



# Veracode Security Labs

White Paper

March 26, 2021

# Hands-on labs to shift security knowledge left with Veracode

## Your developers are asked to know a lot

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When it comes to software, developers are really the only ones in an organization who can fix the vulnerabilities in their code. Yet developers often don't have the training they need to identify or remediate vulnerabilities and to code securely to reduce the number of vulnerabilities found in production. In addition, security teams often don't have the bandwidth or expertise to teach them. The result is an ever-growing mountain of security debt. Efforts to train developers to help solve this problem are often thwarted because content is too long, irrelevant to an organization's tech stack, or the learning approach is not engaging.

## Hands-on learning with modern web applications

Veracode Security Labs shifts application security knowledge left, training developers to tackle modern threats in the evolving cybersecurity landscape by exploiting and patching real code and applying DevSecOps principles to deliver secure code on time. Through hands-on labs that use modern web apps written in your chosen languages, developers learn the skills and strategies that are directly applicable to an organization's code. With detailed progress reporting, email assignments, and a leaderboard, developers are encouraged to continuously level up their secure coding skills.

## Secure Code Training for Development Teams

Veracode Security Labs provides the AppSec training developers need, with exercises, accessed through a web browser, that use modern web apps written in your chosen languages, so the skills and strategies taught are applicable to your organization's code. In as little as five to 10 minutes, developers can start proving their skills by directly exploiting and patching real code.

## Supported languages and frameworks include:

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- .NET
- C++
- Golang
- Java
- JavaScript + Node.js
- Python (Django and Flask)
- React.js
- Ruby on Rails
- Scala
- PHP



## Satisfy Compliance Requirements

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Many compliance certifications, like SOC2, HITRUST, and PCI, require ongoing security training. Veracode Security Labs helps you satisfy these requirements while providing meaningful education to your development team. You can set required modules and deadlines, track your team's completion, and export progress reports to prove compliance.

## Real Web Apps, Not Click-Through Simulations

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Alternative “interactive” training solutions typically simulate a web app rather than using real code. The drawback of this approach is that, while passively looking at code snippets, a developer never actually touches the keyboard. No hands-on practice often means that no actual learning has occurred, since developers will simply click through multiple-choice examples until they “pass” a lesson.

Further, there are often many ways to resolve a vulnerability, and in a limited simulation a developer cannot explore these options. This can lead to frustrating situations where developers know a correct fix for a problem but cannot get credit for their creativity.

Veracode Security Labs uses real, containerized web apps that developers can exploit and fix. This means that developers can fully explore how a given vulnerability affects an application in ways that are relevant to their situations, and creativity can be rewarded as developers gain valuable experience writing secure code in the context of real applications.

## Bridge the Gap Between Security and Development

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Developers often outnumber security professionals 100 to one - so when developers are empowered to fix flaws and code securely, AppSec becomes more scalable. Veracode Security Labs offers the capability to create customized labs that are relevant to an organization's tech stack and business objectives.

This document provides detailed descriptions of all the training modules and labs that are included with Veracode Security Labs, broken out by topic and languages. The labs were designed to teach all experience levels of individuals in your organization about the importance of secure practices during the software development cycle.

## Overview of Lab Topics

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Veracode Security Labs provides training for the most relevant application security topics of today. For a more detailed description of our courses, please request a demo for a full experience of all of our lab topics.

### OWASP Top 10 and PCI

- Injection Flaws
- Broken Authentication
- Sensitive Data Exposure
- XML External Entities (XXE)
- Broken Access Control
- Security Misconfiguration
- Cross-Site Scripting (XSS)
- Insecure Deserialization
- Using Known Vulnerabilities
- Insufficient Logging + Monitoring
- Insecure Cryptographic Storage
- Insecure Communications
- Improper Error Handling
- Cross-Site Request Forgery (CSRF)
- Other High-Risk Vulnerabilities

### Modern Application Weaknesses

- Insecure Direct Object References
- Open Redirects
- HTTPS and Insecure HTTP Traffic
- Secure Services and APIs
- Forced Browsing
- Directory Traversal
- Securing JSON Web Tokens
- Buffer, Heap, and Stack Overflows
- Race Conditions

### Data Privacy and GDPR

- Limiting PII Storage
- Informed Consent
- Access and Erasure
- Data Rectification
- Data Portability
- Securing User Data

### Download the complete catalog

To see the full catalog, you can download an Excel file that is searchable, sortable, and filterable.

<http://veracode.com/securitylabs/catalog>



## Platform Overview

### Guided Interactive Labs

Developers are automatically provisioned individual, containerized servers and web applications, accessible through their browser. From the lab interface, users can interact with real web apps, exploiting vulnerability and patching code by writing their own fixes.

Lessons guide users through each step, automatically checking user progress along the way. Additional practice challenges serve as extra practice to reinforce learned skills.

Users can save their place in each lab to pick up where they left off, and optional hints guide developers along to the correct steps to take.

The screenshot displays the Veracode Dev Learner interface. On the left, a sidebar contains the lab title "The Art of Redirection" (1 of 7), a sub-heading "Testing expected functionality", and a list of actions: Register a new user, Log out, and log back in, Register a second user, Visit the members page to see a list of all registered users, and Delete a user account. Below this is a note about improvements and navigation buttons for "Previous" and "Next".

The main area shows a browser window with the URL "https://589e962a.dev.ht/". It features a "Log in:" form with fields for "Your email" and "Password", and a "Log in" button. Below that is an "or Register:" form with fields for "Your email", "Password", and "Confirm password", and a "Register" button.

At the bottom, a "Code Editor" window is open, showing a file explorer on the left with a tree view containing "app.js", "models", "package-lock.json", "package.json", "routes", "router.js", and "views". The "router.js" file is selected and open in the editor, displaying the following code:

```
1 const express = require('express')
2 const router = express.Router()
3 const url = require('url')
4
5 const User = require('../models/User')
6
7 router.get('/', (req, res, next) => {
8   res.render('index', {
9     redirect: req.query.redirect
10  })
11 }
```

## Assignments and progress tracking

Admins and managers can assign required labs with due dates, define user roles, and select languages for different sets of developers. Customizable email reminders help keep users on track.

Progress at the team and individual level is reported on within the platform, via CSV file exports, and via API requests for teams with their own internal dashboards.

 Export assignment progress [Save changes](#) [Delete](#)

**Assignment title:**

[+ Update assigned content](#)

**Assigned labs:**

-  Own the database
-  Parameterize all the things
-  Bobby Tables Challenge (Optional)

**Start date (UTC)**      
*In your local time, this is 2/1/2020, 06:00:00*

**Due date (UTC)**      
*In your local time, this is 2/29/2020, 06:00:00*

No assignment due date

Notify users by email when this assignment starts

**Additional email reminders:**  
[Add another reminder](#)



## Customizable content and competitions

Relevant training content can be assigned at a per-language and per-topic level to groups of developers. Written training content itself can be customized to your organization's specific approach, for instance by linking a team back to internal reference documentation related to a particular security topic.

Configurable leaderboards track user progress within teams. Admins can set up timed competitions to host an internal *Capture the Flag* or one-time workshop.

### Security Labs

Choose a topic on the right to dive into a new set of labs, or pick up where you last left off.

All Time 90 Days

Leader	Points	Last active
Carle Blanchard	70	05/17/2019
Eamon Ibarra	40	06/3/2019
Ayaz Jackson	30	01/31/2020
Hunter II	30	01/24/2020
Audrey Lester	30	01/9/2020
Camille Chambers	10	04/22/2019
Mujtaba Medrano	10	04/11/2019

#### Jump back in...

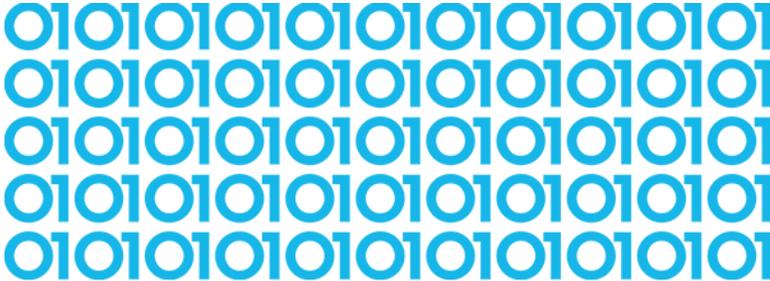
- REQUIRED TOPIC**  
**CWE-601 #22: Open Redirects**  
Unchecked URL redirection to untrusted sites. Due next week  
Resume
- REQUIRED TOPIC**  
**OWASP #7: XSS**  
Reflected and persistent cross-site scripting attacks. Content Security Policy. Due today  
Resume
- OPTIONAL TOPIC**  
**Juice Shop**  
Very vulnerable MEAN web app full of practice challenges. Due today  
Resume

## Training Certifications

Security Labs users can now get a certification based on the labs they've successfully completed. Up to three levels of certification are available, and the user will get a badge and a URL they can share on LinkedIn or on social media! This is a great way for developers to show off their security knowledge. (Existing Security Labs users with enough points can retroactively achieve certifications. If you are a Security Labs administrator, you must enable Certifications in Account Settings before the feature is available.)

### Certifications

- Level 1** Security Labs Champion  
View Certification  
Achieved on 15 Sep 2020
- Level 2** Security Labs Champion  
View Certification  
Achieved on 17 Sep 2020
- Level 3** Security Labs Champion  
205/300 Points Earned



# Thank You