

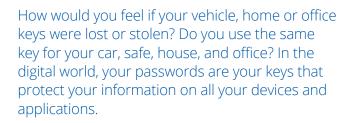
Information Technology Services

Information and Cybersecurity Awareness

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Passwords – your key to cybersecurity

'Do your part - be cyber smart'



Introduction

Stolen or weak passwords are the most common reason for data breaches. Cybercriminals use of a variety of methods to obtain your login name and password, including phishing, spyware, buying passwords on the cybercrime market, using your personal information and automated password crackers.

A breached password can cause a domino effect of security compromises when the same password is used across different websites and platforms.

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UP Password Policy

Password best practices

Password managers

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Test the strength of your password (or close) replica) with Kaspersky's password checker

Test your password against compromised passwords



How to protect yourself

- Keep your passwords as secret as the PIN of your ATM card.
- Use strong passwords. More digits are better, as is a combination of upper- and lowercase letters, symbols and numbers. Avoid dictionary words, personal information and commonly used phrases such as 12345, gwerty, Password1 or 111111.
- Use different passwords for different sites e.g. banking, email and social media - to limit your risk.
- Don't write down your passwords. Memorise them or use a password manager that requires you to remember only one very strong master password.
- Change your password regularly, e.g. every 60 days, and whenever you suspect that it might have been compromised.
- Use two-factor authentication whenever possible. This adds an additional level of security by requiring a PIN, fingerprint or another factor, in combination with your password for identification.
- Do not save passwords to browsers.
- Set up security questions or hints for remembering or resetting a forgotten password, but do not to use information that may be known to others.