

PASSWORDS

CCO PASSWORD CHANGES

Passwords will require an update in the near future, and every 90 days. Here are some tips and tricks on how to create safe, and secure passwords to maintain your personal Cybersecurity.

Remember that cybersecurity is not only an organizational responsibility - but also a personal one.



YOUR PASSWORD IS OFTEN YOUR FIRST LINE OF DEFENCE AGAINST CYBER CRIMINALS, YOU CAN STRENGTHEN YOUR PASSWORDS BY:

- Not using any personal information
- Using at least 12 characters
- Adding random characters AND numbers
- Using passphrases wherever possible
- Creating unique passwords for all of your accounts

PASSPHRASE TECHNIQUE

The first four objects you see could make up the four words in your passphrase. For example, you might end up with the following words:

MugBookLaptopPhone

You have a password that's unique to you, and less likely to be cracked by cyber criminals.

Although this may seem counterintuitive, this method has been proven by researchers to be effective.

ACRONYM SENTENCE TECHNIQUE

First, think of a memorable sentence, for example:

The Best Month For Basketball Is In June.

Then capitalize certain characters and add numbers.

In the above case, you might end up with the following: TbmfbiiJ2733

There! You've got a unique password that only you could remember.

MOST IMPORTANTLY, NEVER, EVER SHARE YOUR PASSWORDS. KEEPING YOUR PASSWORDS SECURE IS ONE OF THE MOST EFFECTIVE WAYS TO INCREASE YOUR CYBER SAFETY.