

# San Diego Regional Cyber Lab



## Greater Than Tech Cyber Security Workshop

In November, the San Diego Regional Cyber Lab hosted local 501c3 non-profit Greater Than Tech's first ever cyber security workshop. GTT's mission is to inspire young girls with an interest in STEM to create the next generation of innovative technology leaders.

This workshop provided the young students with a lesson on protection of their own personal data and security from speakers representing Booz Allen and Women in Cybersecurity (WiCyS).

Haiku Inc. and representatives from SDSU also gave a demonstration on cyber security through Haiku's gamified learning application, World of Haiku. The students played through the initial levels of Haiku, learning the basics of Linux OS navigation and command line prompts.

The workshop concluded with career discussions guided by representatives from CISA, ESET, and Sharp Healthcare who all provided the group with invaluable insights and inspiration for their future careers.

## Upcoming Events:

- *SDRCL Technical Steering Committee (1/11)*
- *SDRCL Executive Steering Committee (1/18)*
- *BSides San Diego— Hacker Spring break (3/30)*



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# CIS MS-ISAC K-12 Cybersecurity Assessment of the 2022-2023 School Year

The Center for Internet Security (CIS) collected first-hand data for the 2022-2023 school year through the Nationwide Cybersecurity Review (NCSR), feedback from MS-ISAC members, and data from the CIS Security Operations Center (CIS SOC). This data empowers K-12 leaders to make informed decisions regarding cyber risk.

To access the full report, fill out the CIS form [here](#).

## MS-ISAC K-12 Cyber Security Facts

### K-12 School District Staffing

- 90% of K-12 school districts stated they have less than 5 employees with security related duties

### K-12 School Districts and Security Framework Usage

- 68% of K-12 school districts stated they use a security framework, such as the CIS Controls or the (NIST) Cybersecurity Framework.
- On average, K-12 school districts that use a security framework, scored 36% higher on NCSR maturity scoring compared to those not using a framework.

### Response and Recovery Planning

- 59% stated they provide periodic (at least annual) information risk, control, and security reporting to top-level decision-makers.
- Those who provided periodic cyber reporting to decision-makers displayed 52% higher overall average NCSR maturity scoring than those organizations that did not perform this activity.

To read more, click [here](#).

## Top Five Security Concerns

K-12 respondents to the 2022 NCSR reported their top five security concerns as follows:



## Software Patches Stop Costly Breaches

The San Diego Business Journal recently featured Cyber Lab Working Group member and City of San Diego Interim CISO Brendan Daly in the article *Cyber Security: Insurers, Government Offer Resources for Business*. This interview, presented in association with the Cyber Center of Excellence (CCOE), was conducted as part of the Business Journal's series on Cybersecurity Awareness Month.

"Imagine a computer system like a house," says Brendan. "If the house has maintenance issues, a window or two that will not lock or unsecured entryways, you are exposing the house to potential burglars. They could more easily break in and steal your valuables. Patch management is like fixing those maintenance issues, adding locks to the windows and securing those entryways. Patch management makes it harder for anyone with bad intentions to get into your systems."

According to IBM's Cost of a Data Breach Report in 2023, the global average cost of a breach in 2023 was \$4.45 million, a 15% increase over three years.

The CCOE also describes good hygiene in relation to insurance. "Patch Management and Software Updates are undoubtedly something that insurers are looking for when they review a company's risk profile," said Jim Skeen Jr., founder of Lockton San Diego. He also states other essential controls can lower insurance rates by qualifying for the most competitive rates. You can achieve this by enforcing Access Management, Data Backup, Security Monitoring, Education/Training, and more. Find the full SDBJ article [here](#).



# Nationwide Cybersecurity Review Now Open!

The 2023 Nationwide Cybersecurity Review (NCSR) is now available! Your organization can utilize the NCSR to measure your cybersecurity program at no cost. After participating, you will then receive automated custom reporting and recommendations to improve your organization's cyber program. This anonymous self-assessment will be open until **February 29, 2024**.

## Why This Is Important?

The NCSR provides access to a no-cost self-assessment and an associated portal containing reports and resources for mitigating common risks. The assessment is designed to help you measure your cyber program at a strategic level regardless of your level of cybersecurity maturity. You can then use the NCSR as a summary to identify gap areas that need funding and resource investments.

## Grant Requirement Information

The NCSR is a post-award requirement for recipients and sub-recipients of the Homeland Security Grant Program (HSGP) – specifically, entities receiving funding through the State Homeland Security Program (SHSP) and the Urban Area Security Initiative (UASI).

The NCSR is also a post-award requirement for recipients of the State and Local Cybersecurity Grant Program (SLCGP). For questions specific to the grant process, please reach out to [FEMA-Grants-News@fema.dhs.gov](mailto:FEMA-Grants-News@fema.dhs.gov).

## Accessing the NCSR Portal & Resources

**Previously Established Users:** Click [here](#) to access the NCSR portal. Select “Get a new password” if a password reset is needed.

**New Users:** Register [here](#) for the NCSR. The MS-ISAC will create your user account, at which point you will receive an email with login instructions.

**Demo Presentations:** The MS-ISAC is now offering individual 30-minute NCSR demo reviews for organizations that are new to the NCSR, the platform, and NCSR's associated benefits. Contact [ncsr@cisecurity.org](mailto:ncsr@cisecurity.org) to schedule a NCSR demo.

**2022 Participants:** Please contact [ncsr@cisecurity.org](mailto:ncsr@cisecurity.org) if you would like a majority of your 2022 NCSR answers imported to your 2023 assessment. You can then review and update your answers as needed.



## Evaluate the maturity of your cybersecurity program.

Open to complete from  
Oct. 1, 2023 to Feb. 29, 2024

 **No cost**  **Anonymous**  **Self-assessment**

# Women in Cybersecurity (WiCyS) San Diego: Empowering Women in Cybersecurity

In the ever-changing world of cybersecurity, WiCyS San Diego stands as a beacon of support and empowerment for women in the field and is pleased to partner with the San Diego Regional Cyber Lab. The WiCyS San Diego Affiliate is a non-profit organization dedicated to fostering a diverse and inclusive cybersecurity community where women can thrive and contribute their unique perspectives and expertise. Established as part of the broader WiCyS Global organization, the Affiliate provides a supportive network to advance women's careers in cybersecurity. WiCyS San Diego addresses the gender gap in cybersecurity by promoting mentorship, scholarship programs, networking events, educational opportunities, professional development workshops, seminars, and conferences. These initiatives aim to inspire and equip women with the skills and confidence needed to thrive in the rapidly evolving cybersecurity landscape.

WiCyS San Diego's goal is to make significant strides in building a resilient and inclusive cybersecurity community by actively participating in community outreach, educational programs, and industry partnerships. In alignment with WiCyS Global, the Affiliate supports the broader goals of the organization, which includes increasing representation of women in cybersecurity and creating a supportive environment for professional growth. Through collaboration with local organizations and industry leaders, WiCyS San Diego strives to create a more inclusive and diverse cybersecurity community and strives to contribute to the advancement of women to make a significant impact in the San Diego region. The Affiliate's efforts foster a more inclusive and diverse cybersecurity workforce, leading to innovation, collaboration, and a more robust overall cybersecurity posture.

You can find more information by visiting WiCyS' website [here](#).

## SDRCL in the San Diego Business Journal's Cyber Roundtable

The San Diego Regional Cyber Lab, represented by Ian Brazill, was recently featured in both a special edition release of the San Diego Business Journal as well as a cybersecurity panel discussion. The discussion and article covered advances in AI cyber threats, new security regulations for federal contractors, and new cyber resources for small businesses and public agencies.

To read the special edition article, [click here](#).

To watch the 30-minute panel discussion, [click here](#).



## BSides San Diego Hacker Spring Break 2024

BSidesSan Diego is returning for a one day extravaganza March 30th, 2024 at San Diego State University. They are coming back in full force next year

with enthusiastic talks, engaging trainings, extraordinary giveaways, hacker jeopardy, and enraging villages.

BSides SD is an independent, community-driven information security conference that aims to bring together professionals, enthusiasts, and anyone interested in cybersecurity. These conferences typically feature presentations, workshops, and discussions related to cybersecurity.

To sign up for Hacker Jeopardy submit the following:

Team name (3 People), each member's chosen name, each member's handle, and why you want to participate to: [contests@bsidessd.org](mailto:contests@bsidessd.org)

Connect on LinkedIn: [Click here](#)

## Connect With Us



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