



Take a second to be secure.

# The Security Minute

A communication of the Longwood University Information Security Office

Read *The Security Minute* Online: [www.longwood.edu/infosec](http://www.longwood.edu/infosec)

October 2009



## October is Cyber Security Awareness Month!

The best defense against cyber security threats is a good offense. This October suit up, get in the game and protect yourself and Longwood University from cyber threats. Visit our Cyber Security Awareness Month web page at [www.longwood.edu/infosec/october.htm](http://www.longwood.edu/infosec/october.htm) for our Cyber Security Game Plan. The 3 best plays you can make to protect yourself, your computer and Longwood University are:

- Secure your computer.
- Manage your passwords responsibly.
- Think before you click.

Learn more: <http://www.longwood.edu/infosec/october.htm>

## Your Offensive Line in the Cyber Security Game

In football the quarterback may get most of the glory, but a strong offensive line is just as important to winning the game. In the game of computer security antivirus software, firewalls, software updates, non-privileged user accounts, safe surfing practices, monitoring and logging, passwords and more are key players on your offensive line.

### Passwords: The Center of It All

This football season and Cyber Security Awareness Month don't forget about the important role your password plays in keeping you secure. Like a center sets the football into play and protects intruding defensive players from reaching the ball, logging in with your password sets your work day into play and strong passwords prevent intruders from reaching important and valuable Longwood University data.



Keep your passwords in shape this season:

**Choose complex passwords.** The more types of characters you use (upper and lower case letters, numbers, special characters) the more difficult a password is to crack.

**Don't use dictionary words.** When selecting a password don't rely solely on any word that can be found in a dictionary (English or any other language) because automated programs run by hackers index dictionary words for password cracking.

**Keep it secret.** Never share your passwords with anyone. Memorizing your passwords is always the best practice, but if you must write them down store your passwords in a place that you would trust to store a credit card.

**Use different passwords on different accounts.** Don't use your LancerNet password or any other Longwood password on accounts such as Facebook, banking, shopping or personal e-mail.

*Remember to follow these tips not just for your LancerNet password, but for any password you use at home or at work.*

Learn "The Duhs of Security" in a new video posted on our awareness web page!

<http://www.longwood.edu/infosec/awareness.htm>



The Security Minute is a monthly publication aimed at raising awareness of information security related issues and concerns. If you have any questions regarding the newsletter, please contact Melissa Short at 434-395-2034 or [shortmj@longwood.edu](mailto:shortmj@longwood.edu).