

Introduction

This week highlights the first cybersecurity behavior: Use Strong Passwords. Strong passwords are the foundation of online safety. They should be long, unique to each account, and difficult to guess.

Helpful Password Tips:

- Make passwords long: at least 13 characters (longer is better).
- Use random strings or passphrases: combine unrelated words or mix letters, numbers, and symbols.
- Create unique passwords for every account – never reuse the same one.
- One approach is to use the initial letters of a phrase to generate a memorable, yet strong password. For example, the phrase “The future belongs to those who believe in the beauty of their dreams.” yields “tfbttwbitbtd” and then upper/lower case, numbers and special characters can be substituted or added to it to make it sufficiently complex.

Passwords Resources and Tips:

Here are some helpful resources to strengthen your online safety practices:

- [How Long Should My Password Be?](#)
- [How to Create Strong Passwords \(NCA\)](#)
- [Use Strong Passwords \(CISA – Secure Our World\)](#)
- [Cybersecurity Best Practices \(CISA\)](#)
- [2025–26 College of Staten Island Cybersecurity Awareness Training is now live on Brightspace](#)

Facts and Figures:

Insights from the 2024–2025 “Oh, Behave!” Report (National Cybersecurity Alliance & CybSafe) are as follows:

- Only **39%** of people use unique passwords for all their accounts.
- **34%** of people began using a password manager after cybersecurity training.
- **46%** say trying to stay secure online is frustrating, highlighting the need for easier tools like password managers.

Our emails and supporting information are available from the [National Cyber Security Awareness Month \(NCSAM\)](#) page on the CUNY web site. We also provide a growing security resources list on the [CUNY Information Security](#) pages. You may also want to visit the [OUCH!](#) website to read recent security articles or subscribe to the world's leading, free security awareness newsletter designed for technology users.

If you have any questions about any of this information, please contact your college's [Information Security Manager](#).