

# SECURITY EDUCATION NEWSLETTER

## OPM Breach: Strong Passwords

Ninety percent of all passwords can be hacked in seconds. Most accounts are broken into because of weak passwords. Due to the OPM Breach, personal information contained in your SF-86 should not be used in your passwords or security questions (for example, a child's birthday or your school mascot).

Here are suggestions for creating a strong password (remember, the longer the password, the stronger it is):

- Choose a random long word (for example, "courageous").
- Add the name of what you are securing (for example, Gmail) to the long word.
- Then add a memorable date that is not related to you (for example, July4-1776).
- Adding special characters (e.g., @\$\*&) will enhance the security of your password.



For the next account password, you only have to change the name of the account you are securing (for example, "Gmail" can be changed to "Amazon"). The main format of this password stays the same, which makes it easier to remember.

Remember to change your passwords often.

**NOTE:** Please do not use the word and the date that we used as samples here!

Do not hesitate to call your local Security professionals if you have any questions.