

# Intro to Cybersecurity

## Activity 1.1.2 – Creating a Safe Password



GALANTECH —with—  
GARDEN STATE CYBER

CYBER.ORG

# Rules for a strong password

- **DON'T** use any personal information
  - family names
  - birthdates
  - any part of SS#
  - favorite team
  - pet names
- **DON'T** reuse passwords on important websites
- **DO** use 8 – 10 characters  
MINIMUM
- **DO** use lowercase and uppercase
- **DO** include special characters / symbols
- **DON'T** use any dictionary words EVER

14t\$24tS32gR

One for the money, two for the show, three to get ready



# Video - Ed Skoudis, Penetration Tester



GALANTECH —with—  
GARDEN STATE CYBER

# Intro to Cybersecurity

Activity - Create a Password



GALANTECH —with—  
GARDEN STATE CYBER

**CYBER.ORG**

# How to Make a Secure Password

1. Think of a familiar phrase

**Ex: A stitch in time saves nine**

2. Take the first letter of each word

**a s i t s n**

3. Change some of the letters to numbers, capital letters, and special characters

**a S i t \$ 9**

4. Finish by putting a “:” and a 3 or 4 letter abbreviation for the website where you would be using this secure password

**a S i t \$ 9 : INST**

