



What is a Password?

- A password is a secret word or phrase that must be used to gain admission to something; a string of characters that allows access to a computer system or service
- A pass-phrase provides stronger protection





Password Examples

samuel123
m0nkey3y99
49lakestreet
Y#Cb3\$D6ZYF

Pass-phrase Examples

I love ice-cream!
Jerry lives in Bugtessle KY
I can see them, yall
2 be or not 2 be, that is the?

Keep Your Passwords Safe

-  **Create** complex password hints. Try a sentence/acronym that only applies to you and is random.
Example: My first job was at 1567 third street and I was a computer engineer =mfjw@1567tsaiwace
-  **Change** passwords when necessary; rather than changing every 90 days, change your password less frequently, and change the entire password.
-  **Use** a password manager (e.g., Dashlane, LastPass, RememBear); these store complex, strong passwords for all your accounts and save you the time it takes to type a long password.
-  **Install** antivirus software (e.g., BitDefender, Symantec, MalwareBytes); this helps protect the computer from unauthorized code or software that creates a threat to the system.

Why Protect Passwords?

- We use passwords, in conjunction with username/email address, to access important information
- A strong password provides essential protection from financial fraud, identity theft, etc
- Passwords are highly sought-after by malicious attackers
- Treat passwords as very sensitive data

DOs and DON'Ts of Password Protection



- Make passwords long and complex, yet memorable; create passphrases for more security
- Make passwords with combination of uppercase, lowercase, numbers and symbols
- Make passwords at least 15 characters long; the longer the password, the harder it is to guess
- Store passwords in a password vault (e.g., Dashlane, LastPass, RememBear)
- Use Multi-Factor Authentication wherever possible



- Make short passwords; most systems require a certain length and complexity for security
- Make passwords easily guessable (i.e., don't use part of your name or your birthday)
- Share your password
- Write your password down; written passwords can be lost or stolen
- Reuse passwords; each account needs a different password
- Give your password away; don't fall victim to phishing attacks

Resources

For more tips on cyber safety, please review these additional resources:

- <https://www.it.ucsb.edu/secure-compute-research-environment-user-guide/password-best-practices>
- <https://www.knowbe4.com/>
- <https://www.pcmag.com/picks/the-best-antivirus-protection>
- <https://usa.kaspersky.com/resource-center/preemptive-safety/top-10-internet-safety-rules-and-what-not-to-do-online>