Defeating Social Engineering, BECs, & Phishing

Rob Ragan @sweepthatleg

Alex DeFreese @lunarca_

Hello!



Security consultants at **Bishop Fox**.

We help organizations secure their networks, applications, and people.







Lure attackers into traps that betray their presence



Lure attackers into traps that betray their presence

Trigger rapid incident response



Warning:

No Silver Bullets



Email Phishing 101

Email phishing was the first step in 91% of data breaches in 2016



From: "Robert Date: Wednesday To: James Subject: Re: IT An Tuesday	, 12 Octob		5:40	or Global Pi	rotect going liv	re next
Hi James,						
try changing your G 'Show Panel'.	iP portal to			from the	GP bar, then sel	ect
This is going to con I can then help you						
		GlobalProtect				
Home	Details	Host State	Troubleshooting			
Portal: Username: Password:	Connect	Clea				
Status: Connec	ted					
Regards,						



The Anatomy of an Attack

- Find Targets
- Create Payload
- Deliver Attack

Linked in



lunarca@lelion ~/t/theHarvester (master)> python theHarvester.py -d bishopfox.com -b linkedin





Users from Linkedin: Christie Terrill Francis Brown Britt Kemp David Latimer Caroline Pugh Carl Livitt Christina Camilleri Heidi Hamilton Bojan Zekanovic Oscar Salazar Gwenyth Castro Andrew Wilson Cory Johnson Vincent Liu Nick Jeswald Mike Brooks Andre Kirkland Lindsay Lelivelt Drew Porter Steve Schwartz Jasmeen Broome Nick Freeman Justin Hays Steve Christiaens Gerben Kleijn Elizabeth Lagman Rob Ragan Joseph DeMesy Cecillia Tran



- example.user@company.com
- euser@company.com
- user.example@company.com
- example.m.user@company.com



- Compromise Accounts and Credentials
- Compromise Computers
- Perform an Action

C A Microsoft Corporation [US] https://login.microsoftonline.com



Office 365

Work or school, or personal Microsoft account

\$

5

Email or phone

Password

Keep me signed in





Office 365

Work or school, or personal Microsoft account

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UD.

Email or phone

Password

Keep me signed in





SpoofCheck Self Test

Test another domain



ubm.com is vulnerable to email spoofing

ANALYSIS

- SPF
 - ubm.com has an SPF record.
 - The SPF record for ubm. com has a strong defensive configuration.





To Find More About UBM AMERICAS BRANDS Click here

COMPLETE YOUR PASSWORD RESET

PASSWORD

RETYPE PASSWORD





Business Email Compromise

Facebook and Google got hit with a \$100M email scam



By Angela Moscaritolo • Published April 28, 2017





File photo: The Facebook logo is displayed on their website in an illustration photo taken in Bordeaux, France, February 1, 2017. (REUTERS/Regis Duvignau)

The US Department of Justice last month announced details of a **\$100** million **"fraudulent email compromise scheme"** against two unnamed "multinational internet companies." Now, thanks to <u>Fortune</u>, we know the identity of those companies: Facebook and Google.

TRENDING IN TECH

- Gigantic 'alien megastructures' built by an advanced civilisation could be orbiting dozens of nearby stars, boffin says
- Where does the military buy its cool gear?
- Paige Jennings, Wall Street intern turned porn star, is now trying her hand at YouTube
- 'Alien tank' found on the Moon, UFO hunters say
- North Korea possibly behind global cyberattack, researchers say

See all Trends

SCITECH CONNECT Subscribe to the daily Geek Sheet for the top

Most Common BEC Scenarios

- Business Working with a Foreign Supplier
- Business Executive Receiving or Initiating a Request for a Wire Transfer
- Business Contacts Receiving Fraudulent Correspondence
 through Compromised E-mail
- Data Theft
- Business Executive and Attorney Impersonation

https://www.ic3.gov/media/2017/170504.aspx



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https://www.ic3.gov/media/2017/170504.aspx

to me 🖃

Kevin O'Brien

11:30 AM (0 minutes ago)



We have been working on acquiring a company in the tech space -- we are (finally) wrapping up. I have asked Greg from Foley Hoag to get in contact with you; we need to tie up a few oustanding accounting details for the M&A filing.

In addition the standard corporate governance information, he will be sending transactional information to finalizing the acquisition itself. You have my full approval to process with any of his requests.

This is obviously bound by SEC regulations, and we are in the mandatory quiet period. Please keep the matter strictly confidential until we publicly announce it. Kevin

Kevin O'Brien CEO and Co-Founder GreatHorn, Inc. Direct line: 800-604-2566, x700 Cell: 585-259-8723



Click here to Reply or Forward

Mitigation Strategies

- Clearly-defined process for financial transactions
- Out-of-band verification for transactions beyond a threshold
- Multi-factor authentication



Someone has your password

Hi John

Someone just used your password to try to sign in to your Google Account john.podesta@gmail.com.

Details: Saturday, 19 March, 8:34:30 UTC IP Address: 134.249.139.239 Location: Ukraine

Google stopped this sign-in attempt. You should change your password immediately.

CHANGE PASSWORD

http://bit.ly/1PibSU0

Best, The Gmail Team MAR 19, 2016

http://myaccount.google.com-securitysettingpage.tk/security/signinoptions/password? e=am9obi5wb2RIc3RhQGdtYWIsLmNvbQ%3D%3D&fn=Sm9obiBQb2RIc3Rh&n=Sm9obg%3D%3D&img=Ly9sa DQuZ29vZ2xIdXNIcmNvbnRIbnQuY29tLy1RZVIPbHJkVGp2WS9BQUFBQUFBQUFBQUFBSS9BQUFBQUFBQUFBQUFCT... http://myaccount.google.com-securitysettingpage.tk/security/signinoptions/password? e=am9obi5wb2RIc3RhQGdtYWIsLmNvbQ%3D%3D&fn=Sm9obiBQb2RIc3Rh&n=Sm9obg%3D%3D&img=Ly9saDQuZ29vZ2xIdXNIcmNvbnRIbnQuY29tLy1RZVIPbHJkVGp2WS9BQUFBQUFBQ UFBSS9BQUFBQUFCTS9CQIdVOVQ0bUZUWS9waG90by5qcGc%3D&id=1sutIodIwe bitly.com/1PibSU0







G Sign in - (Google Account ×				
$\leftrightarrow \rightarrow G$	C In http://myaccount.google.com-securitysettingpage.tk/security/signinoptions/password?e=am9obi5wb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D%3D%3D&fn=Sm9obiBQb2Rlc3RhQGdtYWlsLmNvbQ%3D%3D%3D%3D%3D%3D%3D%3D%3D%3D%3D%3D%3D%				
	Google				
	One account. All of Google.				



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9 :

Sign in with a different account

One Google Account for everything Google





Common Ineffectual Techniques

Excessive Awareness Training

1.



- Reduce attack surface
- Improve detection rates
But it's nowhere near enough on its own



It only takes one



Punishing User Mistakes

Social engineering attacks will always succeed without technical controls for defense

Because people are...

- Helpful
- Naïve
- Trusting
- Routine-oriented

Because people are...

Not security experts

And they shouldn't have to be

"[...] users are neither stupid nor lazy. They are musicians, parents, journalists, firefighters -- it isn't fair to also expect them to become security experts too. And they have other, important things to do besides read our lovingly crafted explanations of SSL. But they still deserve to use the web safely, and it's on us to figure out that riddle."

> - Adrienne Porter Felt Google Chrome Security Team @__apf__ | adrienneporterfelt.com



Limit Delivery Options

Email Protections

SPF

v=spf1 include:spf.protection.outlook.com include:mailgun.org -all



rua=mailto:re+mlszd9zhq4y@dmarc.postmarkapp.com\; aspf=r\;

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SpoofCheck Self Test



Check your email address or domain for email protections

test@example.com



Check Domain

SpoofCheck Self Test

Test another domain



bishopfox.com is not vulnerable to email spoofing

ANALYSIS

SPF

- · bishopfox.com has an SPF record.
- · The SPF record for bishopfox.com has a strong defensive configuration.
- Record: v=spf1 include:spf.protection.outlook.com include:mailgun.org -all

DMARC

- bishopfox.com has a DMARC record.
- The DMARC record for bishopfox.com is configured with a policy of reject.
- The DMARC record for bishopfox.com is configured to send aggregate reports.
- Record: v=DMARC1; p=reject; pct=100;rua=mailto:re+mlszd9zhq4y@dmarc.postmarkapp.com; aspf=r;

RECOMMENDATIONS

To manage the risk of email spoofing from domains other than bishopfox.com, Bishop Fox recommends the following:

ubm.com is vulnerable to email spoofing

ANALYSIS

SPF

- ubm.com has an SPF record.
- The SPF record for ubm. com has a strong defensive configuration.
- Record: v=spf1 mx include:spf-1.ubm.com include:spf-2.ubm.com include:spf-3.ubm.com include:spf-4.ubm.com include:spf-5.ubm.com include:spf-6.ubm.com include:spf-7.ubm.com include:spf-8.ubm.com ~all
- DMARC
 - ubm. com has no DMARC record.

RECOMMENDATIONS

To avoid the risk of email spoofing from ubm. com, Bishop Fox recommends the following:

- Begin implementing a DMARC record for ubm. com. DMARC records are DNS TXT records, located at the _dmarc.ubm.com subdomain, that instruct receiving mail servers how to handle emails that fail SPF and DKIM alignment. For DMARC to function, ubm.com needs to have both SPF and DKIM configured. Additional information about setting up DMARC records can be found from the Google Apps DMARC setup guide.
- A DMARC policy of none allows spoofed emails to be delivered. Begin implementing a DMARC policy of quarantine or reject. As implementing strict DMARC policies may interfere with the delivery of email from ubm. com email addresses, Bishop Fox recommends setting up and monitoring aggregate report notifications for legitimate emails before beginning to implement a stricter policy. If no legitimate emails are reported, set the DMARC policy to quarantine and set the pct field to a low percentage. This process is described in more detail in the Google Apps DMARC setup guide.

To manage the risk of email spoofing from domains other than ubm.com, Bishop Fox recommends the following:

• Configure the ubm. com email server to quarantine emails that fail SPF alignment on the From field. Nearly 41% of the Alexa top million domains are configured with SPF records, but only 1.8% of those domains are configured with a strict DMARC record.

Mark External Emails

ြု့ Reply ြု့ Reply All 🕒 Forward 🖓 IM

Thu 3/31/2016 Invalid SPF <invalid.spf@iwitl.com>

Test Message - Invalid SPF

Го 🛛 📕 Joseph Palarchio

WARNING: The sender of this email could not be validated and may not match the person in the "From" field.

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.

This is a test message.

http://blogs.perficient.com/microsoft/2016/04/office-365-providing-your-users-visual-cues-about-email-safety/

Set up Canary Emails

Canarytokens by Thinkst

What is this and why should I care?

Unique email address

☆

w

Provide an email address, or webook URL, or both space separated

Reminder note when this token is triggered, like: Email address in Events database

Fill in the fields above



Limit Payload Options

Block Unknown Executables

Veil



Veil is a tool designed to generate metasploit payloads that bypass common anti-virus solutions.

Veil is current under support by @ChrisTruncer



Windows Defender – Block at First Sight









← Settings

UPDATE & SECURITY

205 UPDATE & SECURITY	
Windows Update	Some settings are managed by your organization.
Windows Defender	
Backup	Real-time protection
Recovery	This helps find and stop malware from installing or running on your PC. You can turn this off temporarily, but if it's off for a while we'll turn it back on automatically.
Activation	On
For developers	Cloud-based Protection Get better, faster protection by sending Microsoft info about potential security problems Windows Defender finds. On Privacy Statement
	Automatic sample submission Help us make Windows Defender better by sending Microsoft samples so we can improve our anti-virus and malware measures. Turn this off to be prompted before sending samples to Microsoft.

Privacy Statement

Block Office Macros

```
•••
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```
Normal (Normal.dotm)
```

```
▼ 20 Project (Document1)
```

Microsoft Word Objects



🖀 Console1 - [Console Root\Local Computer Policy\User Configuration\Administrative Templates\Microsoft Word 2016\Word Options\Security\Trust Center] 🗕 🗖

🔚 File Action View Favorites Window Help

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Þ 🔶 🖄 🖬 🔒 🛛 🗊 🔻				
⊿ 🕵 User Configuration 🔨	Trust Center			Actions
Software Settings	Block macros from running in Office	Setting	State	Trust Center 🔺
▷ I Windows Settings ⊿ I Administrative Templates	files from the Internet	File Block Settings		More Actions
Control Panel		Protected View		
Desktop	Edit policy setting	Trusted Locations		Block macros fr 🔺
Microsoft Excel 2013	Requirements:	🔢 Block macros from running in Office files from the Internet 👘	Not configured	More Actions 🕨
Microsoft Excel 2016	At least Windows Server 2008 R2 or	📰 Scan encrypted macros in Word Open XML documents	Not configured	
Microsoft Office 2013	Windows 7	Disable Trust Bar Notification for unsigned application add-i	Not configured	
Microsoft Office 2016	Description:	Disable all application add-ins	Not configured	
🧮 Microsoft Office Policy Settings I		Require that application add-ins are signed by Trusted Publi	Not configured	
Microsoft OneNote 2016	This policy setting allows you to block macros from running in Office	Set maximum number of trust records to preserve	Not configured	
Microsoft PowerPoint 2013	files that come from the Internet.	Set maximum number of trusted documents	Not configured	
Constant PowerPoint 2016 Microsoft Word 2013		Trust access to Visual Basic Project	Not configured	
Microsoft Word 2013	If you enable this policy setting,	Turn off trusted documents	Not configured	
Collaboration Settings	macros are blocked from running, even if "Enable all macros" is selected	Turn off Trusted Documents on the network	Not configured	
Customizable Error Messages	in the Macro Settings section of the	E VBA Macro Notification Settings	Not configured	
Disable Items in User Interfac	Trust Center. Also, instead of having			
File Tab	the choice to "Enable Content," users will receive a notification that macros			
🧮 Japanese Find	are blocked from running. If the			
Miscellaneous	Office file is saved to a trusted			
Review Tab	location or was previously trusted by the user, macros will be allowed to			
⊿	run.			
▷ Contract Advanced				
Customize Ribbon	If you disable or don't configure this policy setting, the settings			
🚆 Display	configured in the Macro Settings			
▶ Central	section of the Trust Center determine			
Save	whether macros run in Office files			
⊿ 📮 Security	that come from the Internet.			
Cryptography				
Trust Center				
Track changes and comp				

https://blogs.technet.microsoft.com/mmpc/2016/03/22/new-feature-in-office-2016-can-block-macros-and-help-prevent-infection/

Limit Access to PowerShell



Su Su	irvey
Target type:	Application
Target location:	v1.0
Target:	rShell\v1.(\powershell.exe -nop -w hidden -c \$d=n؛
Start in:	%windir%
Shortcut key:	None
Run:	Normal window
Comment:	
Open File L	ocation Change Icon Advanced

🖂 🛃 🧐 街 🐟 🗇 🗸 0455895275300 jjd9010 - Message (HTML)						
File	fessage					۵ 🕜
\sim X	🚑 Reply 👸 Reply All	4	P	*	A	
🍇 - Delete	A Forward	Quick Steps =	Move	Tags	Editing	Zoom
Delete	Respond	Quick Ste 🗔				Zoom
This message was sent with High importance. From: To:						
Cc						
Subject:	0455895275300 jjd90)10				
🖂 Message	EMAIL_980120_jj	d9010.zip (983 B)				
						129 A
						-
🔥 Windo	ows Desktop Search i	s not available.			2	R •



https://blogs.technet.microsoft.com/mmpc/2016/10/19/the-new-lnk-between-spam-and-locky-infection/

Multi-Factor Authentication



Image: Duo Security



Password Manager

LastPass ••••





Refuser





Password Alert	+ FREE
google.com	Productivity
Password Alert helps protect against phishing attacks.	***** (6)
	G

Reset your Google Account password

You just entered your Google Account password on a sign-in page that's not Google's. Immediately reset your password to protect your account. And please make sure you don't reuse your password for other apps and sites. <u>Learn more</u>

Reset Password

Ignore this time

Always ignore for this site

Warning: you are typing a password into twitter.com that is similar to a password you used on on www.facebook.com.

X

Is this what you want to do?

No, take me back to safety.

No, let me type a new password. Yes, this is what I meant to do.

Don't have an account? Sign up »


Incident Response

Tailored Incident Response Plan

- Identify the most common threats facing your company
- Define and enforce incident response plans for these threats



Use your Employees

It still only takes one



mailto:phishing@bishopfox.com

http://www.nerdosaur.com/network-security/add-a-report-phishing-button-in-outlook/

Domain Protections

• DNS RPZ

- Automate redirection of known-bad domains
- Redirect DNS Homoglyphs
- Tripwire to alert on attacks in progress

lunarca@lelion ~/t/dnstwist (master)> python dnstwist.py facebook.com
dnstwist.py: notice: missing module: dnspython (DNS features limited)

___| |_ __ ___| |___ __(_)___| |__ / _` | '_ \/ __| __\ \ / / / __| __| | (_| | | | __ \ |_ \ V V /| __ \ |_ __,_|_| |__|___/__| _/_/ |_|___/__| {1.04b}

Processing 287 domain variants26%...47%.......69%.......92% 197 hits (68%)

Original*	facebook.com	157.240.11.35 2a03:2880:f10d:83:face:b00c::25de
Addition	facebooka.com	184.154.126.180
Addition	facebookb.com	199.59.243.120
Addition	facebookc.com	199.59.243.120
Addition	facebookd.com	199.59.243.120
Addition	facebooke.com	146.112.61.108
Addition	facebookf.com	199.59.243.120
Addition	facebookg.com	103.224.182.214
Addition	facebookh.com	
Addition	facebooki.com	
Addition	facebookj.com	173.193.106.11
Addition	facebookk.com	127.0.0.1
Addition	facebookl.com	185.53.178.9
Addition	facebookm.com	199.59.243.120

Contain



Force Password Resets

Eradicate



- Getting around persistence is hard and not worth it
- Difficult to tell if it's actually eradicated



- Break Command and Control channels
- Blacklist server IP addresses and DNS names
- Buy time to respond
- Make attackers spend money



- Block emails from attacking MTA
- Prevent further attacks from that server
- Make attackers spend money

Raise the alarm

Robert Shields has shared a document on Google Docs with you



Be careful with this message. Similar messages were used to steal people's personal information. Unless you trust the sender, don't click links or reply with personal information.



rshields to hhhhhhhhhhhhhhhhhhh bcc: me 💲

Robert Shields has invited you to view the following document:



May 3





You can find us at:

- @bishopfox
- facebook.com/bishopfoxconsulting
- linkedin.com/company/bishop-fox
- google.com/+bishopfox



Christina Camilleri (@0xkitty) for the slide design!



Ulvenwald Werewolf One Punch Man Werewolf Windows Defender Duo Security Command Center Enchanted Creature Invocation