#### Lecture 15: Phishing Prevention

CS 181W

Fall 2022



My dear beloved

My name is Mrs.Therese Nina Patrick, from Norway. I know that this message will be a surprise to you. Firstly, I am married to Mr. Patrick Nina, A gold merchant who owns a small gold Mine in Austria; He died of cardiovascular disease in mid-March 2011. During his lifetime he deposited the sum of € 8.5 Million Euro) Eight million, Five hundred thousand Euros in a bank in Vienna, the capital city of Austria in Europe. The deposited money was from the sale of the shares, death benefits payment and entitlements of my deceased husband by his company.

I have decided to donate what I have to you for the support of helping Motherless babies/Less privileged/Widows' because I am dying and diagnosed with cancer about 2 years ago. I have been touched by God Almighty to donate from what I have inherited from my late husband to you for the good work of God Almighty. I have asked Almighty God to forgive me and believe he has, because He is a Merciful God, I will be going in for a surgery soon.

This is the reason I need your services to stand as my next of kin or an executor to claim the funds for charity purposes. If this money remains unclaimed after my death, the bank executives or the government will take the money as unclaimed fund and maybe use it for selfish and worthless ventures, I need a very honest person who can claim this money and use it for Charity works, for orphanages, widows and also build schools for less privilege that will be named after my late husband and my name; I need your urgent answer to know if you will be able to execute this project, and I will give you more information on how the fund will be transferred to your bank account.

#### Not a real CMU email address

From: fvega@andrew.cmu.edu Date: Wed, 1 Dec 2021 08:57:08 -0500 Subject: RE

--\_000\_e252d52edf764e3790b856c08eae7b1aandrewcmuedu\_ Content-Type: text/plain; charset="us-ascii" Content-Transfer-Encoding: quoted-printable

I am sharing job opportunity information to students and staff who might be interested	in a maid United Dant Time is house	h a weekly pay of
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\$500.00 (USD).	Not a real nerson	
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	-	

Attached is further information about the employment schedule, If interested, kindly contact Dr. Dennis Nicholas via (<u>aj011023@gmail.com</u>) with your alternate non-eductional email address I.e gmail, yahoo, hotmail etc) for details of employment.

N.B, This is strictly a work from home position.

Sign, Academic Career Opportunity From: fvega@andrew.cmu.edu Date: Wed, 1 Dec 2021 08:54:47 -0500 Subject: Service Help Desk

--\_000\_db0a846fb5f44c109c582d7f2edcf516andrewcmuedu\_ Content-Type: text/plain; charset="us-ascii" Content-Transfer-Encoding: quoted-printable

URL in unknown domain

Your e-mail password expires in 2 days to retain e-mail password and details, CLICK HERE to update immediately

#### Urgent action required

Thank you,

Matthew Siko Information Security Office Carnegie Mellon University Email: <u>iso-ir@andrew.cmu.edu</u>



[EXTERNAL EMAIL] Exercise caution before clicking on links or opening attachments.



#### HUDSON LLC HELP DESK

Get back your lost funds from scammers with our help. We can help you fight and track down any scammer. You can file a case with us now, it is never too late. I will not be checking this email often, I just sent this email to create awareness that there is still hope. If you have anyone that fell victim to scammers, we can help them also. You can text me to indicate your interest for our help on my phone number +1(732) 856 8033. I will guide you on how to recover your funds.

[EXTERNAL EMAIL] Exercise caution before clicking on links or opening attachments.

### Spear phishing

- Targets specific groups of individuals
- Often targeted towards an organization's employees rather than their customers



## High volume of phishing attacks

- 76% of businesses reported being a victim of a phishing attack in 2017 [Wombat Security State of the Phish]
- 30% of phishing messages get opened by targeted users and 12% of those users click on the malicious attachment or link [Verizon Data Breach Investigations Report]
- 95% of all attacks on enterprise networks are the result of successful spear phishing [SANS Institute]
- Nearly 1.5 million new phishing sites are created each month [Webroot Threat Report]

Eitan Katz. Phishing statistics: what every business needs to know. Dashlane blog. January 17, 2018 . https://blog.dashlane.com/phishing-statistics/

### 2022 trends summary

- Phishing attacks are at an all-time high (more than tripled since early 2020)
- 40% of phishing cash-out with gift cards
- Most targeted industries: financial institutions, webmail providers, social media
- Average wire transfer request in business email compromise scams: \$109,467



## Why phishing works

- Phishers take advantage of Internet users' trust in legitimate organizations
- Lack of computer and security knowledge
- People don't use good strategies to protect themselves

#### Anti-phishing strategies

- Silently eliminate the threat
  - Find and take down phishing web sites
  - Detect and delete phishing emails
- Warn users about the threat
  - Anti-phishing toolbars and web browser features
- Recover from attacks quickly
- Train users not to fall for attacks

#### User education is challenging

- Users are not motivated to learn about security
- For most users, security is a secondary task
- It is difficult to teach people to make the right online trust decision without increasing their false positive errors

#### Is user education possible?

- Security education "puts the burden on the wrong shoulder." [Nielsen, J. 2004. User education is not the answer to security problems. <u>http://www.useit.com/alertbox/20041025.html</u>.]
- "Security user education is a myth."
  [Gorling, S. 2006. The myth of user education. 16th Virus Bulletin International Conference.]
- "User education is a complete waste of time. It is about as much use as nailing jelly to a wall.... They are not interested...they just want to do their job."
   [Martin Overton, a U.K.-based security specialist at IBM, quoted in http://news.cnet.com/2100-7350\_3-6125213-2.html]

### Web site training evaluation study

- Laboratory study of 28 non-expert computer users
- Experimental study: 2 conditions
  - Control group: evaluate 10 sites, 15 minute break to read email or play solitaire, evaluate 10 more sites
  - Experimental group: evaluate 10 sites, 15 minutes to read webbased training materials, evaluate 10 more sites



## Web site training evaluation study

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  - Control group: evaluate 10 sites, 15 minute break to read email or play solitaire, evaluate 10 more sites
  - Experimental group: evaluate 10 sites, 15 minutes to read webbased training materials, evaluate 10 more sites
- Experimental group performed significantly better identifying phish after training, but more false positives
- People learn from online training, if only they pay attention!

P. Kumaraguru, S. Sheng, A. Acquisti, L. Cranor, and J. Hong. Teaching Johnny Not to Fall for Phish. *ACM Transactions on Internet Technology (TOIT)*, 10(2), May 2010.

## How do we get people trained?

- Problem
  - Most people don't proactively look for security training materials
  - "Security notice" emails sent to employees and/or customers tend to be ignored
    - Too much to read
    - People don't consider them relevant
  - Existing (2010) materials good, but could be better
- Solution
  - Use learning science principles
  - Find a "teachable moment": PhishGuru
  - Make training fun: Anti-Phishing Phil

#### PhishGuru embedded training



1. Send emails that looks like a phishing attack

<u>Message List   Delete</u>		Previous   Next	Forward   Forward	ard as Attachment   <u>Reply   Reply All</u>
Subject:	Revision to Your Amazon com Inform	nation		
From:	"Amazon" <service@amazon.com></service@amazon.com>			
Date:	Mon, March 12, 2007 4:15 pm			
To:	bsmith@cognix.com			
Priority:	Normal			
Options:	View Full Header   View Printable Version			
amazon.com.				
At the last reviewing at your a because we dont have enough Please follow this link to upda	mazon account we discovered that you ninformation about our clients, we requ te your personal information:	rr information is inaccurate. ure this verification. Please l	We apologize for this but beca login and reenter you're person	ause most frauds are possible al information.
http://www.amazon.com/exec	/obidos/sign-in html			
(To complete the verification p	process you must fill in all the required i	fields)		
Please note: If you don't upda phone.	te your information within next 48 hour	rs , we will be forced to sus	pend your account untill you ha	ave the time to contact us by
We apreciate your support ar serious matter and we apolog	id understanding, as we work together ize.	to keep amazon market a s	afe place to trade. Thank you !	for your attention on this
Jone				🔮 Internet

2. If recipient falls for it, intervention warns and highlights what cues to look for in succinct and engaging format



- Presents conceptual knowledge
- Presents procedural knowledge
- Applies storybased agent principle
- Applies learningby-doing and immediate feedback principles

# User Study

#### Setup

- Think aloud study
- Role play as Bobby Smith, business administrator
- Respond to Bobby's email
- Experiment
  - Part 1: 33 emails and one intervention
  - Part 2 (after 7 days): 16 emails and no intervention



- 56 participants, 4 conditions
  - Control: no intervention
  - Suspicion: email from a friend
  - Non-embedded: in email
  - Embedded: intervention after clicking on link

Kumaraguru, P., Rhee, Y., Sheng, S., Hasan, S., Acquisti, A., Cranor, L. F., and Hong, J. Getting users to pay attention to anti-phishing education: Evaluation of retention and transfer. e-Crime Researchers Summit, Anti-Phishing Working Group (2007).

#### Some of Bobby's messages

Email type	Sender	Subject
Legitimate-no-link	Brandy Anderson	Booking hotel rooms for visitors
Legitimate-link	Joseph Dicosta	Please check PayPal balance
Phishing-no-account	Wells Fargo	Update your bank information!
Phishing-account	eBay	Reactivate your eBay account
Spam	Eddie Arredondo	Fw: Re: You will want this job
Intervention	Amazon	Revision to your Amazon.com information

#### **Results - Phishing account emails**



#### Results – Legitimate link emails



#### Participant quote

"I was more motivated to read the training materials since it was presented after me falling for the attack."

## Real world study: CMU

- Evaluate effectiveness of PhishGuru training in the real world
- Investigate retention after 1 week, 2 weeks, and 4 weeks
- Compare effectiveness of 2 training messages with effectiveness of 1 training message

P. Kumaraguru, J. Cranshaw, A. Acquisti, L. Cranor, J. Hong, M. A. Blair, and T. Pham. School of Phish: A Real-World Evaluation of Anti-Phishing Training. SOUPS 2009.

# Study design

- Emailed all CMU students, faculty and staff to recruit participants to opt-in
- 515 participants in three conditions
  - Control
  - One training message
  - Two training messages
- Emails sent over 28 day period
  - 7 simulated spear-phishing messages
  - 3 legitimate messages from ISO (cyber security scavenger hunt)
- Exit survey

#### Implementation

- Unique hash in the URL for each participant
- Demographic and department/status data linked to each hash
- Form does not POST login details
- Campus help desks and all spoofed organizations were notified before messages were sent

#### Study schedule

Day of the study	Control	One training message	Two training messages
Day 0	Test and real	Train and real	Train and real
Day 2	Test		
Day 7	Test and real		
Day 14	Test	Test	Train
Day 16		Test	
Day 21		Test	
Day 28	Test and real		
Day 35	Post-study survey		

#### Simulated spear phishing message

From: Help Desk <alert-password@cmu.edu>

- Subject: Your Andrew password alert
  - Date: November 17, 2008 11:08:19 AM EST
    - To: Ponnurangam Kumaraguru (PK)

Dear Student/Faculty/Staff,

Our records indicate that you have not changed your Andrew password in the last 90 days, if you do not change your password in the next 5 days, your access to the Andrew email system will be terminated. Click the link below to update your password.

http://andrewwebmail.org/password/change.htm?ID=9009

Sincerely, Andrew Help Desk URL is not hidden

Plain text email

without graphics

#### Simulated phishing website

00	WebISO Secure Login
	) ( http://andrewwebmail.org/password/change.htm?ID=9009 🏠 🔻 - ( Google Q
arnegie Mellon	
	ABOUT
WebISO Secu	ire Login
The resource you	a requested requires you to authenticate.
User ID	@ ANDREW.CMU.EDU
Old password	
New password	
Confirm password	Login
Carnegie Mellon C already done so, yo	ertificates: Many of the services that use WebISO also use the Carnegie Mellon Certificates. If you haven't u should <u>install the Carnegie Mellon CA Root Certificates in your browser.</u>
About this service	. WebISO verifies the identity of Carnegie Mellon users. WebISO does not require installation of specialized
sortware. However, browsers. If you hav [ <u>more</u> ]	your prowser must be configured to accept cookies. This is the default configuration for all major web /e disabled cookies in the past you will need to enable cookie support in your browser to use WebISO

#### Simulated phishing website



#### PhishGuru intervention



#### Simulated phishing emails

From	Subject line
Info Sec	Bandwidth Quota Offer
Networking Services	Register for Carnegie Mellon's annual networking event
Webmaster	Change Andrew password
The Hub - Enrollment Services	Congratulation - Plaid Ca\$h
Sophie Jones	Please register for the conference
Community Service	Volunteer at Community Service Links
Help Desk	Your Andrew password alert

#### Results

- People trained with PhishGuru were less likely to click on phishing links than those not trained
- People retained their training for 28 days (only half of people who clicked on day 0 clicked on day 28)
- Two training messages are better than one
- PhishGuru training does not make people less likely to click on legitimate links
- Age was most significant factor in determining vulnerability (students mostly likely to fall for phishing)

#### Participants liked training, wanted more

- 280 completed post study survey
- 80% recommended that CMU continue PhishGuru training
  - "I really liked the idea of sending CMU students fake phishing emails and then saying to them, essentially, HEY! You could've just gotten scammed! You should be more careful - here's how...."
  - "I think the idea of using something fun, like a cartoon, to teach people about a serious subject is awesome!"

#### From research to reality

- Iterated on PhishGuru designs
- PhishGuru user studies
  - Laboratory
  - Real-world
- Anti-Phishing Working Group landing page
- PhishGuru commercialized by Wombat Security Technologies, Inc., acquired by Proofpoint in 2018

#### APWG landing page

- Train people when they fall for actual phishing emails
- Redirect people to "landing page"

#### http://education.apwg.org/

P. Kumaraguru, L. Cranor, and L. Mather. Anti-Phishing Landing Page: Turning a 404 into a Teachable Moment for End Users. CEAS 2009.



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## **Anti-Phishing Phil**



- Online game
- Teaches people how to protect themselves from phishing attacks
  - identify phishing URLs
  - use web browser cues
  - find legitimate sites with search engines

S. Sheng, B. Magnien, P. Kumaraguru, A. Acquisti, L. Cranor, J. Hong, and E. Nunge. Anti-Phishing Phil: The Design and Evaluation of a Game That Teaches People Not to Fall for Phish. SOUPS 2007.



ROUND 1 REFORM	
	ND OVLN
() congratulations! You may Proceed to the Next H	Round
http://165.246.121.80/wamu/	SCAM ALERT! URLs with all numbers in the front are usually scam.
http://www.msn-verify.com/	SCAM ALERT! keywords such as verify, update in the domain usually means it is scam.
ttp://www.chase.com	Chase.com is part of the J.P. Chase Corporation.
https://www3.nationalgeographic.com/	Don't be fooled by the www3, this site belongs to nationalgeographic.com
http://www.onlineregionsbank.com/	SCAM ALERT! Regions bank website is regions.com, not onlineregionsbank.com
http://www.citizensbank.com	citizensbank.com belongs to Citizens Bank.
X (http://147.91.75.1/ebay/	SCAM ALERT! URLs with all numbers in the front are usually scam.
X (http://www.amazon.com	amazon.com is the shopping site Amazon.
WITH URL REVEALED: E EAT LEGITIMATE	NEXT ROUND GURLS T ASK YOUR FATHER FOR HELP

How To Avoid Online	Scams	
Don't ignore the URL!	Looking at the address bar can	
Most Visited X Getting Started Latest Headlines & RSS	help you figure out if a web site is legitimate or a	
Wombank Accounts Cont Username: Password: login	scam!	
	PLAY!	

# User Study 1

- Test participants' ability to identify phishing web sites before/after training
  - 10 URLs before training, 10 after, randomized
  - Up to 15 minutes of training
- Three conditions:
  - Web-based phishing education
  - Tutorial
  - Game
- 42 participants (14 in each condition)
  - Screened out security experts
  - Younger, college students

#### Results

- No significant difference in false negatives among the three groups
- Game group performed best in false positives
- All training we tested made people more suspicious, but game was significantly better accuracy than existing



# User Study 2

- Test participants' ability to identify phishing web sites before/after training
  - 6 URLs each: before game, after game, 1 week later (randomized)
- 2,021 participants completed first phase, 674 completed 1 week later
  - Screened out security experts
  - Younger, college students

#### Anti-Phishing Phil in the Wild



#### Comments

- "I liked the game! It was fun to play and had a useful message."
- "Excellent game. Getting people to actually learn is the tough part." Coolest Security Tool Ever! - Online game to teach cyber-security By: Alexandru Dumitru, Security News Editor
  - Ads by Google Network Security Blogs Now this is certainly something really nice! Researchers are advising users kindergarden-



#### Security Alerts

#### Security Awareness

- "Is it available to training f compliance and Internet to
- "I plan to direct my mothe

style! These people are going out of their way to help people stay secure. Of course, the best way of protecting yourself against the threats on the web is to know what they are and how to act against them. That's why the brainy SONY

dudes at Carnegie Mellon University have designed a game to help people out!

Now, I knew that some warnings and pieces of Enlarge picture news were for the tech-savvy users that knew too much about security already, but they're dumbing down security measures so much that even a 10-year-old could stay safe on the web. If this doesn't make a difference, then I don't know what will!

The game is called Anti-Phishing Phil, and you can play it by clicking on this link. Not only is it entertaining - I really like that fish - but it's also going to teach you a lot. So, this is a great initiative - these people are making it stupid-proof - web like.no.ofher users should understand phishing threats and know how to www.sonystyle.com

watch out against them a lot better after playing the game. And

Learn more

Ads by Google

you can play it just for fun, if you're a security geek. Or you can play it just to test your knowledge - in any case, I like this initiative a lot.

I've seen a similar thing on Agnitum's website - it's a guiz that will tell you if you're a security wizard or not. That was pretty cool, but this fish beats the crap out of any other web threat awareness tool ever!

Be my guest and click on the link above to Anti-Phishing Phil. You're bound to like it! And I wonder what's next, are researchers going to come up with a game with "Sexy Lisa" warning against "porn-related spam"?





## Why is Phil so popular?

- Addresses a problem people are concerned about
- Teaches actionable steps
- Get trained fast (about 10 minutes)
- Fun to play
- People like to win things (or even just get points)
- Interactive, reinforces learning

## Security user education is possible

- Conventional wisdom: end-user security training does not work
- Anti-phishing work shows otherwise
  - You can teach Johnny not to fall for phish
- We should still aim to reduce or eliminate computer security threats through technology and enforcement
- But these efforts should be complemented with user education



#### User education in security/privacy

 What areas would most benefit from user education? How might you design effective educational tools for that domain?

#### **Phishing Prevention**

