

## Information Security Team Training Idea: A Phishing Escape Room

Tara L. Dolan, CBCP  
IT Security Manager and Awareness Specialist  
University of Rochester, Medical Center & Affiliates



1

---

---

---

---

---

---

---

## The Idea:



In preparation for Cyber security Awareness month, our team came up with the idea of combining break out rooms with Cyber security. Taking it one step further, we made the player, the hacker and used the idea of what if you had to hack URM?



2

---

---

---

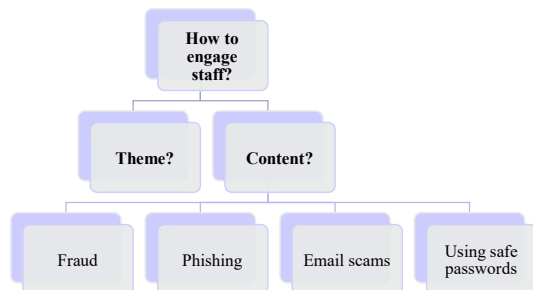
---

---

---

---

## The Goal:



3

---

---

---

---

---

---

---

[illegible]

---

---

---

---

---

---

# Equipment and Resources:

**To Buy:**


- ☒ Kitchen Timer (Amazon)
- ☒ Directional lock (Amazon)
- ☒ whiteboard (Amazon)
- ☒ briefcase (Amazon)
- ☒ lock box (Amazon)
- ☒ master lock (Amazon)
- ☒ calendar (Amazon)

**To Make:**

- ☒ posters:
  - ☒ US Logo on each
  - ☒ Email phishing signs
  - ☒ Types of phishing
    - ☒ Phishing - Vishing
      - ☒ Description
      - ☒ Image
    - ☒ Email - Phishing
      - ☒ Description
      - ☒ Image
    - ☒ SMS - Smishing
      - ☒ Description
      - ☒ Image
    - ☒ QR Code - Quishing
      - ☒ Description
      - ☒ Image
  - ☒ 3 draft emails
  - ☒ 3 draft email responses
  - ☒ Flair for bad password/passcode practices
  - ☒ Helpdesk Sign
  - ☒ Introduction Video
    - ☒ 1 Word Document Draft page
      - ☒ Print **Dirty Pages 1-2**, keep **page 3** on Desktop
    - ☒ 1 Excel Document with 8-9 fake emails for departments and 1 real email for Finance departments
    - ☒ 1 Text file with the passcode to the briefcase
    - ☒ 3 photos of children (stock images) (PRINT)

**To Borrow:**

- ☒ 1-2 computers (John Wolfe's Team)
  - ☒ One will only need Outlook installed
    - ☒ Other can be completely blank and is only needed for the intro videos
- ☒ Mouse + keyboard (John Wolfe's Team)
- ☒ Posters (Jim Purvis)
- ☒ USB drive



UNIVERSITY of ROCHESTER

---

---

---

---

---

---

# HOW TO SELL IT....

**Celebrate and Learn with the Information Security Team**

We're excited to announce that we'll be celebrating National Cyber Security Awareness Month in October with a variety of engaging activities and opportunities for faculty, staff and students to learn more about information security. One highlight is our **Phishing Escape Room** experience.

**What is the Phishing Escape Room?** In this interactive exercise, participants will step into the shoes of a cybercriminal and attempt to phish the organization. As they navigate the escape room, they'll gain valuable insights into how phishing attacks work and learn practical tips to protect themselves and the organization from threats.


**Why participate?**

- **Increase awareness:** Enhance our understanding of phishing tactics and their potential consequences.
- **Learn practical skills:** Discover strategies to identify and avoid phishing attempts.
- **Strengthen security:** Contribute to a more secure organizational culture.

**How it works:**

- **Teams of 6:** Form teams of up to 6 people to participate in the escape room.
- **Duration:** Each escape room session lasts approximately 30-45 minutes.
- **Location:** We'll need a suitable office or conference room to set up the escape room.
- **Information booth:** We'd like to set up an information booth outside the room to distribute small gifts and share information about information security with passing staff.

**Is your department/organization interested?** If you'd like to schedule the Phishing Escape Room for your organization during a day in October, please let us know.

 UNIVERSITY of ROCHESTER

---

---

---

---

---

---



7

---

---

---

---

---


---

---

---

# The End

Tara L. Dolan CBCP  
IT Security Manager and Awareness Specialist  
University of Rochester, Medical Center & Affiliates  
Cell: (585)370-2071  
tara\_dolan@urmc.rochester.edu

 UNIVERSITY of ROCHESTER

8

---

---

---

---

---

---

---

---