

THE CYBER ESCAPE ROOM EXPERIENCE

Standard security awareness training doesn't seem to have the knowledge retention rate we are all looking for. When information isn't retained, poor behaviours follow.

Traditional security awareness training is often considered irrelevant and boring by many staff within organisations. There is a minimal level of engagement or excitement amongst staff as they have a very different mindset towards such training. Many of staff members don't feel that it's their job or that they have too many other things to do during the day.

It's common knowledge that the information retention rate is inversely proportional to the lapsed time since training as explained in the Ebbinghaus forgetting curve below.

Retention depends on:

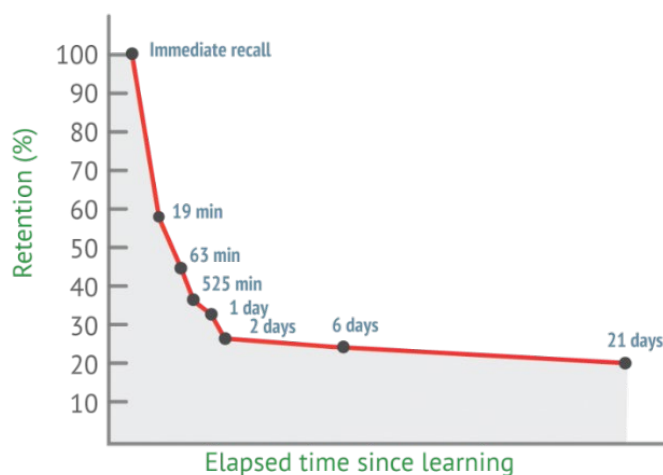
- **The memory's strength** - stronger memories are easier for individuals to recall after longer periods of time compared to weaker memories. Individuals differ in their memories' strengths.
- **How much time has passed since learning** - people tend to forget 90% of what they have learned within a few weeks?

Rate of forgetting

The speed of forgetting information can be affected by numerous factors:

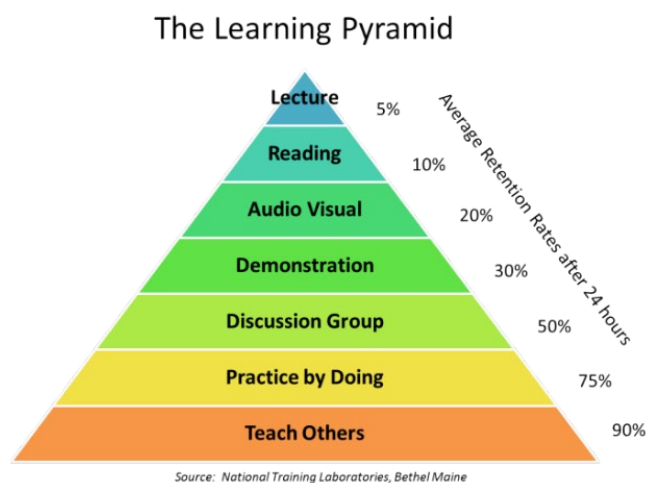
- **Complexity of the material** - the more complicated information is, the quicker it will be forgotten
- **How the material is taught** - for example, using visual aids, audio, essays, slideshows etc
- **How meaningful the information is** - this is the extent you can link your learning to previously known concepts. The more relatable the information is, the slower the rate of forgetting
- **Physiological factors** - such as, lack of sleep or hunger
- **Psychological factors** - for example, stress or anxiety

The Ebbinghaus forgetting curve



The best way to learn:

If you want someone to remember a topic, the best way for them to remember it is by getting them to teach it, rather than watch or read it. This is often unpractical as people don't have the time to become an expert within Security Awareness. Therefore, we need to look at better ways of educating staff so that they remember the fundamentals.



Research has shown that engaging staff, immersing them into the specific topic, has a significantly higher knowledge retention rate, (measured 2 weeks after the training), than just undertaking computer based or face to face training. We have found that the retention rate of security awareness knowledge has been measured at 78%.

Because of this, Layer 8 Security has developed the Cyber Escape Room experience.

It's a team building experience that immerses the participants in a fun learning experience.

All the physical Cyber Escape Room games come to your office and are run by our experienced team. This not only allows you to reduce the impact on your staff work schedule, but it also enables the busy executive to experience the adventure and create collaborative teams. Like conventional escape rooms and games, this presents staff with puzzles, challenges, teaching moments and team work to solve the clues to eventually solve the challenge.

Unlike conventional escape rooms, we bring the room to you, set it up and run it for you. Staff are presented with various cyber security challenges to solve. They are expected to work in teams to solve the puzzles which allow them to move onto the next challenge. Further clues and hints are offered, at a cost of time, to assist them in solving the challenges if they get stuck. The team with the best aggregated score wins prizes for the team participants.

After the session, staff are taken through their session to explain and reinforce the lessons learned. Each Session runs for 50 minutes, 30-minute escape room experience and 20-minutes reflection and learning.

Each escape room encompasses at least 5 different learning experiences like phishing awareness and identification, password hygiene, social media hygiene, physical security, securing sensitive data, remote working, USB device security, and social engineering.

Why utilise a Facilitator

With the Virtual Cyber Escape Room games, staff can explore and showcase their knowledge in a relaxed environment whilst working remotely.

In single player mode, the person is playing the game alone, not involving anyone else. This often doesn't achieve the desired learning results. With the multiplayer mode, utilising the services of a facilitator, people meet in a virtual environment and communicate, collaborate, and solve the challenges together. They get the experience of working together in a team environment to promote team building as well as to improve their knowledge of cyber security.

The moderator facilitates the players while analysing their gameplay. This opens the communications lines between staff and ensures every player is engaged fully within the game and participating equally.

Within the games, we often see two main types of personalities emerge. The more dominant and the less dominant types. We often witness the more dominant personalities taking over the game and the less dominant ones sitting back, waiting for others to solve the problems. This doesn't provide the equal opportunities for all staff to gain the real benefits from the experience.

The moderator ensures that no player is overshadowed by others and everyone gets equal opportunities. Moderator will also provide additional knowledge around each activity as required.

Security learning is also shaped in a manner that reflects the staff personal lives. Staff can take the lessons learned back home as well as to come to offices with different behaviour and attitude.

The multiplayer mode will enhance the problem-solving skills, motivating employees, whilst improving their cyber security knowledge. It also assists staff members in feeling comfortable in expressing their ideas and opinions.

Each task is designed in a way that will enhance critical thinking skills along with developing creative mindsets. This will take the teams outside of their working environment and exposing them to new learning experiences, working together with other teams, and bringing new qualities back to the office.

THEMES

- Can you Hack it
- Pirates of the internet
- Cyber Feud
- Escape the Catacombs
- Insider Threats
- Cyber Feud

