



# Safe Computing @MIT

What everyone needs to know

# SHASS IT

- This presentation can be found on the SHASS IT website under “IT Documentation” at shassit.mit.edu
- <https://wikis.mit.edu/confluence/display/shassit/SHASS+IT+Documentation+Home>
- Under both “Getting Started” and “Preventative Maintenance and Security” sections

# Email

- Important: MIT will \*NEVER\* ask you for your password, nor will MIT send you email requesting your password or other confidential information. Please delete all email messages that request such information. They are social engineering scams designed to steal your information.
- These social engineering scams are called “PHISHing”.
- The above applies to telephone calls as well. (telemarketing, Nigerian 419, phishing, 809 scam, etc)

# Common Examples of Phishing

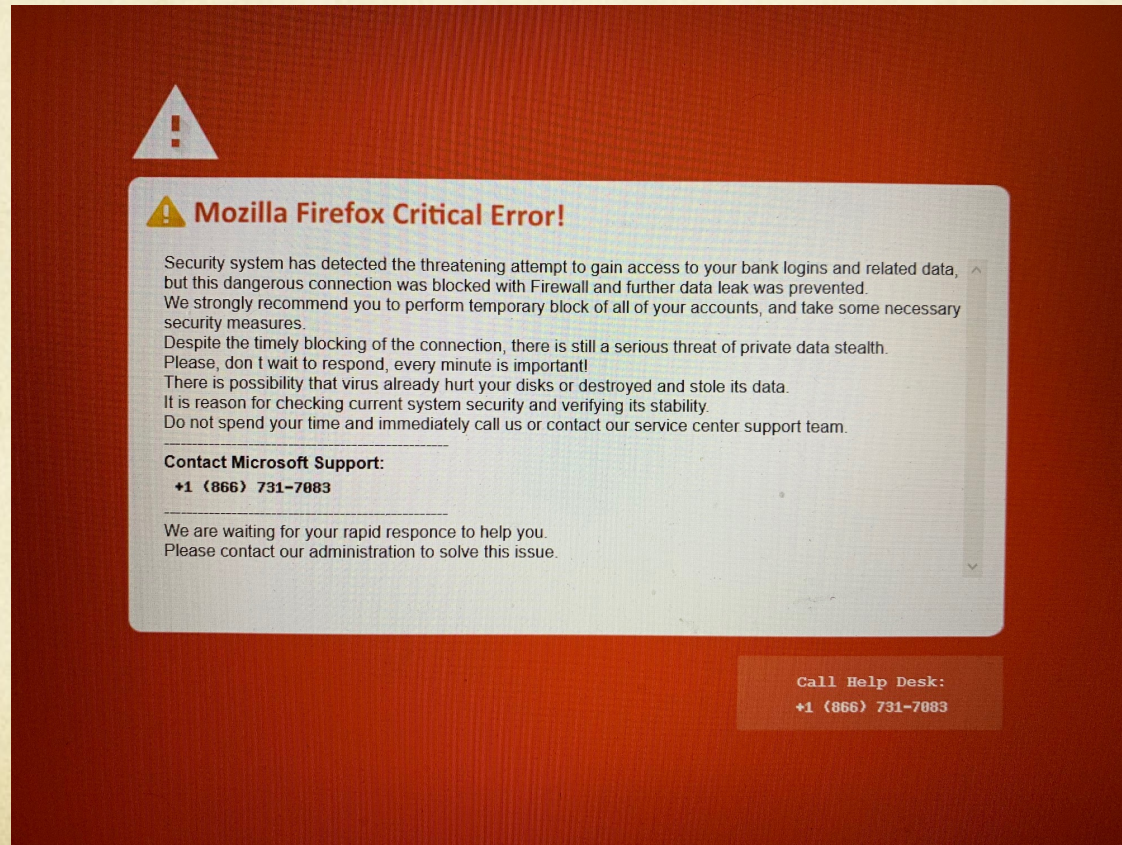
- IT "upgrade" notices that require you to click on a link or download an application.
- Bank alert notices that require users to type in their bank/credit card account numbers, usernames and passwords.
- Emergency distress notices from people you may know claiming they're trapped overseas and need you to send money, gift cards, etc.
- IRS or FBI or law enforcement notices claiming you owe money and you must pay up or be arrested.

# Common Examples of Phishing

- Exortion/Sextortion attacks where a bad actor claims they've hacked you and give an example of an old password (usually an old one from a previous/old data breach) and threatens to release compromising photos or data about you unless you pay a ransom.
- Fake Product Order, Postal Service, or Delivery Service notices saying a package/product could not be delivered and they want you to open an attachment with the invoice/information that's actually malware and/or spyware.

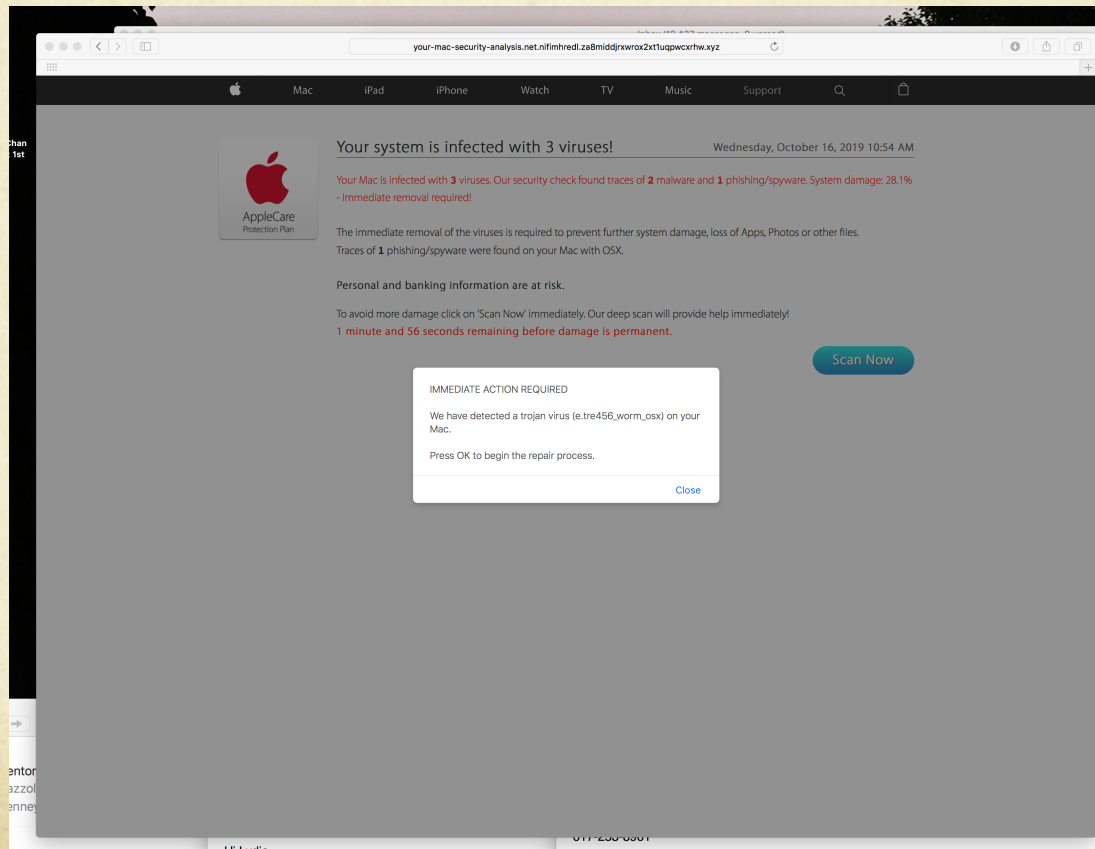
# Common Examples of Phishing

- “You’ve been hacked!” web browser popups.



# Common Examples of Phishing

- “You have been infected!” web browser popups.



# Common Examples of Phishing

- Fake web browser popups. They typically use scare tactics. Do not do anything they ask you to.

If you get one of these:

- 1) Force quit the browser immediately.
- 2) Shut down your computer.
- 3) Wait about 30 seconds.
- 4) Turn your computer back on.
- 5) Relaunch the browser. It should be back to normal.



# Growing Sophistication

- Bad actors are doing their research and customizing their attacks by using correct layout and image branding for the institutions/companies they're trying to impersonate.
- Some are even targeting people within organizations. The bad guys gather information from public web data and then pretend to be a department head, manager, or the Dean of a school, sending phishing emails to their faculty and staff asking for things like Apple or Amazon Gift Cards.
- Don't fall for it!

# Growing Sophistication

- A frequently seen variant of this attack is the “Are you available?” or “Are you there?” phishing email.
- Sometimes you can move your mouse to the Email From Address and see that the email is a fake that’s from a non-MIT email address.
- However, we have also seen emails that are coming from a real person at MIT, potentially from a user who’s machine is either infected by malware or been hacked by a bad actor.

# Growing Sophistication

- These attacks can come in either Email or Voicemail or a phone call. It is best not to answer any numbers you don't recognize.



# Spam

- **Spam** is the use of electronic messaging systems to send unsolicited bulk messages, especially advertising, indiscriminately. While the most widely recognized form of spam is e-mail spam, the term is applied to similar abuses in other media.
- MIT Anti-Spam Resources: <http://ist.mit.edu/spam>
- As of Thursday, March 21, 2019 Any email marked as spam will now be sent directly to the user's Junk folder.

# How to create a black/white list

- IS&T maintains an instructional document here:

**How do I manage my "blocked senders" or "allowed senders" list with MIT spam filtering?**

<https://kb.mit.edu/confluence/pages/viewpage.action?pageId=159398159>

# Attachments

- Attachments are files sent with an email.
- Never open attachments from people you don't know.
- Never open attachments from people you do know but weren't expecting an attachment from. Confirm the attachment was intentionally sent by the person you know.
- Attachments (some examples: pdf, doc, jpg, exe, zip, gzip) are used as Trojan horses by bad people to deliver bad stuff payloads like viruses, malware, and root kits.
- If in doubt, email the sender to verify the attachment is legitimate.

# Bad Stuff

- **Viruses-** A computer virus is a computer program that can replicate itself and spread from one computer to another.
- **Malware-** Short for malicious (or malevolent) software, is software used or programmed by attackers to disrupt computer operation, gather sensitive information, or gain access to private computer systems.
- **Rootkit-** A stealthy type of software, often malicious, designed to hide the existence of certain processes or programs from normal methods of detection and enable continued privileged access to a computer.

# Free software

- Everybody loves free software.
- The bad guys know this.
- Hacked or fake free software is another common delivery device for bad stuff (malware, viruses, and rootkits).
- Free software is the most common delivery vehicle for bad stuff. So if your Mac or Windows asks you if you want to open or install any application you aren't sure about, weren't expecting to install, or didn't come from a known vetted source, always say NO.



# Safe 'free' software

- Legitimate shareware and freeware do exist, but Google them if you're not familiar to verify their authenticity. See what people are saying.
- Anything published directly from official software sites or the IS&T Software Download page is safe.
- Some very good anti-malware and anti-virus programs are free and safe.
- If in doubt, ask Dan or myself. There are no dumb questions.

# What once was safe...

- CNET's downloads.com used to be a safe place to download free software. Unfortunately, the bad guys knew this too.



<http://www.howtogeek.com/198622/heres-what-happens-when-you-install-the-top-10-download.com-apps/>

# Online app stores

- Apple rigorously vets all of their apps. Sometimes overly so.
- Microsoft vets nothing. It's the Wild West in MS land. Caveat emptor.
- Google tries to vet its apps but often fails.  
<https://www.wired.com/story/google-play-store-malware/>

# Anti-Bad Stuff software

- Have one or two that you use. At MIT on work machines, Sophos is the one to use.
- Great free options. (Spybot S&D, Super AntiSpyware, Malwarebytes for Win) (ClamXAV, Avast!, Malwarebytes for Mac)
- Update it. Use it once in a while.
- Everyone at MIT should be using Sophos on their work machines. No one should be running McAfee at this point.
- Crowdstrike Falcon (see next slide)

# Anti-Bad Stuff software

- CrowdStrike Falcon

Falcon is the CrowdStrike platform purpose-built to stop breaches via a unified set of cloud-delivered technologies that prevent all types of attacks – including malware and much more.

Today's sophisticated attackers are going “beyond malware” to breach organizations, increasingly relying on exploits, zero days, and hard-to-detect methods such as credential theft and tools that are already part of the victim's environment or operating system, such as PowerShell.

# Anti-Bad Stuff software

- Crowdstrike Falcon

Q: Who should use Crowdstrike Falcon?

A: Definitely anyone who works with sensitive or private data and/or anyone who has to travel with their actual laptop to countries where the cyber attack profile could be high. These countries and regions include but are no limited to China, North Korea, Russia, the Middle East or Eastern Europe.

# Anti-Bad Stuff software

## ○ Crowdstrike Falcon

If you **decide to install** Crowdstrike Falcon, there are some important notes you **MUST** be aware of:

1) You must download the version for your **specific operating system**. It will **only work** for that version of the operating system (eg. Mac OS 10.13 High Sierra).

2) Once installed you should **NEVER upGRADE** your operating system to the next/newest version. (eg. Apple will pester you to upGRADE from MAC OS 10.13 High Sierra to 10.14 Mohave. **IGNORE** it.)

3) Please ask if anyone has any questions about this.

**SO THE PASSWORD IS**

**1,2,3,4,5?**

memegenerator.net

**12345?**

**THAT'S AMAZING!. I HAVE THE SAME  
COMBINATION ON MY LUGGAGE!**

memegenerator.net



# Passwords

- According to the password management company SplashData, here are the 25 most common stolen passwords of 2013, along with the change in rank from 2012.
- 1 123456 (*Up 1*), 2 password (*Down 1*), 3 12345678 (*Unchanged*), 4 qwerty (*Up 1*), 5 abc123 (*Down 1*), 6 123456789 (*New*), 7 111111 (*Up 2*), 8 1234567 (*Up 5*), 9 iloveyou (*Up 2*), 10 adobe123 (*New*), 11 123123 (*Up 5*), 12 admin (*New*), 13 1234567890 (*New*), 14 letmein (*Down 7*), 15 photoshop (*New*), 16 1234 (*New*), 17 monkey (*Down 11*), 18 shadow (*Unchanged*), 19 sunshine (*Down 5*), 20 12345 (*New*), 21 password1 (*Up 4*), 22 princess (*New*), 23 azerty (*New*), 24 trustno1 (*Down 12*), 25 000000 (*New*)

# Passwords

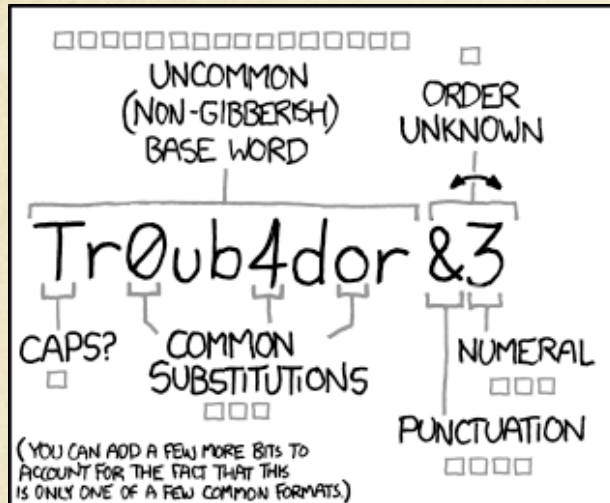
- The most recent SplashData worst passwords lists can be found via Tech Cult at:

<https://techcult.com/most-common-passwords/>

# What is a good password?

- Back ten years ago, eight characters or longer was pretty good. Today, 12 or longer at least. 16 or longer is best.
- Mixed case (lower and upper case letters), with a number, and a symbol to maximize the amount of time cracking programs will take to figure out the password.
- Something you'll easily remember.
- Eg. Whyisevery1iknowwatchinggameofthrones?  
Inanthroareyoumysteryorsciencefiction?  
Fortunethehappydogsmilesatme2day!  
Makewayforskippeanutbutterducklingsinboston!  
correcthorsebatterystaple
- If you have to write it down, it's not a good password.

# What's easy to remember and hard to hack?



~28 BITS OF ENTROPY

□□□□□□□□  
□□□□□□□□      □  
□□      □□□  
□□□□      □

$2^{28} = 3 \text{ DAYS AT } 1000 \text{ GUESSES/SEC}$

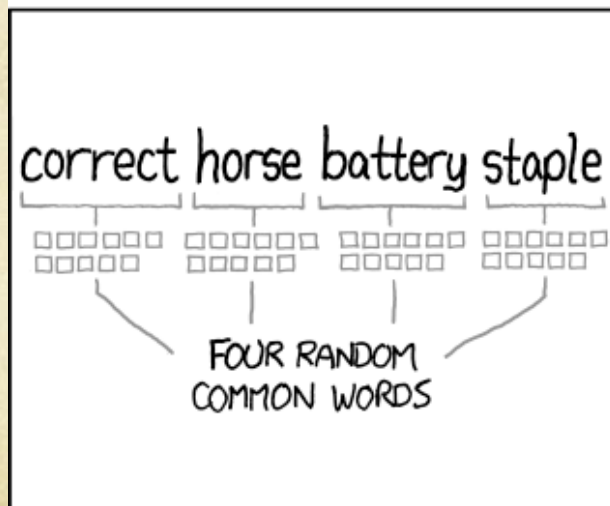
(PLAUSIBLE ATTACK ON A WEAK REMOTE WEB SERVICE. YES, CRACKING A STOLEN HASH IS FASTER, BUT IT'S NOT WHAT THE AVERAGE USER SHOULD WORRY ABOUT.)

DIFFICULTY TO GUESS: **EASY**

WAS IT TROMBONE? NO, TROUBADOR. AND ONE OF THE 0s WAS A ZERO?

AND THERE WAS SOME SYMBOL...

DIFFICULTY TO REMEMBER: **HARD**



~44 BITS OF ENTROPY

□□□□□□□□□□  
□□□□□□□□□□  
□□□□□□□□□□  
□□□□□□□□□□

$2^{44} = 550 \text{ YEARS AT } 1000 \text{ GUESSES/SEC}$

DIFFICULTY TO GUESS: **HARD**

THAT'S A BATTERY STAPLE.

CORRECT!

DIFFICULTY TO REMEMBER: YOU'VE ALREADY MEMORIZED IT

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.

# How fast can a password be cracked?

- In 2013, Hackers were able to crack some 16-character passwords in less than an HOUR, any password less than 9 characters even faster.
- Ten years later in 2023 we have super computing, cloud computing, as well as AI programs like ChatGPT that have decreased the time to crack passwords.
- [https://www.hivesystems.io/blog/are-your-passwords-in-the-green?utm\\_source=tabletext](https://www.hivesystems.io/blog/are-your-passwords-in-the-green?utm_source=tabletext)

# Time to crack a password in 2023

## TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2023

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	Instantly	Instantly
7	Instantly	Instantly	1 sec	2 secs	4 secs
8	Instantly	Instantly	28 secs	2 mins	5 mins
9	Instantly	3 secs	24 mins	2 hours	6 hours
10	Instantly	1 min	21 hours	5 days	2 weeks
11	Instantly	32 mins	1 month	10 months	3 years
12	1 sec	14 hours	6 years	53 years	226 years
13	5 secs	2 weeks	332 years	3k years	15k years
14	52 secs	1 year	17k years	202k years	1m years
15	9 mins	27 years	898k years	12m years	77m years
16	1 hour	713 years	46m years	779m years	5bn years
17	14 hours	18k years	2bn years	48bn years	380bn years
18	6 days	481k years	126bn years	2tn years	26tn years

 [Learn how we made this table at hivesystems.io/password](https://hivesystems.io/password)

# How secure is my password?

Security.org now maintains an app at <https://www.security.org/how-secure-is-my-password/> to tell you how long it would take to crack your password. If in doubt, use this to see how good your password is.

The screenshot shows the top of the Security.org website. The navigation bar includes the Security.org logo and links for Home Security, Smart Home, Digital Security, About Us, and What's My Security Score? A search icon is also present. The main content area has a blue background with the title 'How Secure Is My Password?' and a sub-headline 'The #1 Password Strength Tool. Trusted and used by millions.' Below this is a white input field with the placeholder text 'ENTER PASSWORD'. Underneath the input field, there are two lines of text: 'Entries are 100% secure and not stored in any way or shared with anyone. Period.' and 'Interested in getting your personalized physical and digital security score? Visit our new tool [here](#).' At the bottom, there is a section titled 'AS SEEN ON' with logos for Inc., The New York Times, THE VERGE, Entrepreneur, Nerdwallet, and The Guardian. A small accessibility icon is in the bottom right corner.

security.org Home Security Smart Home Digital Security About Us What's My Security Score? 🔍

## How Secure Is My Password?

✔ The #1 Password Strength Tool. Trusted and used by millions.

*Entries are 100% secure and not stored in any way or shared with anyone. Period.*

*Interested in getting your personalized physical and digital security score? Visit our new tool [here](#).*

AS SEEN ON

Inc. The New York Times THE VERGE Entrepreneur Nerdwallet The Guardian

# Storing passwords

- Never send or store passwords in email.
- Many of us can end up with as many as 10 or more passwords for different accounts in our daily lives. Keeping track of which password goes where can be a challenge.
- If you have a lot of passwords, you can store the passwords in an encrypted (password protected) file or use a management system like LastPass, 1Password, KeePass.
- Don't keep passwords under your keyboard or written down on a piece of paper on your desk in your office.




# What happens if I lose that password?

OUR PICKS   LATEST   POPULAR   **QUARTZ**   OBSESSIONS   🔍   ...

**YOU'VE GOT FAKES**

## For \$390 you can illegally buy an elite university email account on China's biggest online marketplace



☰

September 2014

<http://qz.com/263013/for-390-you-can-buy-a-harvard-email-account-on-chinas-biggest-online-marketplace/>

# MIT credentials on sale on Alibaba's Taobao

A gas can full of snake bile, breast-milk soap, the head of Tom Cruise —those are just some of the odd things you can buy on Alibaba's Taobao, China's biggest consumer-to-consumer online marketplace. Add to that a fake or stolen university email addresses. In an investigation last week, IT security company Palo Alto Networks found email accounts from 42 universities for sale on Taobao, ranging from 0.98 yuan to 2,400 yuan (\$0.16 to \$390).

What “.edu” accounts were up for grabs? The 19 US universities included many Ivy League colleges, Massachusetts Institute of Technology, Duke, Stanford, as well as some less obvious choices to claim as one's fake alma mater (e.g. University of California, Merced).

September 2014

<http://qz.com/263013/for-390-you-can-buy-a-harvard-email-account-on-chinas-biggest-online-marketplace/>

# From the MIT Security Team

<b>How attackers use compromised MIT accounts</b>	
<b>Send phishing</b>	<b>Add scripts to athena locker</b>
<b>Add Duo factors</b>	<b>Create mailing lists</b>
<b>Add inbox rules</b>	<b>Request a Drupal Cloud site</b>
<b>Conversation hijacking</b>	<b>Authorize apps in O365</b>

# From the MIT Security Team

What should I do if my MIT Kerberos account is compromised?

- email [security@mit.edu](mailto:security@mit.edu)
- KB <http://kb.mit.edu/confluence/x/MZIBCQ>
- Change your password
- Check your Duo factors
- Check your mail forwarding settings
- Check for any new lists that may have been created
- Check mail forwarding settings and inbox rules
- Try to recover deleted items
- Check for applications using Microsoft 365 credentials

# From the MIT Security Team

<b>Signs your MIT account may be compromised</b>	
<b>Mail bounces</b>	<b>Resetting a compromised password to password1</b>
<b>Bobo with the canned meat</b>	
<b>Unexpected Duo prompts</b>	
<b>Call or text from someone asking for Duo passcode</b>	

# Two-Factor Authentication

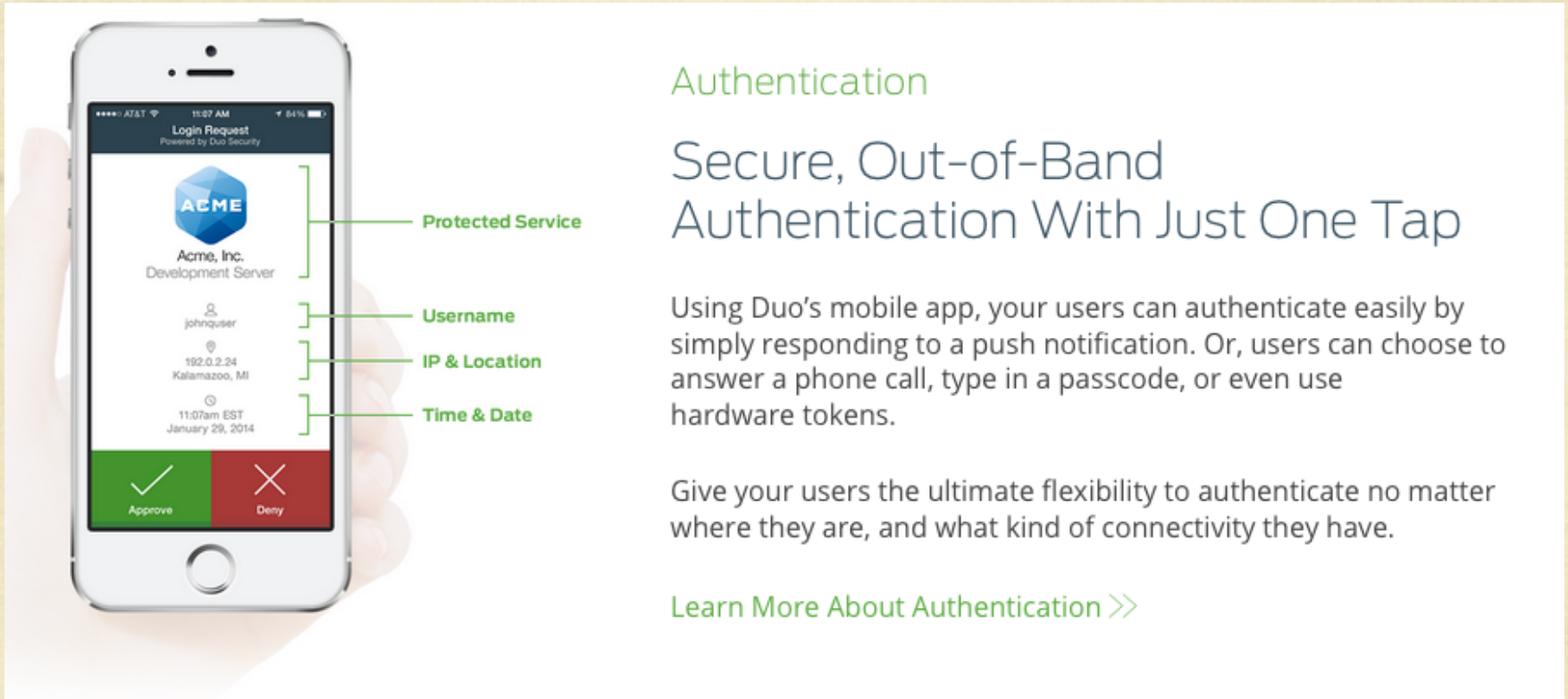
## Authentication

### Secure, Out-of-Band Authentication With Just One Tap

Using Duo's mobile app, your users can authenticate easily by simply responding to a push notification. Or, users can choose to answer a phone call, type in a passcode, or even use hardware tokens.

Give your users the ultimate flexibility to authenticate no matter where they are, and what kind of connectivity they have.

[Learn More About Authentication >>](#)



This is an example of DUO's app in use. It can accept both push notifications like seen above (Accept/Deny) or give you a rolling numerical password.

# Two-Factor Authentication

- In addition to certificates and the traditional username and password, a second factor authentication device provides a secondary rolling numerical password that changes over time (like every 60 seconds).
- Why is this good?
- Because now even if bad guys have stolen your username, password, and ID number and have your Certificates installed on their machine, **it's all completely useless** without the device to tell them what the current rolling numerical password is.

# Two-Factor Authentication

- The rolling second password can be sent either to:
  - A cellphone in the form of an SMS text message
  - A landline telephone
  - A cell phone app with a *Accept/Deny* button
  - A cell phone app that displays the rolling numerical password
  - A USB Yubikey
  - A DUO D100 hardware token that displays the numerical password



# Two-Factor Authentication

- The DUO cellphone app and landline telephones are the easiest to use once they're set up.
- The DUO cellphone app can receive a push notification that allows the user to accept or decline access.
- The landline telephone will ring the user who then picks up the receiver and presses any random telephone keys to approve authorization.

# Two-Factor Authentication

- The USB Yubikey needs to be set up by your IT person via a special Yubico setup app and then handed to you.
- The Yubikey must then be connected via a USB port.
- Move your mouse to the Passcode line where the second password is prompted, then press the Yubikey button to automatically paste the password into the second password box.
- Yubikeys don't work well with iMacs unless you have a USB extension cable.



# Two-Factor Authentication



Plug Yubikey into the computer's USB port



Press Yubikey button to paste code into the second password line on the browser

Yubikeys are USB tokens that are manufactured by a company called Yubico. This key needs to be set up with Yubico's software by your IT guy and then requires you to plug it into one of your computer's USB ports to function.



# Two-Factor Authentication



This is Tom holding the DUO D100 Hardware Token. This hardware token clips to your key chain and works anywhere in the world!



# Two-Factor Authentication

- Once you decide on which DUO authentication device you want, you must register it at <http://duo.mit.edu>
- IS&T recommends that all users register **TWO devices** to be safe. This can be 2 different (eg. cell phone and USB Yubikey, landline phone and D100 hardware token, etc) or the same type of device (eg. 2 D100 hardware tokens).
- To make the request for hardware tokens or USB Yubikeys, call the IS&T Help Desk at 3-1101. The devices are free and they will deliver them to your main office areas.

# Software UpDATES

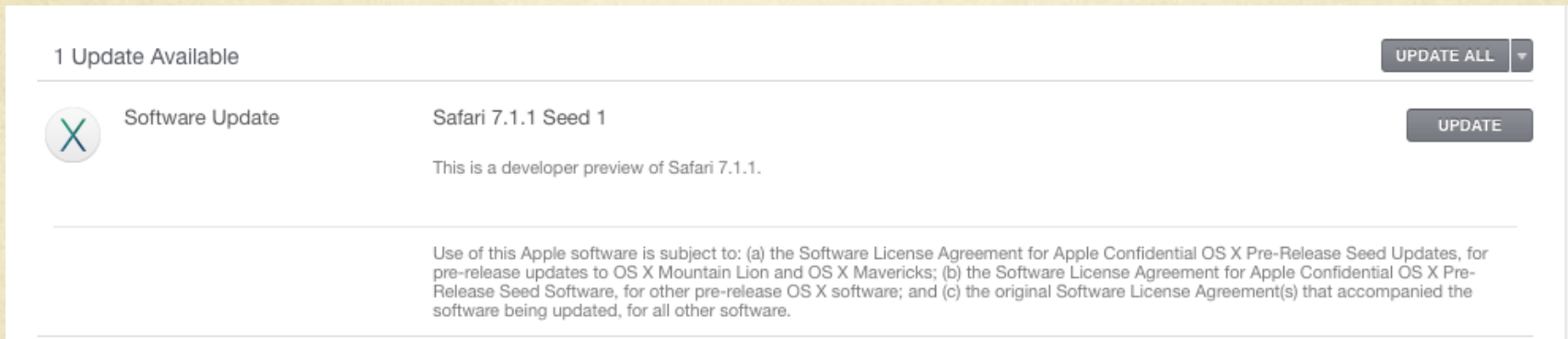
- UpDATES are improvements to the current version of a piece of software.
- General rule is to do your Windows or Mac OS X operating system upDATES a week or two AFTER they come out. This gives the company time to work out any bugs.
- Always wait for us to give you the all clear for any iOS or OS X Upgrades ( eg. iOS 7 to iOS 8 or Mac OS 10.8 to 10.9, etc.)
- Microsoft Office Updates are generally always safe to do. It's ok to do those when they come out.

# Don't do the free upGRADE



- Your machine runs best on the OS version it originally came with.
- There are always bugs with the new upGRADES.
- Once an upGRADE is done it often CANNOT be undone.
- If you have Crowdstrike Falcon installed NEVER DO these upGRADES.

# System UpDATES are OK



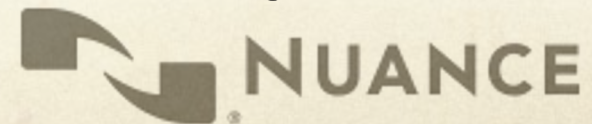
The screenshot shows a system update notification banner. At the top left, it says "1 Update Available". On the top right, there is a button labeled "UPDATE ALL" with a downward arrow. Below this, there is a list of updates. The first update is "Software Update" with a circular icon containing an 'X'. To its right is "Safari 7.1.1 Seed 1". Below the update name, it says "This is a developer preview of Safari 7.1.1." To the right of this text is a button labeled "UPDATE". At the bottom of the banner, there is a small text block: "Use of this Apple software is subject to: (a) the Software License Agreement for Apple Confidential OS X Pre-Release Seed Updates, for pre-release updates to OS X Mountain Lion and OS X Mavericks; (b) the Software License Agreement for Apple Confidential OS X Pre-Release Seed Software, for other pre-release OS X software; and (c) the original Software License Agreement(s) that accompanied the software being updated, for all other software."

- Your normal system upDATES that appear underneath the upgrade banner either in the white boxes or text link saying “other updates are available”.



# New OSes Have Bugs

- Software incompatibility with MIT applications as well as pre-existing software you may need. This often results in features not working or random crashes.
- Slow unacceptable hardware performance.
- Slow or buggy web browsing. Often the browser companies need to update their software to make it work correctly.
- Nuance products (Dragon) are usually incompatible with new OS versions. They need time to fix bugs.



# New Hardware can have bugs



(Circa August 2015)



It turns out, Kinesis Advantage keyboards (which have been around a while) won't work with Windows 7 (which has also been around a while) AND new computer hardware that has USB 3 ports.

# Hackers and Security Research



# Hackers and Security Research

- Hackers are also computer users and have been around as long as there's been computers.
- For many young hackers, the movie Wargames was a popular cultural crucible of inspiration.
- Many hackers got their start taking things apart to see how they work.
- White hat hackers who work in security research disclose their findings to the companies and then the general public.
- Their findings spur improvements in security and design changes to keep us safe.

# Hackers and Security Research

"For over two decades DEF CON has been an open nexus of hacker culture, a place where seasoned pros, hackers, academics, and feds can meet, share ideas and party on neutral territory."

"Our community operates in the spirit of openness, verified trust, and mutual respect."



The screenshot shows a PCMag article page. At the top, there is a navigation bar with 'PC' in a red box, followed by 'NEWS / OPINIONS / FEATURES / DEALS / HOW-TO / BUSINESS / VIDEO / SUBSCRIBE'. Below this is a secondary navigation bar with 'ALL REVIEWS' and a dropdown arrow, and 'LAPTOPS / TABLETS / PHONES / APPS / SOFTWARE / SECURITY'. The article title is 'Defcon Hackers to Feds: We Need Some Time Apart' by Chloe Albanesi, dated July 11, 2013. It has 7 comments and 13 shares. The article text discusses the controversy over leaked NSA documents and the Defcon conference's decision to rescind its invitation to federal authorities. A circular icon with a smiley face and crossed bones is used as a visual element. The article concludes with a quote from Defcon organizers and a mention of widespread surveillance reports.

PC NEWS / OPINIONS / FEATURES / DEALS / HOW-TO / BUSINESS / VIDEO / SUBSCRIBE

ALL REVIEWS ▾ LAPTOPS / TABLETS / PHONES / APPS / SOFTWARE / SECURITY /

Home / Reviews / Software / Security / Defcon Hackers to Feds: We Need Some Time Apart

## Defcon Hackers to Feds: We Need Some Time Apart

BY CHLOE ALBANESIU JULY 11, 2013 03:35PM EST 7 COMMENTS

*The controversy over leaked National Security Agency (NSA) documents has prompted the organizers of the Defcon conference to rescind their invitation to federal authorities.*

13 SHARES    



The controversy over leaked National Security Agency (NSA) documents has prompted the organizers of the Defcon conference to rescind their invitation to federal authorities.

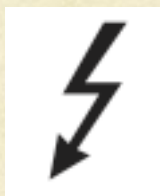
For years, government officials have been among the hackers and security experts on the Defcon agenda. NSA chief Keith Alexander [made an appearance](#) at last year's event, while in 2009, Defcon founder Jeff Moss was among the 16 individuals [named to the Homeland Security Advisory Council](#) (HSAC).

"For over two decades DEF CON has been an open nexus of hacker culture, a place where seasoned pros, hackers, academics, and feds can meet, share ideas and party on neutral territory," Defcon organizers said [on their website](#). "Our community operates in the spirit of openness, verified trust, and mutual respect."

But amidst reports of widespread surveillance at the hands of the government, the hackers at Defcon aren't exactly enthusiastic about breaking bread with their federal counterparts this year.

# Active hardware vulnerabilities

- Thunderbolt adapters (all) through the Option ROMs



Exploit code can be passed through the Option ROM of any TB Adapter to a Mac which (now infected) can then pass the infection on to the Option ROM in another TB adapter.

# Active hardware vulnerabilities



## USB Ports (Aug 2014)

“Connecting devices to computers using a USB port could lead to security breaches.

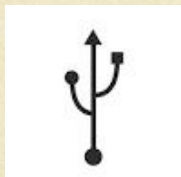
USB technology has been called “critically flawed” by Berlin-based security researchers Karsten Nohl and Jakob Lell.

According to the BBC, the researchers said there is no way to defend against cyber vulnerabilities from USB connected devices.

Karsten Nohl and Jakob Lell said that a USB stick that has been formatted and is completely empty can still contain malware that can infect computers. This flaw can be hidden in any USB-connected device.”

<http://www.computerweekly.com/news/2240226605/USB-connected-devices-present-cyber-vulnerabilities>

# Active hardware vulnerabilities



## USB Ports (Oct 2014) UNFIXABLE

“It’s been just two months since researcher Karsten Nohl demonstrated [an attack he called BadUSB](#) to a standing-room-only crowd at the Black Hat security conference in Las Vegas, showing that it’s possible to corrupt any USB device with insidious, undetectable malware.”

“Like Nohl, Caudill and Wilson reverse engineered the firmware of USB microcontrollers sold by the Taiwanese firm Phison, one of the world’s top USB makers. Then they reprogrammed that firmware to perform disturbing attacks: In one case, they showed that the infected USB can impersonate a keyboard to type any keystrokes the attacker chooses on the victim’s machine. Because it affects the firmware of the USB’s microcontroller, that attack program would be stored in the rewritable code that controls the USB’s basic functions, not in its flash memory—even deleting the entire contents of its storage wouldn’t catch the malware. Other firmware tricks demonstrated by Caudill and Wilson would hide files in that invisible portion of the code, or silently disable a USB’s security feature that password-protects a certain portion of its memory.”

<http://www.wired.com/2014/10/code-published-for-unfixable-usb-attack/>



# Active hardware vulnerabilities

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## PSA: If You Get a 'Best Buy Gift Card' on a USB Drive in the Mail, Don't Plug It Into Your PC

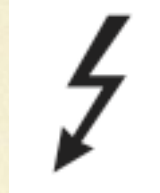
Trustwave has uncovered an incident where a hacker mailed a malicious USB stick to a victim on the pretense the thumb drive was part of a Best Buy gift card offer. In reality, the thumb drive was full of malware.

By [Michael Kan](#) March 26, 2020 [f](#) [t](#) ...



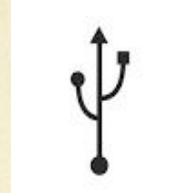
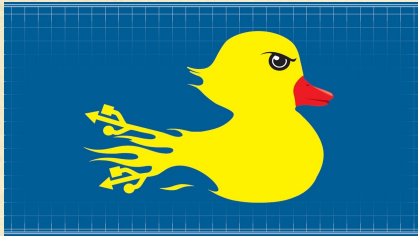
<https://www.pcmag.com/news/psa-if-you-get-a-best-buy-gift-card-on-a-usb-drive-in-the-mail-dont-plug>

# Active hardware vulnerabilities



- Use only your own Thunderbolt adapters.
- Do not lend your Thunderbolt adapters to anyone.
- Do not plug anyone else's Thunderbolt adapters into your Mac.

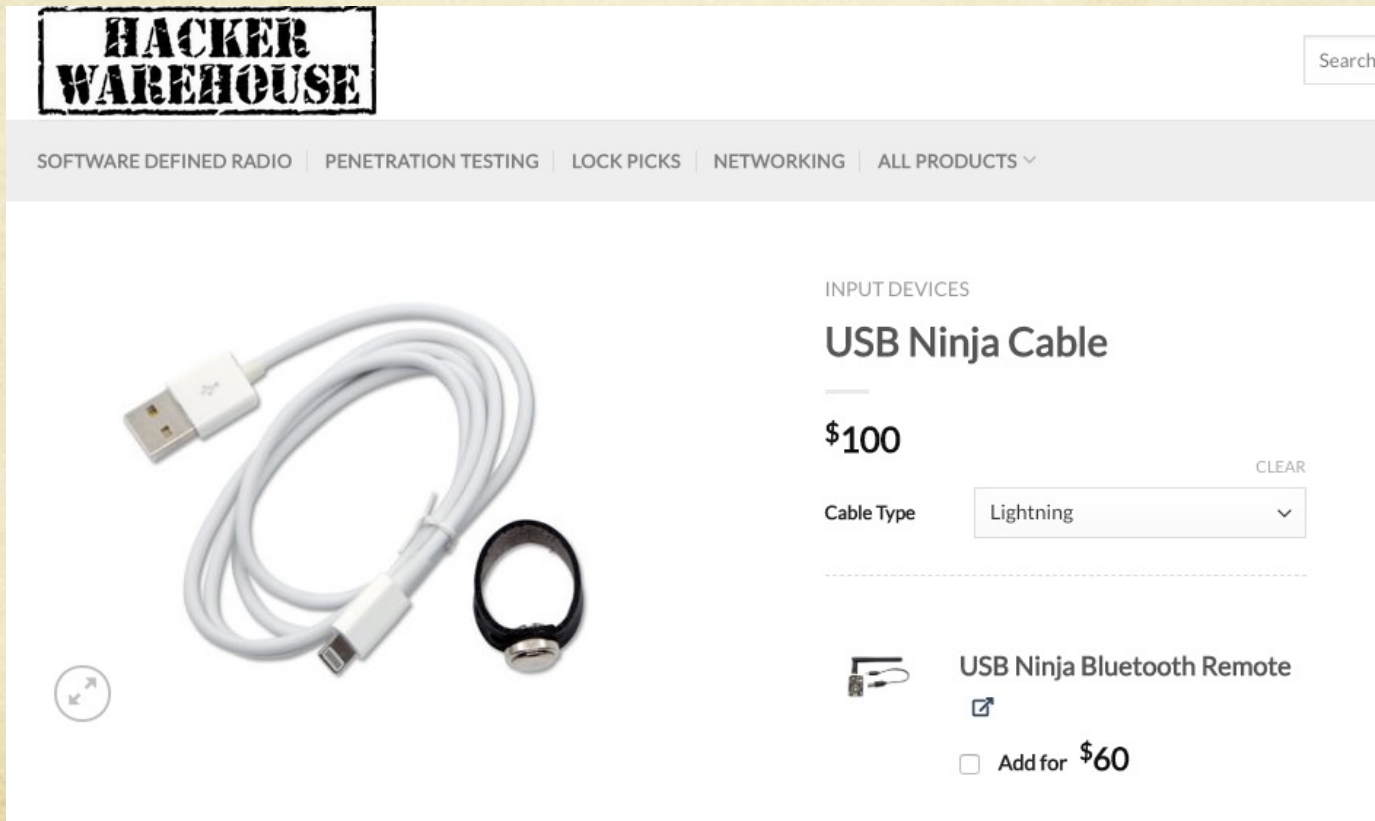
# Active hardware vulnerabilities



- Only use USB devices you have purchased.
- Do not plug in USB devices from anyone else.
- Do not plug any USB device you find “lying around” into your computer.
- Do not loan your USB devices to anyone.

# Active hardware vulnerabilities

Sometimes things are not what they seem.



The screenshot shows the Hacker Warehouse website interface. At the top left is the logo "HACKER WAREHOUSE" in a stylized, blocky font. To the right is a search bar with the text "Search...". Below the logo is a navigation menu with the following items: "SOFTWARE DEFINED RADIO", "PENETRATION TESTING", "LOCK PICKS", "NETWORKING", and "ALL PRODUCTS" with a dropdown arrow. The main content area features a product listing for "USB Ninja Cable". On the left is an image of a white USB cable with a standard USB-A connector on one end and a Lightning connector on the other, coiled next to a black smartwatch. Below the image is a circular icon with arrows. To the right of the image, the text "INPUT DEVICES" is displayed above the product title "USB Ninja Cable". Below the title is the price "\$100" and a "CLEAR" button. A "Cable Type" dropdown menu is set to "Lightning". Below this, there is a section for "USB Ninja Bluetooth Remote" with a small icon of the remote and a checkbox labeled "Add for \$60".

# Active hardware vulnerabilities

Sometimes things are not what they seem.

## DESCRIPTION

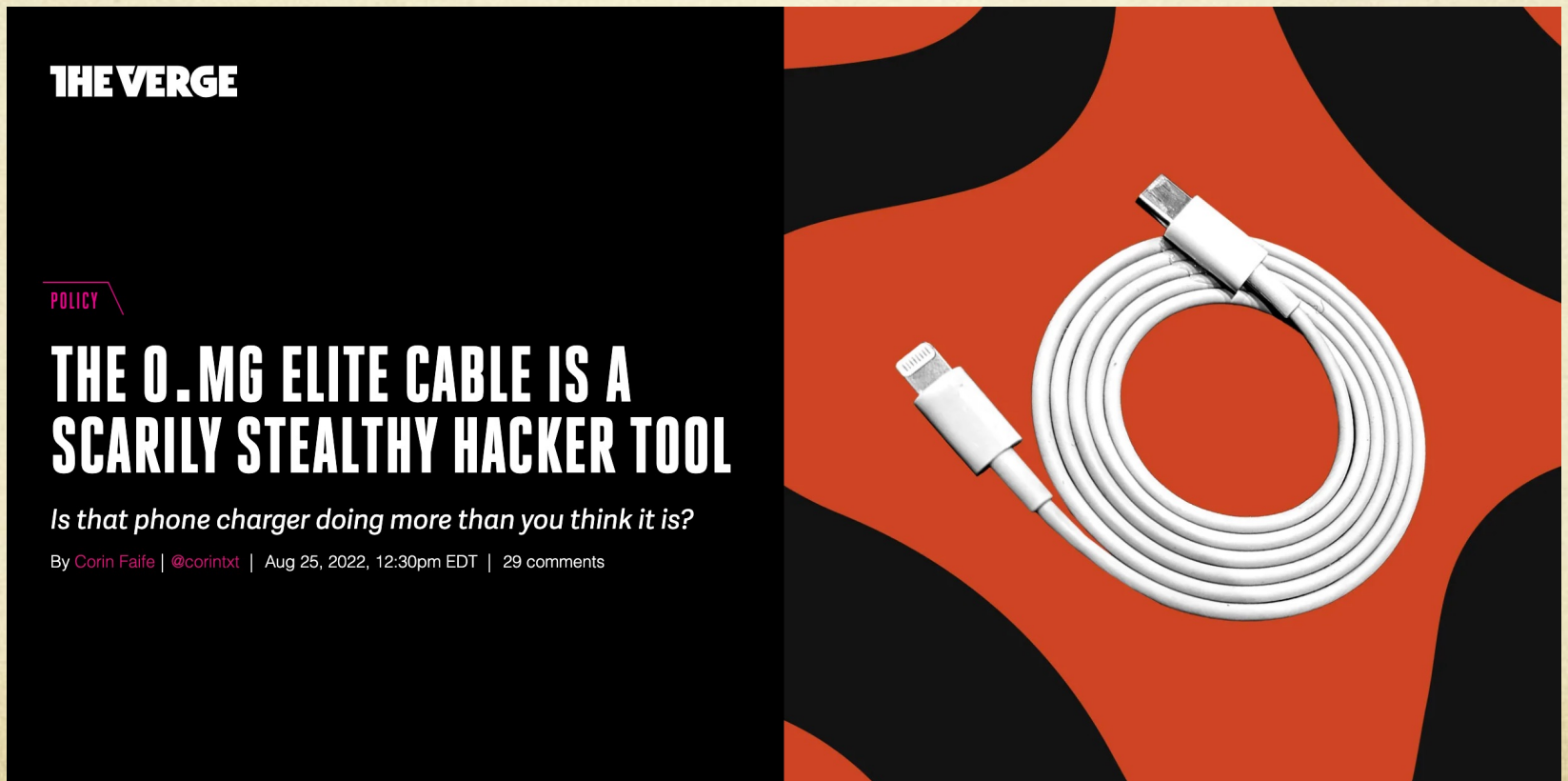
USB Ninja is an information security and penetration testing tool that looks and functions just like a regular USB cable (both power and data) until a wireless remote control triggers it to deliver your choice of attack payload to the host machine. In essence, USB Ninja is the next step in the evolution of BadUSB, embedding the attack in the USB cable itself.

Emulating keyboard and mouse actions, payloads can be completely customized and can be highly targeted. Undetectable by firewalls, AV software (\*\*depending on payload of course\*\*) or visual inspection, the USB Ninja is an ideal tool for penetration testers, police and government.

Includes: 1 cable type of choice and 1 trigger/programming ring.

# Active hardware vulnerabilities

Sometimes things are not what they seem.



**THE VERGE**

POLICY

**THE 0.MG ELITE CABLE IS A SCARILY STEALTHY HACKER TOOL**

*Is that phone charger doing more than you think it is?*

By Corin Faife | @corintxt | Aug 25, 2022, 12:30pm EDT | 29 comments

# Additional good practices

- Work in accounts that do not have administrator level privileges.
- Do not leave your computer unattended, especially when traveling. Remember the hacker mantra: “physical access is full access”.
- Turn on your Firewall. Both Windows and Mac OS X have built in firewalls that can provide basic protection on hostile networks.

# Skimmers

- How to spot an ATM Card skimmer  
<https://www.youtube.com/watch?v=C5z8JZk7bsI>
- Credit Card Skimming Devices (MA Office of Consumer Affairs and Business Regulation)  
<https://www.youtube.com/watch?v=M0oiYKhJ5NM>
- GMA: Skimmers on the rise  
<https://www.youtube.com/watch?v=Sljmr8m88P8>



# Additional good practices

- Use VPN (Virtual Private Network) to encrypt your data across a public network like the public WiFi at airports, hotels, and restaurants.
- VPN enables users to send and receive data across shared or public networks as if their computing devices were directly connected to the encrypted private network.
- Some MIT campus resources like data servers, administrative systems, and printers are only accessible on campus via MITnet on campus or over MIT's GlobalProtect VPN. <https://ist.mit.edu/prisma/client>

# Sensitive Data

- Massachusetts state law requires MIT safeguard all sensitive data. (Names, social security numbers, addresses, date of birth, credit card info, etc)
- If you use a laptop to access or store sensitive data, the laptop needs to be **encrypted**. On Macs this means turn on File Vault.
- We securely erase all machines that are given to us for disposal once the area is done using it.
- Not sure if you have sensitive data on your computer? Spirion is available from the IS&T website.  
<https://ist.mit.edu/spirion/all>

# Data Breaches

- In the first 254 days of 2015 (January 1- September 11<sup>th</sup>) there were 112 reported data breaches
- Hacking attacks, malicious software attack, credit card skimming, physical theft of records, stolen laptops with confidential data
- Harvard University, University of Virginia, Penn State, United Airlines, Ashley Madison, ICANN.org, State of Minnesota, Heritage Foundation, CVS Pharmacy (Imperial Beach CA), UC Irvine Medical Center, UCLA Health System, Summit Financial Group, U.S. State Department, Bonita (CA) Unified School District, The Trump Hotel Collection, Mandarin Oriental Hotel (NYC), Mule Creek State Prison, Web.com, Orange County Employees Association, South Dakota Veteran Affairs Hospital, etc.
- <http://www.privacyrights.org/data-breach/new>



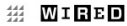
# Exactis said to have exposed 340 million records, more than Equifax breach

We hadn't heard of the firm either, but it had data on hundreds of millions of Americans and businesses and leaked it, according to Wired.

BY ABRAR AL-HEETI | JUNE 28, 2018 10:14 AM PDT



The WIRED Guide to Data Breaches



RADIO

LILY HAY NEWMAN SECURITY 12.07.18 09:00 AM

## THE WIRED GUIDE TO DATA BREACHES

### SHARE



ANOTHER WEEK. ANOTHER massive new corporate security breach that exposes your personal data. Names, email addresses, passwords, Social Security numbers, dates of birth, credit card numbers, banking data, passport numbers, phone numbers, home addresses, driver's license numbers, medical records—they all get swept up by shadowy, amorphous hackers for fraud, identity theft, and worse. Sometimes the affected company will send you an email suggesting that you change a password or credit card number, but for the most part, these incidents are invisible—until they aren't.

Think of data breaches as coming in two flavors: breaches of institutions that people choose to entrust with their data—like retailers and banks—and breaches of entities that acquired user data secondarily—like credit bureaus and marketing firms. Unfortunately, you can't keep your information perfectly safe: It is often impossible to avoid sharing data, especially with organizations like governments and health insurers. Furthermore, in cases

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BULLETIN Whitaker tells lawmakers he hasn't talked to Trump about Mueller's investigation →

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## A new data breach may have exposed personal information of almost every American adult

Published: June 28, 2018 8:19 a.m. ET



Exactis data leak reportedly contained detailed information on 230 million consumers



# Data Breaches

- Data Breaches are so ubiquitous now that Wikipedia maintains a running updated list of the largest data breaches.

[https://en.wikipedia.org/wiki/List\\_of\\_data\\_breaches](https://en.wikipedia.org/wiki/List_of_data_breaches)

- The State of California maintains one of the most comprehensive list of data breaches of anywhere.

<https://oag.ca.gov/privacy/databreach/list>

# Knowledge

- Knowledge is power.
- The more you learn from searching the web for answers, research, or talking to us, the better you will be able to discern what is legit and what isn't. This will empower you to better protect yourself against bad people and criminals.
- Don't be afraid to ask questions. Always ask questions.
- There are no dumb questions.

# Protect your stuff



- Your data is the most important thing on your computer.
- Have backups.
- All Mac users should be using **Time Machine**.
- PC Users should be using **Windows Backup**.
- Both of these programs are **DISASTER RECOVERY** solutions and require an external HD to work.
- Use Cloudbased Storage like DropBox and/or Cloudbased Backup like Code42 Crashplan!

# Recommended External HDs

- Western Digital “My Book” drives, 2-4TB, large form factor, desktop HD
- Western Digital “Passport” drives, 2-4TB, small form factor, portable HD
- <https://www.tomshardware.com/reviews/best-external-hard-drive-ssd,5987.html>

tom's **HARDWARE**

Tom's Hardware



# Your Data is Life



- **Code 42 Crash Plan** is IS&T's free cloud data backup solution. This solution is great for secondary off site backup for your data.
- **Crash Plan** does not backup everything. No application or system files are backed up. Files take as long to bring back from the cloud as they take to save up TO the cloud. For users with 50-100 GB of data or more this could take days to a week.
- ALSO use local backups like Time Machine (Mac) or Windows Backup (PC) for fastest primary data disaster recovery.
- Use Cloud-based file sharing like Dropbox.
- Remember, ONLY YOU can prevent data loss.