12	1693	13	0	10	3	0	40.6	38.2		18.5*	-
basic16	1757	17	0	14	3	0	52.6	50.4	—	6.3*	_
basic20	1715	21	0	18	3	0	59.9	57.3	—	$4.3^{*}$	_
3class12	1653	13	1	8	3	1	44.5	38.2	9.5	$23.4^{*}$	-
3class16	1625	17	1	11	3	1	52.2	47.2	10.0	9.7*	_
2word12	1659	14	0	11	2	0	54.5	30.4	9.9	6.5*	45.4
2word16	1653	18	0	14	2	1	59.8	44.8	9.6	2.6*	45.1

Table II. Summary of Password Attributes and Creation Failure on the First Attempt

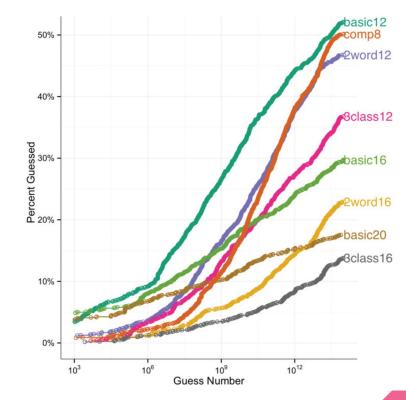
A password can fail multiple ways. We omit failure from blank fields and confirmation mismatch. *Dict* shows the percent of comp8 participants who failed the dictionary check on their first attempt. It also shows the percentage of final passwords in other conditions that would have failed the dictionary check.

cantly better than comp8, and dark red indicates being worse. No shading indicates no statistically significant difference.

	Table II. Su
Condition	Participants
comp8	1996
basic12	1693
basic16	1757
basic20	1715
3class12	1653
3class16	1625
2word12	1659
2word16	1653

A password can fail multipl comp8 participants who fail other conditions that would

> cantly be statistica



rst Attempt

Class

(%)

26.3

\_

—

9.5

10.0

9.9

9.6

Dict.

(%)

39.0

18.5\*

6.3\*

 $4.3^{*}$ 

23.4\*

9.7\*

6.5\*

2.6\*

h. Dict shows the percent of

entage of final passwords in

2word

(%)

45.4

45.1

gth

6)

5

.2

.4

.3

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.2

.4

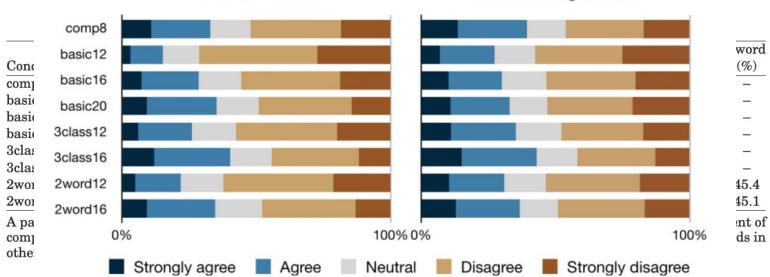
.8

icates no

		<b>Cracked p</b> Omnibus $\chi^2_7$			0 <sup>6</sup> gues	sses	<b>Cracked p</b> Omnibus $\chi_7^2$			<sup>14</sup> guess	es				
	Table II. S	cond 1	%	cond 2	%	p-value	cond 1	%	cond 2	%	p-value	at A	ttempt		
		basic12	9.1%	basic20	5.6%	.001	basic12	52.0%	2word12	46.6%	.007		atompt		
				2word12	3.4%	<.001			3class12	36.8%	<.001	$\mathbf{h}$	Class	Dict.	2word
Condition	Dontininanta			3class12	3.2%	<.001			basic16	29.7%	<.001				
Condition	Participants			comp8	2.2%	<.001			2word16	22.9%	<.001		(%)	(%)	(%)
comp8	1996			3class16	1.2%	<.001			basic20	16.4%	<.001		26.3	39.0	_
basic12	1693	1		2word16	1.1%	<.001	2	50.10	3class16	13.8%	<.001	1	_	18.5*	-
basic16	1757	basic16	7.9%	2word12 3class12	3.4% 3.2%	<.001 <.001	comp8	50.1%	3class12 basic16	36.8% 29.7%	<.001 <.001		_	6.3*	
				comp8	3.2% 2.2%	<.001			2word16	29.1%	<.001	1	-		
basic20	1715			3class16	1.2%	<.001			basic20	16.4%	<.001	1	—	$4.3^{*}$	—
3class12	1653			2word16	1.1%	<.001			3class16	13.8%	<.001	1	9.5	$23.4^{*}$	2 <del>11</del>
3class16	1625	basic20	5.6%	2word12	3.4%	.025	2word12	46.6%	3class12	36.8%	<.001	1	10.0	9.7*	
				3class12	3.2%	.008			basic16	29.7%	<.001	9. 9			45 4
2word12	1659			comp8	2.2%	<.001			2word16	22.9%	<.001	:	9.9	6.5*	45.4
2word16	1653			3class16	1.2%	<.001			basic20	16.4%	<.001	)	9.6	$2.6^{*}$	45.1
A possword	l can fail multi			2word16	1.1%	<.001			3class16	13.8%	<.001	D	ict show	a tha na	reant of
		2word12	3.4%	3class16	1.2%	<.001	3class12	36.8%	basic16	29.7%	<.001				
	icipants who fa			2word16	1.1%	<.001			2word16	22.9%	<.001	nta	ge of fina	al passw	ords in
other condi	tions that wou	3class12	3.2%	3class16	1.2%	<.001			basic20	16.4%	<.001				
				2word16	1.1%	<.001	1		3class16	13.8%	<.001				
	cantly k						basic16	29.7%	2word16	22.9%	<.001	ate	s no		
	statistic								basic20 3class16	16.4% 13.8%	<.001 <.001	ave			
	Statistic						2word16	22.9%	basic20	15.8%	<.001				
							2w01010	44.570	3class16	13.8%	<.001				
		Figure 1 ill	istratos	these gues	e num	hers along	a curve. In bo	th tables							
		in the cond			55 mum	bers along	a cui ve. III Do	ui tables	, one more	scuret	011111011 15				

Table III. Significant Differences in the Probability of Passwords Cracked after 10<sup>6</sup> and 10<sup>14</sup> Guesses, Representing More and Less Resource-Constrained Attackers

Table III. Significant Differences in the Probability of Passwords Cracked after 10<sup>6</sup> and 10<sup>14</sup> Guesses,



**Creation Difficult** 

**Remembering Difficult** 

Fig. 2. Participant agreement with "Creating a password that meets the requirements given in this study was difficult" and "Remembering the password I used for this study was difficult." Significant differences are in Table IV.

in the cond 2 column.

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com

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la runio r.

Table III. Classificant Differences in the Drabability of Decovered Created after 106 and 1014 Ourseas

	Substring	Using	Cracked   Using	Cracked   ¬Using	<i>p</i> -value	
	1234	4.9%	69.9%	32.3%	<.001	word
Conc	password	3.0%	54.0%	33.5%	<.001	(%)
comj basio	123456789	1.7%	79.0%	33.3%	<.001	
basic	turk	1.5%	45.4%	34.0%	.004	_
basic	char	1.1%	44.0%	34.0%	.048	-
3clas	love	1.9%	34.1%	34.1%	1.000	
3clas 2woi	2013	1.6%	31.4%	34.2%	1.000	
2w01	this	1.6%	31.8%	34.2%	1.000	45.1
						-

Table V. Substrings in at Least 1% of Passwords

The second column shows the percent of passwords containing the substring. The next two show percentages of passwords cracked containing and not containing it. The fifth shows a  $\chi^2$  test on the difference. The presence of "2013" likely results from the study being conducted in that year.

5.45.1ent of ds in

Table VI. A Summary of Findings for Study 2

word

(%)

45.4

45.1

ent of

ds in



Each condition is compared to 3class12. Light blue indicates being statistically significantly better than 3class12, and dark red indicates being worse. No shading indicates no statistically significant difference.

in the cond 2 column.

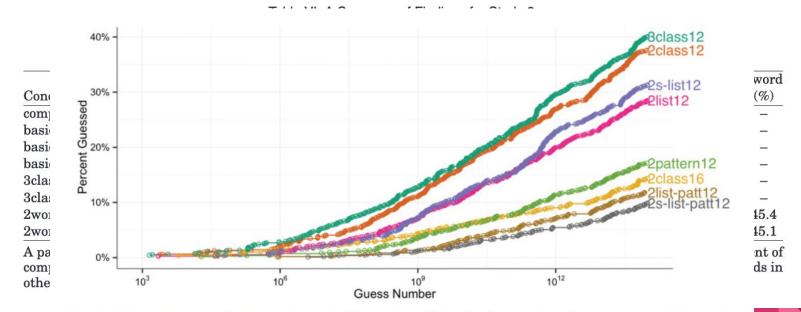


Fig. 3. The percentage of passwords cracked in each condition by the number of guesses made in log scale. Our cutoff for guess numbers was  $10^{14}$ . Table VIII shows significant differences in cracking rates between conditions.

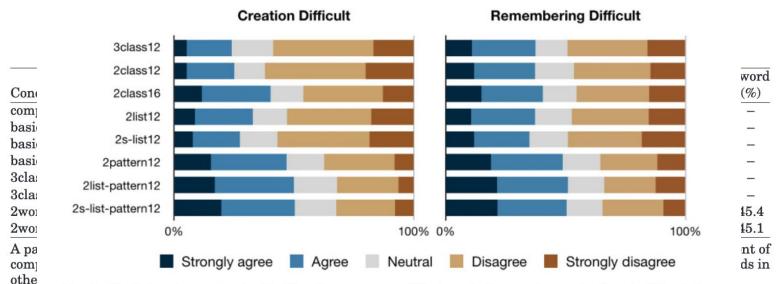
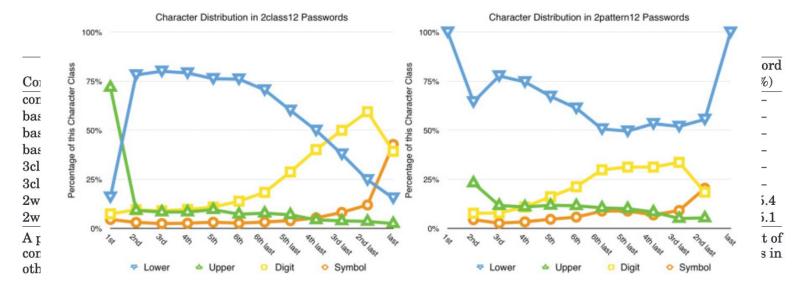
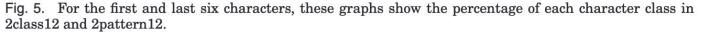


Fig. 4. Participant agreement with "Creating a password that meets the requirements given in this study was difficult" and "Remembering the password I used for this study was difficult.".

Our cutoff for guess numbers was  $10^{14}$ . Table VIII shows significant differences in cracking rates between conditions.





conditions.

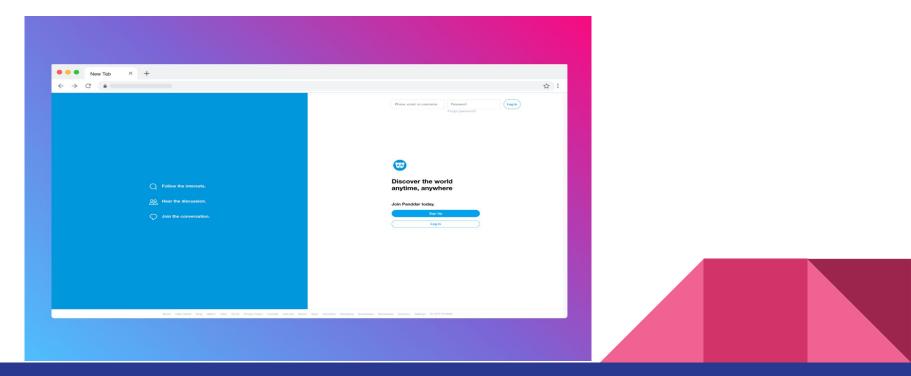
in the cond 2 column.

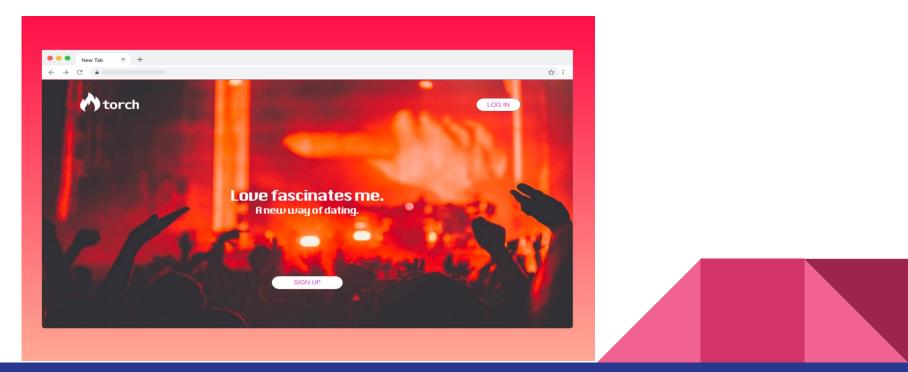
"Designing Password Policies for Strength and Usability"

3class12 e.g. w2bgePWNy8Zz

**2word16** ("passphrase") "letter sequences separated by a non-letter sequence" e.g. secure42password







● ● New Tab × + ← → C ● HowYoDoin	HOWYDDOIN WEB FEATURES	DOWNLOAD SECURITY FAO 🐠 EN -	☆ :	
	Simple. Secure. Reliable messaging. With boyroboin, you'll get simple, scure, reliable messaging and calling for free', available on phones al       			

"Studying Passwords to Create Domain-Specific Blacklists"

Associated words:

Related topics:

Pictures or Logos:



"Studying Passwords to Create Domain-Specific Blacklists"

Associated words: Panddar1\$, TOrched1!

**Related topics:** 

Pictures or Logos:



"Studying Passwords to Create Domain-Specific Blacklists"

Associated words: Panddar1\$, TOrched1!

Related topics: LoveBugs56\$, Sexy!1337

Pictures or Logos:



"Studying Passwords to Create Domain-Specific Blacklists"

Associated words: Panddar1\$, TOrched1!

Related topics: LoveBugs56\$, Sexy!1337

Pictures or Logos: Fire-2019, 9Hands%%



# have i been pwned https://haveibeenpwned.com

Use 3class12 or 2word16.

Use 3class12 or 2word16. Do not use domain related language. Use 3class12 or 2word16. Do not use domain related language. Use unique passwords.

# How many accounts do you have?

Do not make passwords



Do not make passwords yourself.



Do not make passwords yourself.

## **Password Managers**



Do not make passwords yourself.

## **Password Managers**

And of course, make 1 good password for the password manager.

# Do not email passwords to yourself.

## Do not write it down and carry it around.

# Do not use SMS for account recovery. ever.

### Multi-factor Authentication

what you know

what you have

what you know

ATM card pin

what you have

what you know

#### ATM card pin

what you have

physical card

what you know

#### ATM card pin

what you have

physical card

driver's license

what you know

#### ATM card pin

what you have

what you are

physical card driver's license your face



## <del>SMS</del>



**Security Questions** 

## Security Questions



Hardware Tokens

## Hardware Tokens

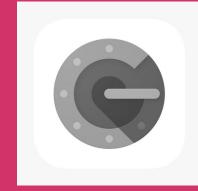


Software Tokens

## Software Tokens



## Software Tokens





## Software Tokens TOTP





Always set up 2FA.

Always set up 2FA. Do not use SMS for 2FA. Always set up 2FA. Do not use SMS for 2FA. Do not use email for 2FA. Always set up 2FA. Do not use SMS for 2FA. Do not use email for 2FA. Do not trust security questions.

## Phishing, Hijacking, and Theft

### Phishing

"the fraudulent practice of sending emails purporting to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers."



#### 😻 HELLO - Netscape Message

File Edit View Go Message Communicator Help

Subject: HELLO

Date: Thu, 29 May 2003 12:22:41 +0200

From: <u>"masinga mbeki" <masinga mbeki@laposte.net></u>

To: "masinga mbeki" <masinga mbeki@laposte.net>

From: "masinga.mbeki" <masinga.mbeki@laposte.net> on 05/29/2003 12:22 PM

To: "masinga.mbeki" <masinga.mbeki@laposte.net>

Subject: HELLO

Dear friend,

It is indeed my pleasure to write to you this letter,

which I believe will be a surprise to you. I actually found your email address at the trade and email listings here in Pretoria, South Africa. I work at the Ministry of Minerals and Energy in South Africa and have the mandate of two of my senior colleagues to search discreetly and diligently for a foreign partner that could assist us concerning a business matter which will be of mutual benefit to all.

## He Tried to Bilk Google and Facebook Out of \$100 Million With Fake Invoices



https://www.nytimes.com/2019/03/25/business/facebo ok-google-wire-fraud.html

The New York Times

#### Social Engineering

- Generalization of phishing
  - Emails
  - Phone calls
  - Act like you belong / physical intrusion



## Turns Out Wearing a Hi-Vis Vest Gets You into Everything for Free





https://www.vice.com/en\_us/article/mgv4gn/chalecos-r eflectantes-entrar-gratis





https://www.youtube.com/watch?v=yhE372sqURU

#### Common targets of social engineering

- Banks
- Phone providers
- Corporations
- The elderly



## Social Engineering enables SIM Hijacking

### SIM Hijacking

- 1. Attacker collects enough information to convincingly pretend to be you.
- 2. Attacker calls phone company support and convinces them to port your phone number to a different SIM card that they control.
- 3. Attacker now controls SMS-based 2FA and account recovery.

### Customer sues AT&T for negligence over SIM hijacking that led to millions in lost cryptocurrency

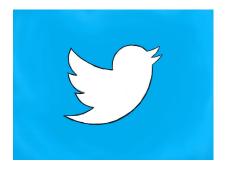
For allegedly causing him to be robbed of \$23.8 million worth in cryptocurrency



https://www.theverge.com/2018/8/15/17695132/att-su ed-over-lost-cryptocurrency-sim-swap-theft



### Hackers Hit Twitter C.E.O. Jack Dorsey in a 'SIM Swap.' You're at Risk, Too.



https://www.nytimes.com/2019/09/05/technology/simswap-jack-dorsey-hack.html

The New York Times

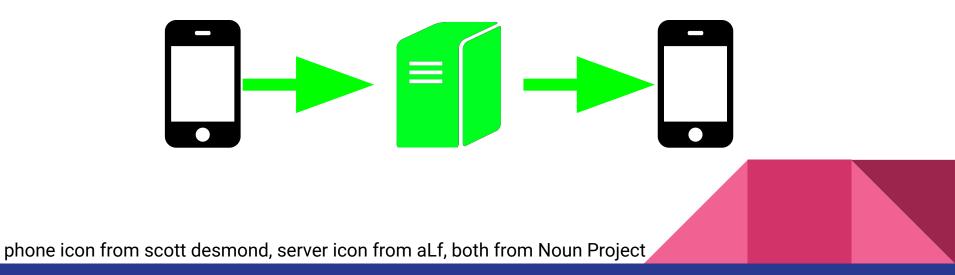
## SIM Hijacking is why SMS 2FA is insecure

If a site only provides SMS 2FA, then register a **Google Voice** number and use it only for SMS 2FA

Web Security

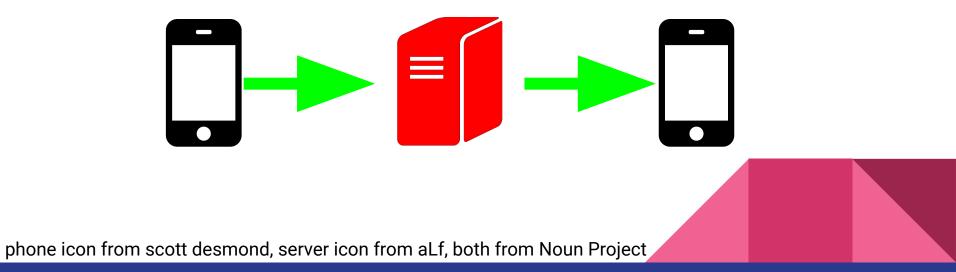
#### End-to-end encryption (E2EE)

• Data is encrypted by the sender and decrypted by the receiver



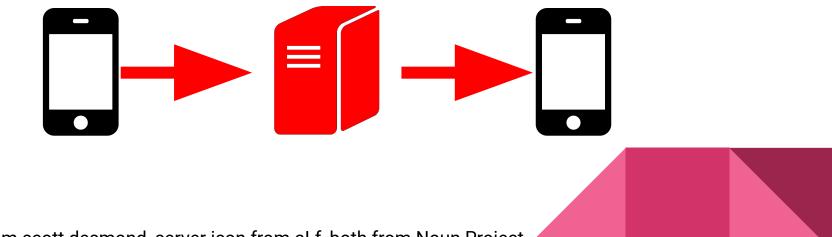
#### Typical TLS / HTTPS encryption

Data is also decrypted / re-encrypted by the server



#### No encryption (HTTP)

Nothing is encrypted, ISP / router sees all traffic



phone icon from scott desmond, server icon from aLf, both from Noun Project

#### Web browser extensions

- Typically have privileged access to browser
- Can read and rewrite page content
- Limit the number of extensions installed



# Why you should be careful with browser extensions



https://www.kaspersky.com/blog/browser-extensions-se curity/20886/ kaspersky daily

# Why you should be careful with browser extensions



Sometimes, developers are approached by companies that offer to buy their extensions for a rather tidy sum. Extensions are usually hard to monetize, which is why developers are frequently eager to agree to such deals. After the company purchases the extension, it can update it with malicious features, and that update will be pushed to users. For example, that's exactly what happened to Particle, a popular Chrome extension for customizing YouTube that was abandoned by its developers. A company bought it and immediately turned it into adware.



https://www.kaspersky.com/blog/browser-extensions-se curity/20886/



#### Ad blockers

- Ads are typically not malicious, but they do pose a threat to privacy on the web
- If you're concerned about the impact on revenue for creators / companies, you can whitelist certain websites
- Some ad blockers also have settings to allow "acceptable ads"
  - <u>https://adblockplus.org/acceptable-ads</u>



#### **Browser fingerprinting**

- Web Browsers reveal a lot of information about the underlying system through User-Agent, extensions, plugins, system fonts, etc.
- This is often enough to uniquely identify users even without client-side cookies

## **PANOPTICLICK**<sub>30</sub> Is your browser safe against tracking?

When you visit a website, online trackers and the site itself may be able to identify you – even if you've installed software to protect yourself. It's possible to configure your browser to thwart tracking, but many people don't know how.

Panopticlick will analyze how well your browser and add-ons protect you against online tracking techniques. We'll also see if your system is uniquely configured—and thus identifiable—even if you are using privacy-protective software. However, we only do so with your explicit consent, through the TEST ME button below.

#### **TEST ME**

Test with a real tracking company what's this?

Only anonymous data will be collected through this site.





**Email Security** 

"Talk about email and attachments. This part is almost like sex education: you preach abstinence, but you know the moment you leave the room, they'll be double-clicking on whatever Excel spreadsheet...

"Try to push the campaign towards shared Google Docs and Signal instead of email."

https://idlewords.com/2019/05/what\_i\_learned\_trying\_to\_secure\_congressional\_campaigns.htm

Do not trust attachments in email.



Do not trust attachments in email.

Do not trust python script your friend emailed you.



Do not trust attachments in email.

Do not trust python script your friend emailed you.

Do not email python script to your friend.



Do not trust attachments in email.

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Do not email python script to your friend.

Do not trust attachments in email.



Emails are NOT encrypted via transit.



Emails are NOT encrypted via transit.

Emails stored on your devices are NOT encrypted.



Emails are NOT encrypted via transit.

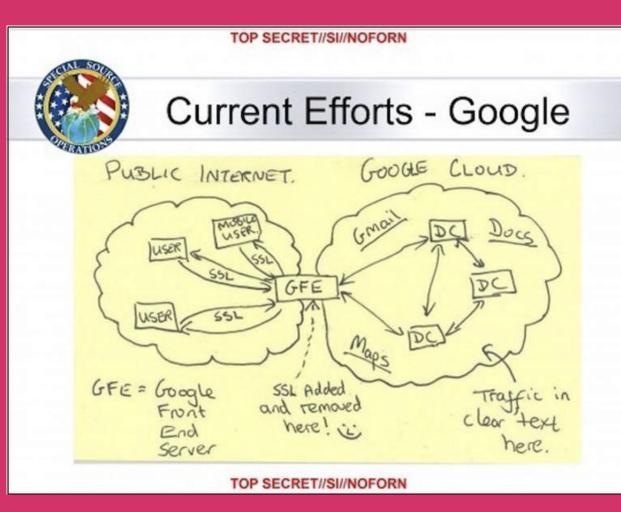
Emails stored on your devices are NOT encrypted.

Emails stored on the server are NOT encrypted.



## NSA "Muscular"

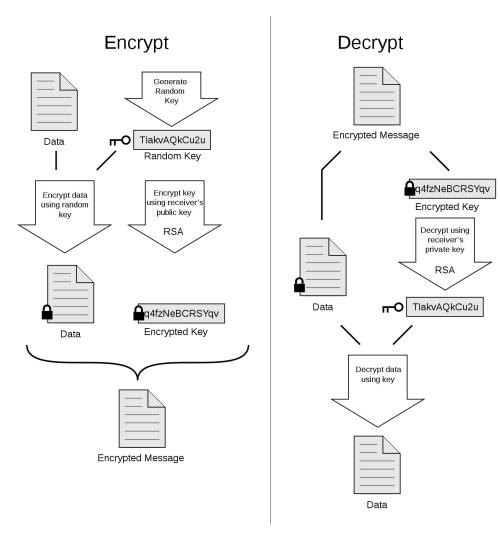
An NSA presentation slide, titled "Google Cloud Exploitation," shows a hand-drawn note intersecting the two noting that encryption is "added and removed here."



## **Pretty Good Privacy**



OpenPGP



## "Why Johnny Can't Encrypt: A Usability Evaluation of PGP 5.0"

## "Why Johnny Can't Encrypt: A Usability Evaluation of PGP 5.0"

"We conclude that PGP 5.0 is not usable enough to provide effective security for most computer users"

#### PGP 6.5.8

Pretty Good Privacy Downloading, Installing, Setting Up, and Using this Encryption Software A Tutorial for Beginners to PGP

> prepared by

Bernard John Poole, MSIS, University of Pittsburgh at Johnstown, Johnstown, PA, USA with <u>Netiva Caftori, DA</u>, Northeastern Illinois University, Chicago, IL, USA <u>Pranav Lal</u>, International Management Institute, New Delhi, India

Robert A. Rosenberg, RAR Programming Systems Ltd., Suffern, NY, USA

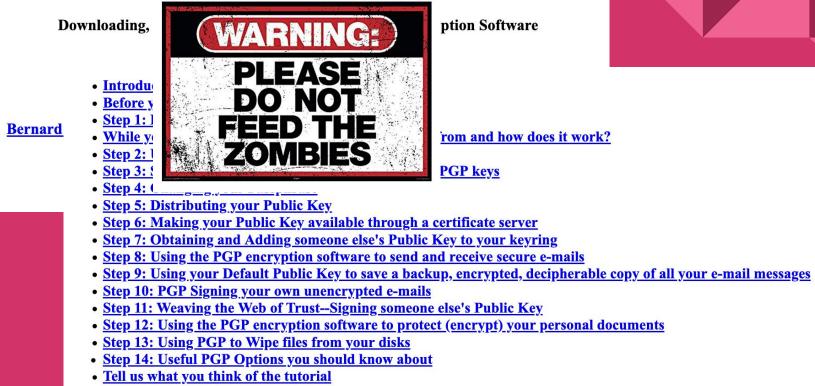
#### PGP 6.5.8

Pretty Good Privacy Downloading, Installing, Setting Up, and Using this Encryption Software A Tutorial for Beginners to PGP

- Introduction: A word about PGP
- Before you begin
- <u>Step 1: Downloading PGP</u>
- While you're maybe waiting.... Where did PGP come from and how does it work?
- Step 2: Unzipping and installing the PGP software
- Step 3: Setting up (Creating) your Public and Private PGP keys
- <u>Step 4: Changing your Passphrase</u>
- <u>Step 5: Distributing your Public Key</u>
- Step 6: Making your Public Key available through a certificate server
- Step 7: Obtaining and Adding someone else's Public Key to your keyring
- Step 8: Using the PGP encryption software to send and receive secure e-mails
- Step 9: Using your Default Public Key to save a backup, encrypted, decipherable copy of all your e-mail messages
- Step 10: PGP Signing your own unencrypted e-mails
- Step 11: Weaving the Web of Trust--Signing someone else's Public Key
- Step 12: Using the PGP encryption software to protect (encrypt) your personal documents
- Step 13: Using PGP to Wipe files from your disks
- <u>Step 14: Useful PGP Options you should know about</u>
- Tell us what you think of the tutorial
- <u>Acknowledgements</u>

Bernard

#### PGP 6.5.8



Acknowledgements

## gpg - GNU Privacy Guard

JOURNO

**Public GPG Key** 

INTERNET

#### SOURCE

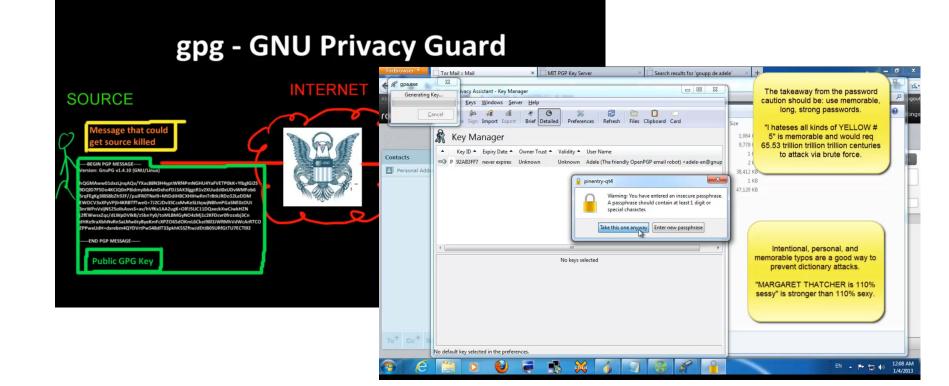
#### Message that could get source killed

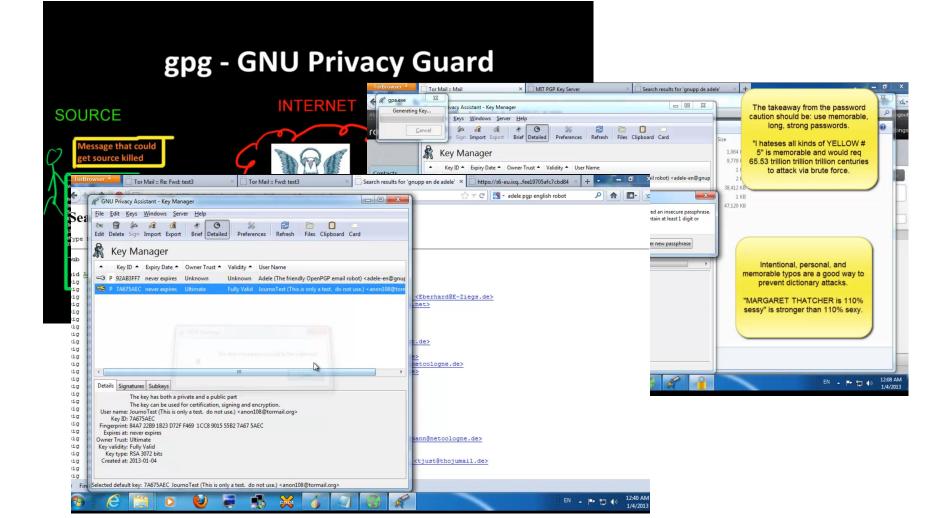
-----BEGIN PGP MESSAGE-----Version: GnuPG v1.4.10 (GNU/Linux)

hQGMAww01dxzLjnqAQv/YXac88N3H4yptWRf4PmNGHU4YaFVETP0kK+YlbglGi2S BQQID7F5Do4KCiQ0nP8idmyibbAmDxhoFD13AX3lggcR1u2XUudzl0xUDvWMFob6 SrqFggKg3lBSbZh92F//pulFR0TNel9+MtDdiHBCXHIHvmRmTBtJRDo52LeDDM EWOCV3xKFyVPJIr4KRBTTrweG-7J2CIDv3SCcxMvKeSL1tqwjNBhmPGaSNE02OUt 3nrWPnVsIJN525ollsAsvsS+av/hVfKx1AA2ugK+OIFJ5UC11DQxeckXwCiwkHZN 2fEWwsxZqc/dLWpDVIkB/z5bmyQ/toMLBMGyNO4zMJLcZKFDcvr0frozxbJ3Cn dHKe9raXbhVvRnSaLMv6tJ8yeKmFcXPZ065d0KmL6CkeJ8l3JWRMhVdWcArRTCO 2PvaXUdH+vdrsbm4QVDVrtPwS48d173JabkK5SZfwJdDib02KIRG1U7ECTI92

----END PGP MESSAGE------

#### **Public GPG Key**





## Snowden teach Glenn PGP

#### Virtual Private Network Private Browsing



"VPNs mask your internet protocol (IP) address so your online actions are virtually untraceable. Most important, VPN services establish secure and encrypted connections to provide greater privacy than even a secured Wi-Fi hotspot."

https://us.norton.com/internetsecurity-privacy-what-is-a-vpn.html





"it will not encrypt and hide the traffic that goes from VPNs server to target destination and vice versa"

https://hackernoon.com/vpns-for-beginners-what-a-vpn-can-and-cannot-do-26rz3wrd



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"it will not encrypt and hide the traffic that goes from VPNs server to target destination and vice versa"

"IP masking does not equal anonymity"

"your VPN provider can monitor everything you do online"

https://hackernoon.com/vpns-for-beginners-what-a-vpn-can-and-cannot-do-26rz3wrd

#### **Private Browsing**



#### You're in a Private Window

Firefox clears your search and browsing history when you quit the app or close all Private Browsing tabs and windows. While this doesn't make you anonymous to websites or your internet service provider, it makes it easier to keep what you do online private from anyone else who uses this computer.

Common myths about private browsing

#### **Private Browsing**

Private Browsing makes you anonymous on the internet.

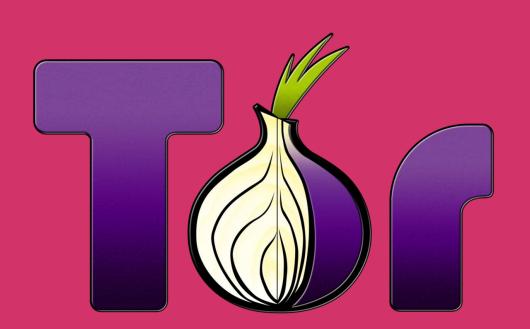


#### **Private Browsing**

Private Browsing makes you anonymous on the internet.

Browser fingerprints!





## **Concrete Recommendations**

Security is a process, it isn't all or nothing and any improvement helps

#### LastPass for Password Manager

# Last Pass •••



## 3class12 or 2word16 for master password, randomly-generated unique passwords for everything stored in vault

#### Generate a secure password

Use our online password generator to instantly create a secure, random password.

VU%SD6gJOxT	В	
Customize your pass		-
Password Length	Easy to say 🚳	Uppercase
12	Easy to read	Lowercase
	<ul> <li>All characters</li> </ul>	Vumbers

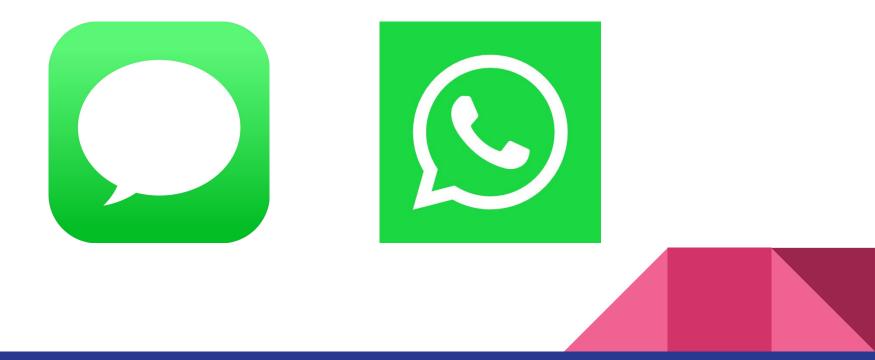


### Duo for TOTP 2FA

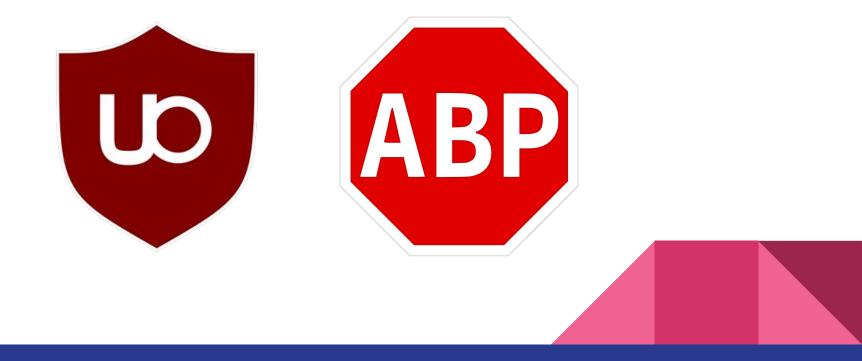




#### iMessage or WhatsApp for secure chat



### uBlock Origin (no ads) or Adblock Plus (acceptable ads) for Ad blocker



Whatever you do, make sure that you have a path to recover access your accounts without access to your phone / computer

# MyCrypto's Security Guide For Dummies And Smart People Too

An in-depth guide on how to be safe in the crypto world and the online world in general.



Taylor Monahan Follow Jul 15, 2018 · 16 min read

https://medium.com/mycrypto/mycryptos-security-guide -for-dummies-and-smart-people-too-ab178299c82e