

# Federal Information Security Educators (FISSEA)

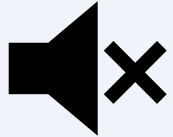
## *Fall Forum*

**September 30, 2025**

**1:00pm – 2:30pm ET**

**#FISSEA | [nist.gov/fissea](https://nist.gov/fissea)**

# Notes and Reminders



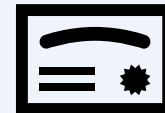
**Attendees are muted:** Due to the number of attendees, all participant microphones and cameras are automatically muted.



**Webinar Recording:** This webinar and the engagement tools will be recorded. An archive will be available at [www.nist.gov/fissea](http://www.nist.gov/fissea).



**Submitting Questions:** Please enter questions and comments for presenters in the Zoom for Government Q&A. Chat has been disabled for this event.



**CE/CPE credits:** The CEU form will be available on the event page after the event.

# Welcome and Opening Remarks



**Latha Reddy**

FISSEA Co-Chair  
Vice President and Director of Technology  
and Cybersecurity  
Spire Investment Partners, LLC



**Joyce Mui**

FISSEA Co-Chair  
National Institute of Standards and  
Technology



**Danielle Santos**

Deputy Director of NICE  
National Institute of Standards and  
Technology

# Get Involved



Subscribe to the FISSEA Mailing List  
[FISSEAUUpdates+subscribe@list.nist.gov](mailto:FISSEAUUpdates+subscribe@list.nist.gov)



Volunteer for the Planning Committee  
<https://www.nist.gov/itl/applied-cybersecurity/fissea/meet-fissea-planning-committee>



Serve on the Contest or Award Committees  
Email [fissea@nist.gov](mailto:fissea@nist.gov)

# SAVE THE DATE

**Federal Information Security Educators  
(FISSEA) Winter Forum**

**February 10, 2026**

**#FISSEA | [nist.gov/fissea](https://nist.gov/fissea)**

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# Cybersecurity Awareness Month (October) Updates

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## Jennifer Cook

Senior Director of Marketing  
National Cybersecurity Alliance





**NATIONAL  
CYBERSECURITY  
ALLIANCE**

# **Cybersecurity Awareness Month**

**2025**

## ABOUT US

# We Empower a More Secure, Interconnected World.

Our alliance stands for the safe and secure use of all technology.

We encourage everyone to do their part to prevent digital wrongdoing of any kind.

We build strong partnerships, educate and inspire all to take action to protect ourselves, our families, organizations and nations.

Only together can we realize a more secure, interconnected world.





# About Cybersecurity Awareness Month

## Began

2004

## When

Oct 1 - 31

## Hosted by

NCA and CISA

## Audience

Everyone!

## Partners

Public and Private Sector  
Organizations

## Goal

Educate the general population about digital security and empower everyone to take actionable steps to protect their personal data

## Objectives

- Ensure organizations have the resources and communications they need to talk to their employees and customers about staying safe online
- Collaborate between government and private industry to raise awareness

<https://staysafeonline.org/programs/cybersecurity-awareness-month/>

# 2024 Results

**3,800**  
registrants

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Organizations and individuals  
registered as Champions

**27**  
sectors

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Champions came from 27 different sectors,  
primarily technology, higher education,  
government and financial services.

**18,550**  
social media users

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Unique authors posted about  
the month on social media.

**107**  
countries

---

Number of countries represented  
by registered Champions.

**58 million**  
people

---

Estimated reach of all Champion  
organizations.

**45,612**  
posts

---

Posts used the hashtag  
#CybersecurityAwarenessMonth

# Theme: **Stay Safe Online**

## The Core 4

01

Use strong passwords and a password manager

02

Turn on multifactor authentication

03

Update your software

04

Recognize and report **scams**

# Tone of Voice



Simple (no jargon)



Approachable and empathetic



Back to basics



Empowering

# Why

From our research, we've learned...

**46%**

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of people say trying to stay  
staying secure online is  
**frustrating**

**44%**

---

say security is  
**intimidating**

**40%**

---

say information on how to be  
secure is **confusing**

[Source: Oh Behave! The Cybersecurity Attitudes and Behaviors Report 2024](#)

# Become a Champion

## Receive a toolkit of free materials exclusively for registered Champions

- A campaign guide and sample content calendar
- Tip sheets on
  - Passwords
  - Password managers
  - Multifactor authentication
  - Software updates
  - Scams and Phishing
- Social media graphics
- Social media posts
- Four Animated videos
- Sample trivia questions
- Sample copy for a
  - Newsletter
  - Press release
  - Senior leadership announcement
  - Official proclamation
- Cybersecurity Awareness Month logos
- A 2025 Champion badge

<https://www.staysafeonline.org/cybersecurity-awareness-month#champion>



CYBERSECURITY AWARENESS MONTH

# Kick-off Event Tomorrow!

*Stay up to date on upcoming events:*

<https://www.staysafeonline.org/events>

A promotional poster for the Cybersecurity Awareness Month Kick-off event. The poster has a blue background with a white rounded rectangle in the center. At the top left of the rectangle, the word 'WEDNESDAY' is written in small white capital letters. Below it, the title 'Cybersecurity Awareness Month Kick-off' is written in large white font. Under the title, the date and time '→ Wednesday, October 1' and '1pm ET / 10 am PT' are listed. In the center of the rectangle is a circular inset image showing a group of people sitting at tables in a dimly lit room, facing a stage where a presentation is being displayed. At the bottom of the rectangle, the text 'Stay Safe Online.org' is on the left, and the 'CYBERSECURITY AWARENESS MONTH' logo is on the right.

WEDNESDAY

## Cybersecurity Awareness Month Kick-off

→ Wednesday, October 1  
1pm ET / 10 am PT



Stay Safe Online.org | CYBERSECURITY AWARENESS MONTH

# 3 Create Your Campaign



# How Partners Participated in 2024

Champions participated in the campaign a variety of ways, including:

- Sending out an employee email (60%)
- Posting a blog or article (48%)
- Posting about the month on social media platforms (45%)
  - *Use #CybersecurityAwarenessMonth*
- Holding a training or event for employees (40%)

# Sample Content Calendar

## **Late September: Pre-Promotions**

- Let your audience know what to expect in October

## **Week 1: October 1 – 3: Cybersecurity Awareness Month Kick-off – Stay Safe Online**

- Send internal and external announcements
- Launch a competition or phishing simulations

## **Week 2: October 6 – 10: Use strong passwords and a password manager**

- Share toolkit resources on passwords
- Host an event

## **Week 3: October 13 – 17: Turn on multifactor authentication**

- Share toolkit resources on MFA
- Add MFA how-tos to your internal portal or newsletter

# Sample Content Calendar

## **Week 4: October 20 – 24: Update your software**

- Share toolkit resources on updates
- Celebrate Cybersecurity Career Week

## **Week 5: October 27 – 31: Recognize and report scams**

- Share toolkit resources on scams
- Educate employees on internal reporting tool

## **Wrap-up: November 3 - 7**

- Send an email highlighting your activities, results, and successes.
- Recap best practices learned throughout the month.

# Then & Now

## SAFETY ADVICE FOR OLDER ADULTS AND THEIR CARETAKERS

### TOPICS COVERED

- Scams and fraud
- Multifactor authentication
- Passwords and password managers
- Software updates

### TYPES OF CONTENT

- An online workbook with physical copies available to order
- How-to videos on setting up cybersecurity best practices on popular platforms
- Articles specifically for older adults and their caretakers
- Hands-on live workshops upon request

[thenandnow.info](https://thenandnow.info)



CYBERSECURITY AWARENESS MONTH

# Oh, Behave! 2025

Out Today!

## Surveying

- United States
- United Kingdom
- Germany
- Australia
- India
- Brazil
- Mexico



<https://www.staysafeonline.org/articles/oh-behave-the-annual-cybersecurity-attitudes-and-behaviors-report-2025>





**NATIONAL  
CYBERSECURITY  
ALLIANCE**

WEBSITE

[StaySafeOnline.org](https://StaySafeOnline.org)

X

[@staysafeonline](https://twitter.com/staysafeonline)

FACEBOOK

[/staysafeonline](https://www.facebook.com/staysafeonline)

LINKEDIN

[/national-cyber-security-alliance](https://www.linkedin.com/company/national-cyber-security-alliance)

INSTAGRAM

[StaySafeOnlineNCA](https://www.instagram.com/StaySafeOnlineNCA)

YOUTUBE

[@StaySafeOnlineNCA](https://www.youtube.com/@StaySafeOnlineNCA)

EMAIL

[info@staysafeonline.org](mailto:info@staysafeonline.org)

# FISSEA Fifteen: A Collaborative Discussion on Cybersecurity Awareness Activities

## Susan Hansche

Training Manager  
Cybersecurity and Infrastructure Security Agency  
U.S. Department of Homeland Security



# FISSEA Awareness and Training Contest

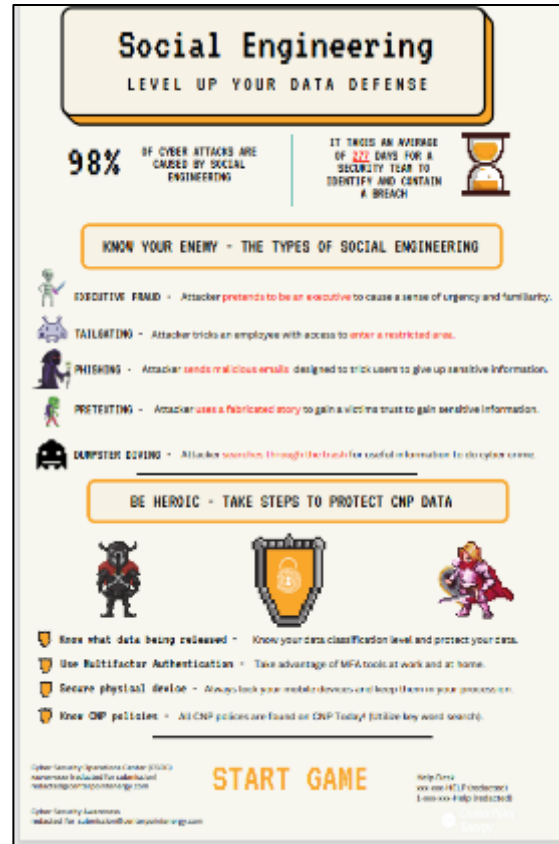
- Poster or Brochure
- Website
- Multimedia (Blog, Video, Audio, Podcast, etc.)
- Email campaign and/or newsletter
- Miscellaneous – awareness materials, such as note pads, buttons, stickers
- Innovation Solution



# Past Winners - Poster or Brochure



2024 – Indian Health Services



2023 – CenterPoint Energy



2022 – LabCorp

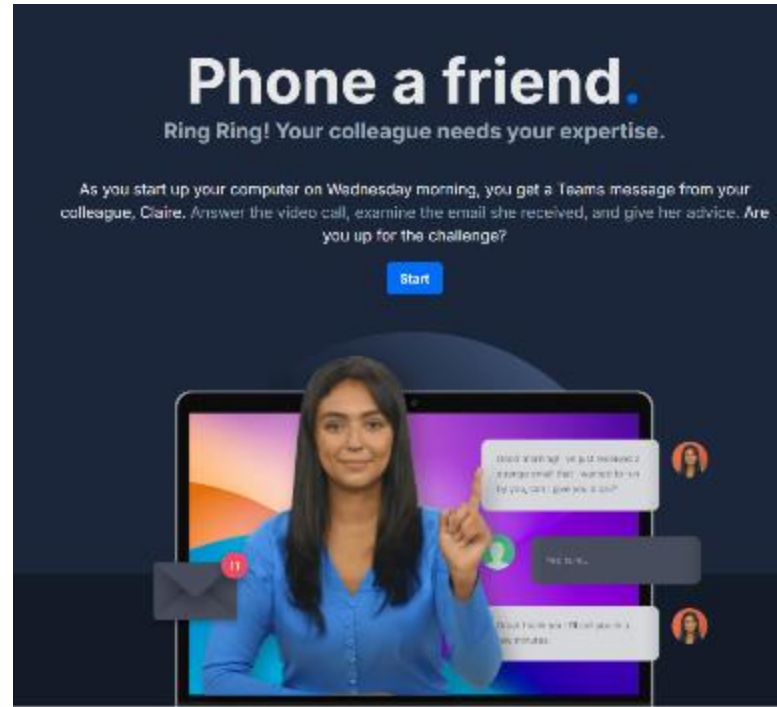


2023 – Dept. of Education – Peoples Choice Award

# Past Winners - Website



2024 – Indian Health Services



2023 – CenterPoint Energy



2023 – Dept of Education Peoples Choice Award



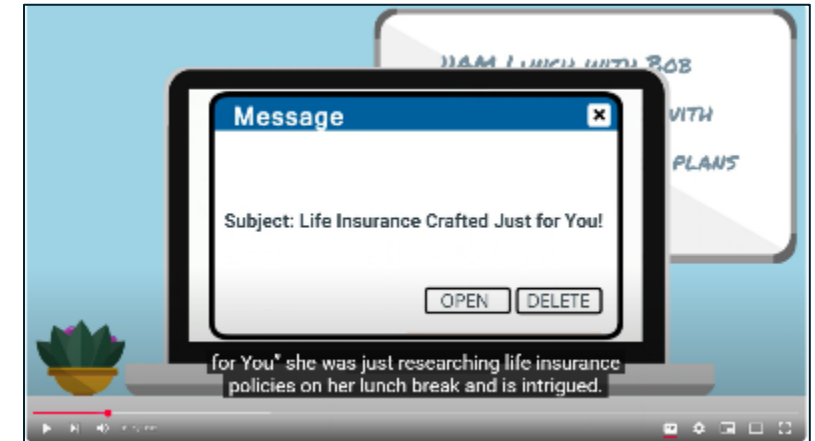
# Past Winners - Multimedia



2024– Cybersecurity Today TV Show (Securible)



2023– Federal Retirement Thrift Investment Board (FRTIB) 3-minute video



2023– Office of Personnel Management 3-minute video



2023– Indian Health Services Blog



2022– Centers for Medicare and Medicaid Podcast – Peoples Choice Award

# Past Winners - Email campaign and/or newsletter, Innovative, Miscellaneous

**Catch the Beat not the Breach**  
How to Protect Yourself from a Data Breach at Your Next Concert

Office of Information Technology  
Division of Information Security  
JULY 2024

Summer concerts are a great way to start the season, providing amazing experiences full of music, friends, and fun. While summer concerts are exciting, they are also a prime target for cybercriminals since the large gatherings and high volume of online transactions provide a perfect opportunity to exploit concertgoers. Cybercriminals steal personal and financial information by exploiting vulnerabilities in ticket sales, public Wi-Fi networks, and social media platforms. Phishing schemes, fake ticket websites, and virus attacks are frequent methods of deceiving concertgoers. Due to the rise of digital ticket sales and cashless transactions, data breaches have increased, costing unsuspecting concert fans thousands of dollars. Here is what you need to know about how data breaches occur, their consequences, and how to protect yourself while enjoying your favorite concert.

Data breaches around concerts occur through several clever techniques. Cybercriminals may create fake ticketing websites or send phishing emails that mimic legitimate vendors, tricking concertgoers into providing personal and financial information. Concert venues often offer free Wi-Fi to attendees, but these networks are usually unsecured, allowing hackers to intercept data transmitted over free Wi-Fi connections.

Cybercriminals send fraudulent emails, texts, or QR codes that look like they come from legitimate ticket vendors or concert organizers. These messages may appear harmless but may contain malware. After clicking the link, attendees risk having malware installed on their devices or having their personal information stolen. Mobile POS (Point of Sale) systems used for concert merchandise and food purchases are another target cybercriminals use. If the network is not secure, cybercriminals can steal credit card information. Lastly, cybercriminals frequently use social engineering techniques to obtain private information from social media platforms to guess passwords or provide answers to security challenge questions.

Ticketmaster/ Live Nation (a major ticket-selling company) recently revealed that a data breach compromised thousands of customers' personal information. According to Ticketmaster, this data breach was linked to a third-party data service provider. The database contained the personal information of their customers who purchased tickets to events in North America (U.S., Canada and/or Mexico). Ticketmaster is currently in the process of contacting all of the affected customers. Along with collaborating with banks, credit card companies, and law enforcement, Ticketmaster is providing a complementary 12-month identity monitoring service to all affected customers.

You can find out more information here [Ticketmaster Data Security Incident - Ticketmaster Help](#).

2024 – Indian Health Services

FOR THE WINNERS OF THE

**President's Cup  
7 Cybersecurity  
Competition**

Registration Open: The tickets: \$2,000.00

2024 – Cybersecurity & Infrastructure Agency

**About Phish Your Colleague**

**PHISH YOUR COLLEAGUE**

As part of Cybersecurity Awareness Month (CAM), the Phish Your Colleague (PYC) activity invited SSA users to create their own phishing emails. The social engineering team objective was to educate and engage with SSA users about the risks of phishing attacks by encouraging employees to think like scammers, understand the tactics they use, and become better prepared to identify and report phishing emails. Users submitted their own phishing ideas for a chance to win recognition and contribute to improving the SSA's security posture.

2023 – Social Security Administration

**Cybersecurity Awareness Month**  
OCTOBER 2023  
WEEK 3

**MULTI-FACTOR AUTHENTICATION-ZEE!**

A Cybersecurity Two-Step Game!  
Your Favorite Dice-Rolling Game!

Gameplay

2023 – Indian Health Services

# Your Turn – Let's Share Some Thoughts

FISSEA Fifteen: A Collaborative Discussion on Cyber Awareness Activities

Had the most impact?

Had the least impact?

Best idea?

Love the posters!

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# Reducing Risk Through Awareness and Training


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**Aman Bhardwaj**

SOC Analyst  
Cydeo







# Reducing Risk Through Awareness and Training

**Empowering People: Reducing Risk Through Cybersecurity  
Awareness and Training**

Aman Bhardwaj | SOC Analyst

# Why Awareness Matters



## Did You Know?



Verizon 2023 DBIR: ~74% of breaches involve the human element.



Verizon 2024 DBIR: ~68% of breaches tied to employee mistakes, phishing, or misuse.



IBM Security study: ~95% of cyber incidents trace back to human error (historical).

68%+ of incidents start with human error (phishing, weak passwords, misconfigurations).

Technology alone cannot stop threats.

Humans are the first line of defense.



# NIST's Perspective

Aligned with NIST Cybersecurity Framework (CSF):

Identify → Protect → Detect → Respond  
→ Recover

Awareness & Training (PR.AT) is  
foundational under 'Protect'

# Awareness & Training Comparison: NIST, ISO, GDPR, HIPAA

Framework	Awareness & Training Requirements
NIST (SP 800-53 / CSF)	Requires regular security awareness & role-based training; ongoing updates as threats evolve.
ISO 27001	Mandatory information security awareness programs; training integrated into ISMS; competence documented.
GDPR (Art. 39, 47)	Requires awareness for staff handling personal data; training to ensure compliance with privacy principles.
HIPAA (164.308(a)(5))	Security awareness & training program required for all workforce members; includes reminders & incident procedures.

# Common Human Risk Factors



Weak or reused passwords  
easily guessable, not  
rotated regularly



Clicking on suspicious links  
falling for phishing or social  
engineering attempts



Sharing sensitive  
information accidentally  
disclosing data via email or  
chat



Lack of incident reporting  
employees ignore or fail to  
escalate suspicious activity



Shadow IT using  
unauthorized apps or tools  
that bypass security  
controls



Overconfidence assuming  
'it won't happen to me'  
and ignoring security best  
practices

# Building an Effective Program



**Risk Assessment** Spot the biggest human risks (phishing, weak passwords, poor reporting).



**Training Curriculum** Build role-based, scenario-driven learning everyone can relate to.



**Delivery Methods** Mix it up: e-learning, short videos, phishing simulations, team sessions.



**Leadership** Buy-in Culture starts at the top; leaders should model secure behavior.



**Measure & Improve** Track click rates, reporting frequency, and response times; adapt as needed.

# Embedding Training in Culture



Gamify training use leaderboards, badges, or small rewards for spotting phishing emails.



Keep communication simple share quick tips via newsletters, intranet, or team huddles.



Make it part of daily work secure actions (like MFA or reporting) should feel natural.



Empower peer champions security ambassadors in teams can lead by example.

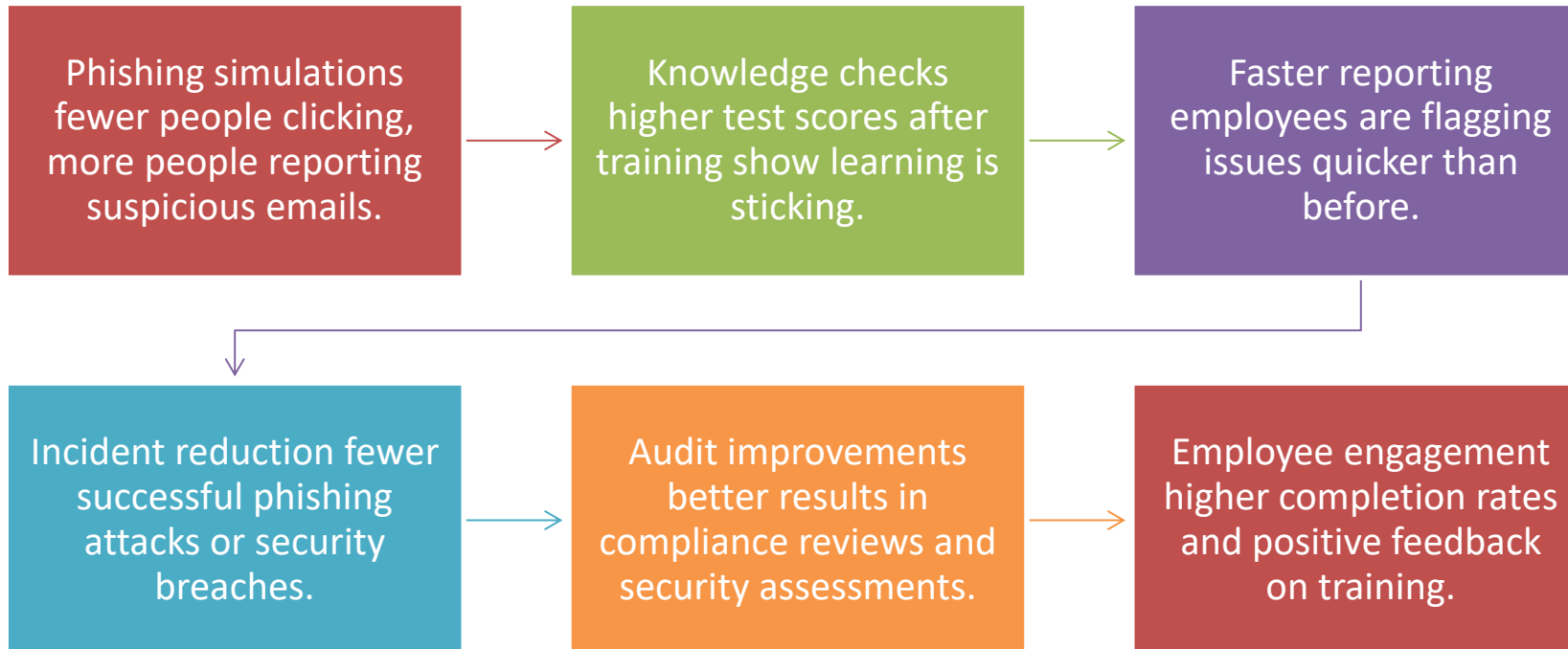


Recognize the good celebrate employees who practice strong security habits.



Listen and adapt create feedback channels so staff feel involved in improving security.

# Measuring Success



# Example Healthcare Phishing Defense

A mid-sized healthcare provider faced repeated phishing attempts targeting employees.

Introduced quarterly phishing simulations and mandatory awareness refreshers.

Staff trained to spot red flags (suspicious links, urgent tone, sender mismatches).

Within 6 months:

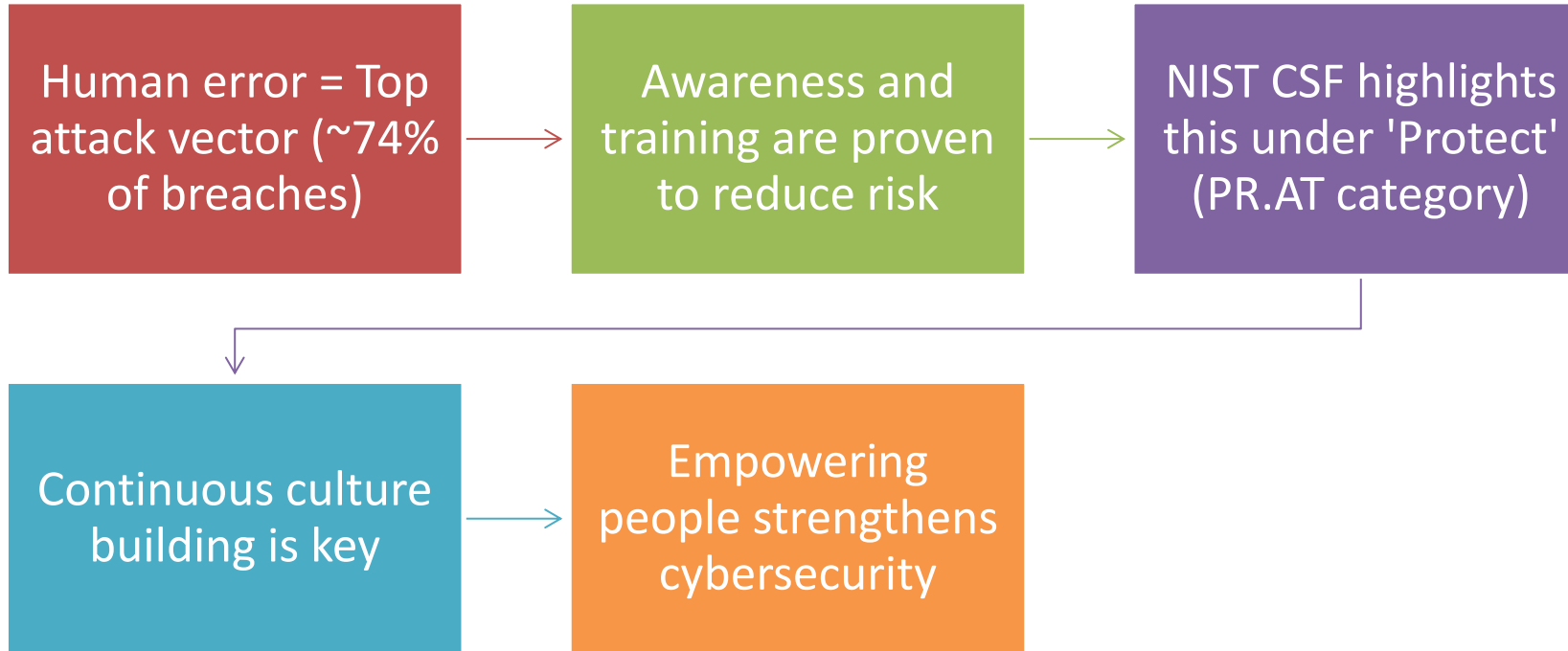
Reporting rate improved by 45%

Successful phishing incidents reduced by 60%

Result: Strengthened patient data protection and improved compliance posture.

# Key Takeaways

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# Thank You



Cybersecurity is everyone's  
responsibility.

Aman Bhardwaj | SOC Analyst  
aman.bhardwaj1231@gmail.com

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# Stop the Hacker – A Cybersecurity Awareness Game

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**Sarae Winnicki**

Federal Reserve Bank of New York



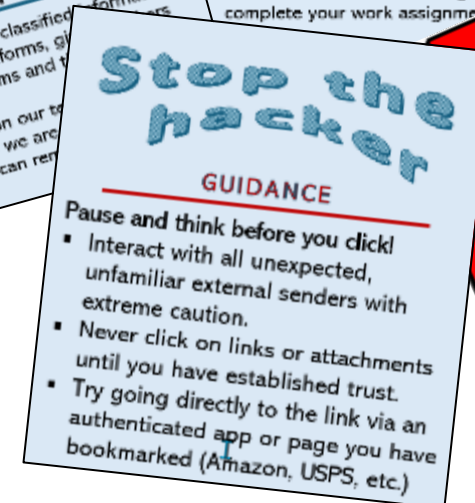
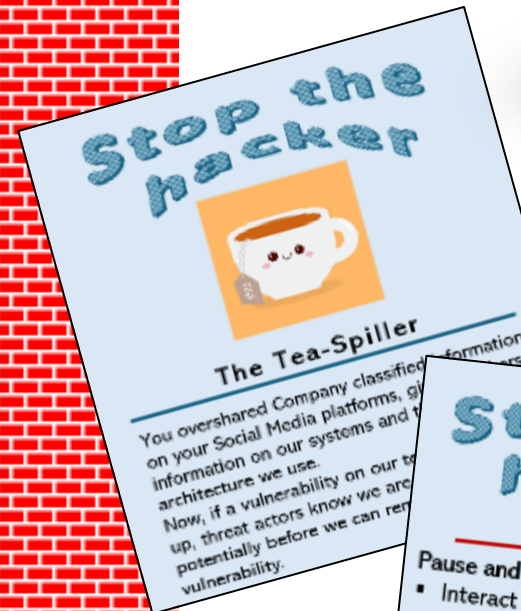
**Ashley Smith**

Federal Reserve Bank of New York

# Stop the hacker



## Stop the hacker: A Cybersecurity Awareness Game

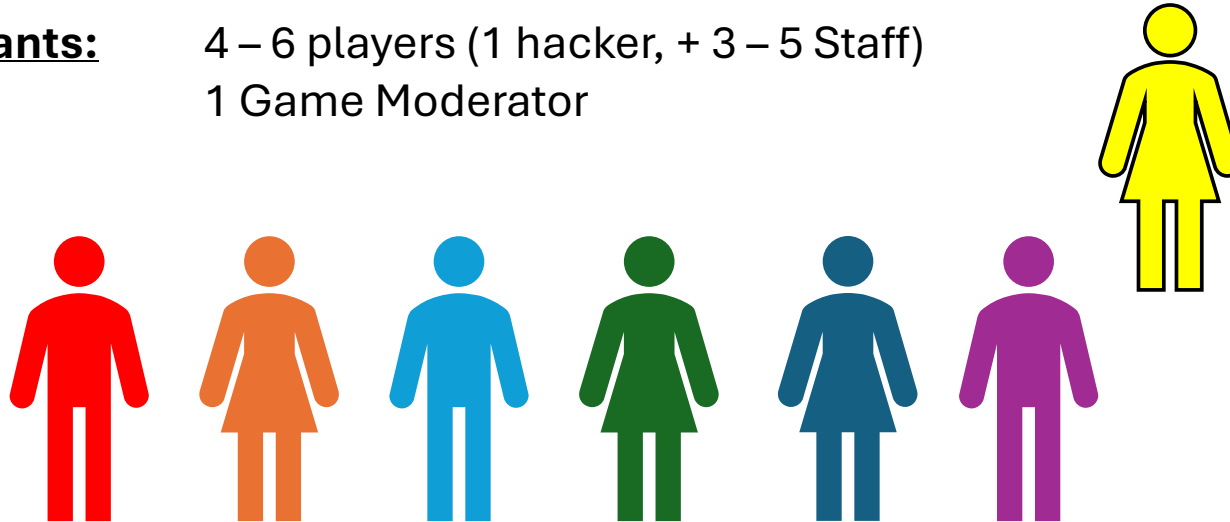


# Stop the hacker

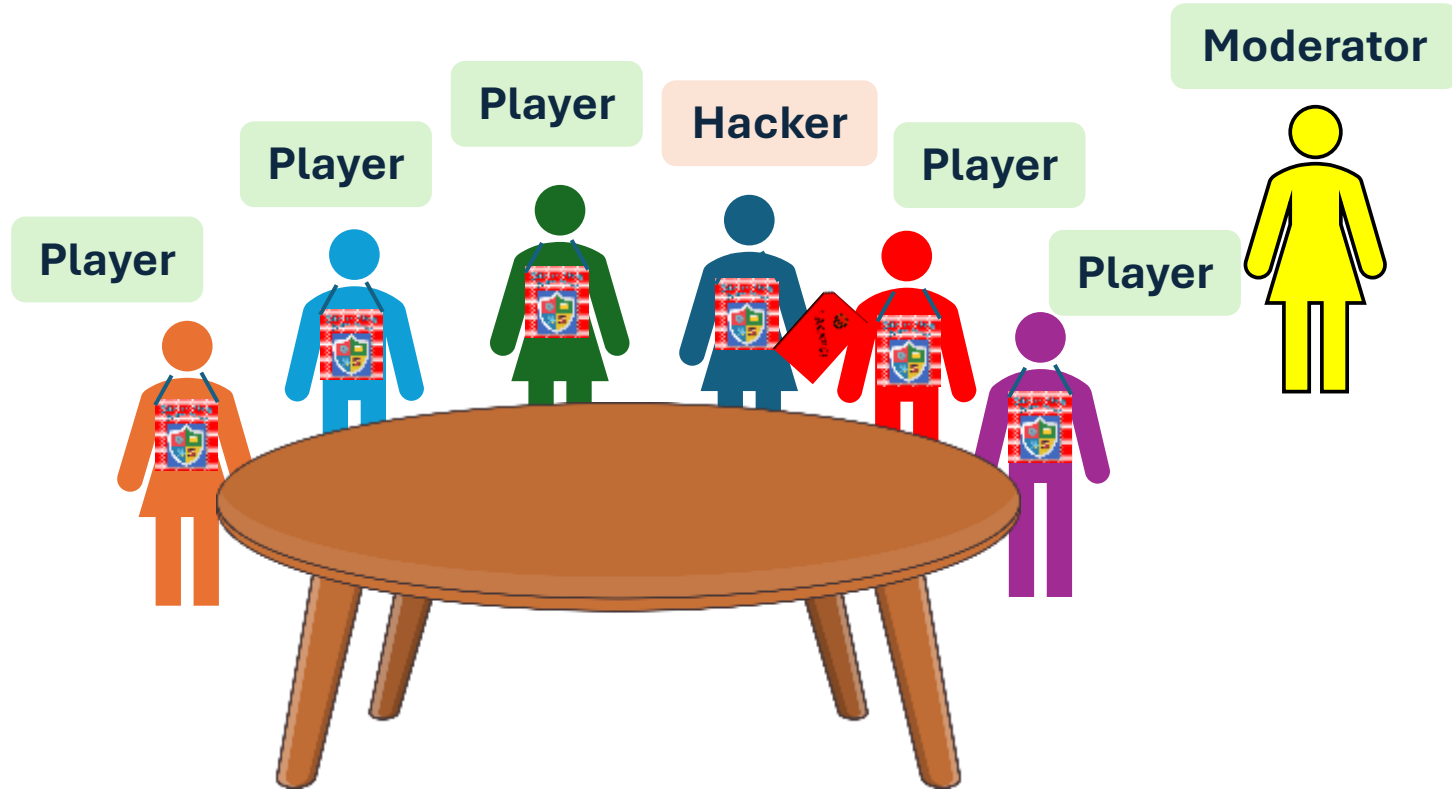
**Overview:** Each player is targeted by the hacker and must choose the correct solution to prevent a successful exploitation.

**Purpose:** By playing ***Stop the hacker***, players show their knowledge of cybersecurity best practices where user behavior protects the organization. The game will re-iterate the impact of user behavior to protect the organization from cyber threats.

**Participants:** 4 – 6 players (1 hacker, + 3 – 5 Staff)  
1 Game Moderator



# Stop the hacker



**Moderator hands out cards which indicate player roles**

## Stop the hacker



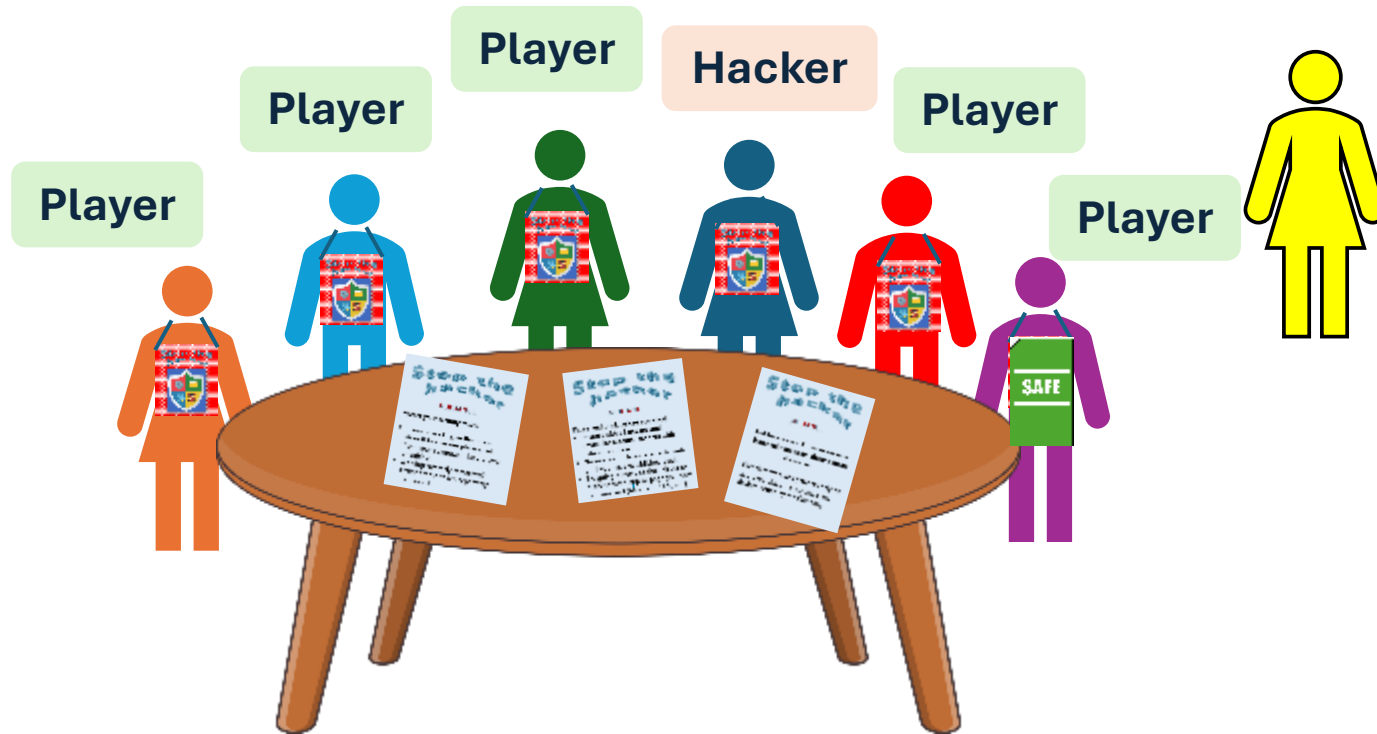
### The Hacker

You are after the good stuff, Company data, credentials or application information that you can sell on the dark web or publish online to damage your reputation. Perhaps you'll lurk around our systems to see what we're doing that you can exploit or install a Ransomware kit on the Company network and use it to extort money.

**A well-trained staffer is your kryptonite.**



# Stop the hacker



Hacker targets a staff member.  
Staff reads out the scenario on  
their card.

Moderator (aka the *Trainer*)  
offers options to prevent the  
exploitation

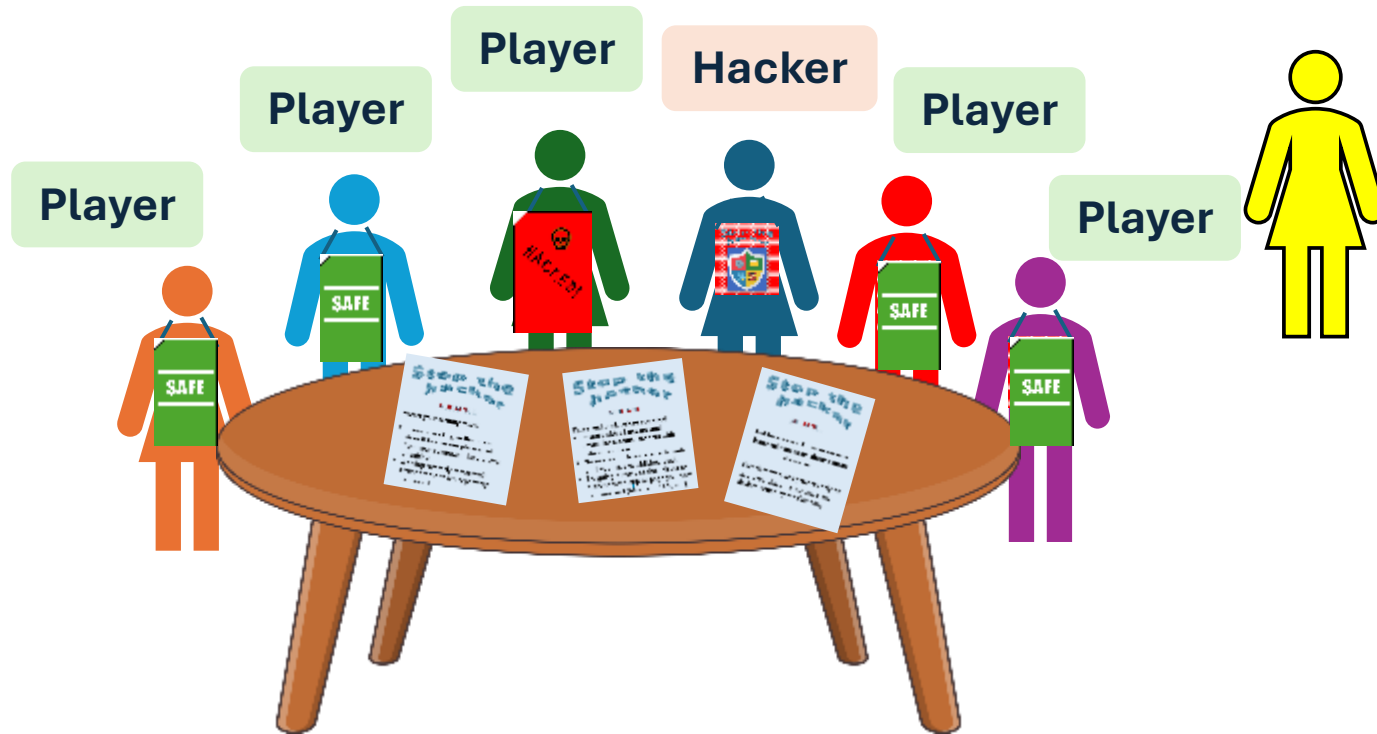
## Stop the hacker



### The Clicker

You clicked on a link or attachment in a  
phishing email, malicious code was downloaded  
onto your pc and a hacker gained access to all  
your data.

# Stop the hacker



Correct answers earn a “Safe” lanyard.

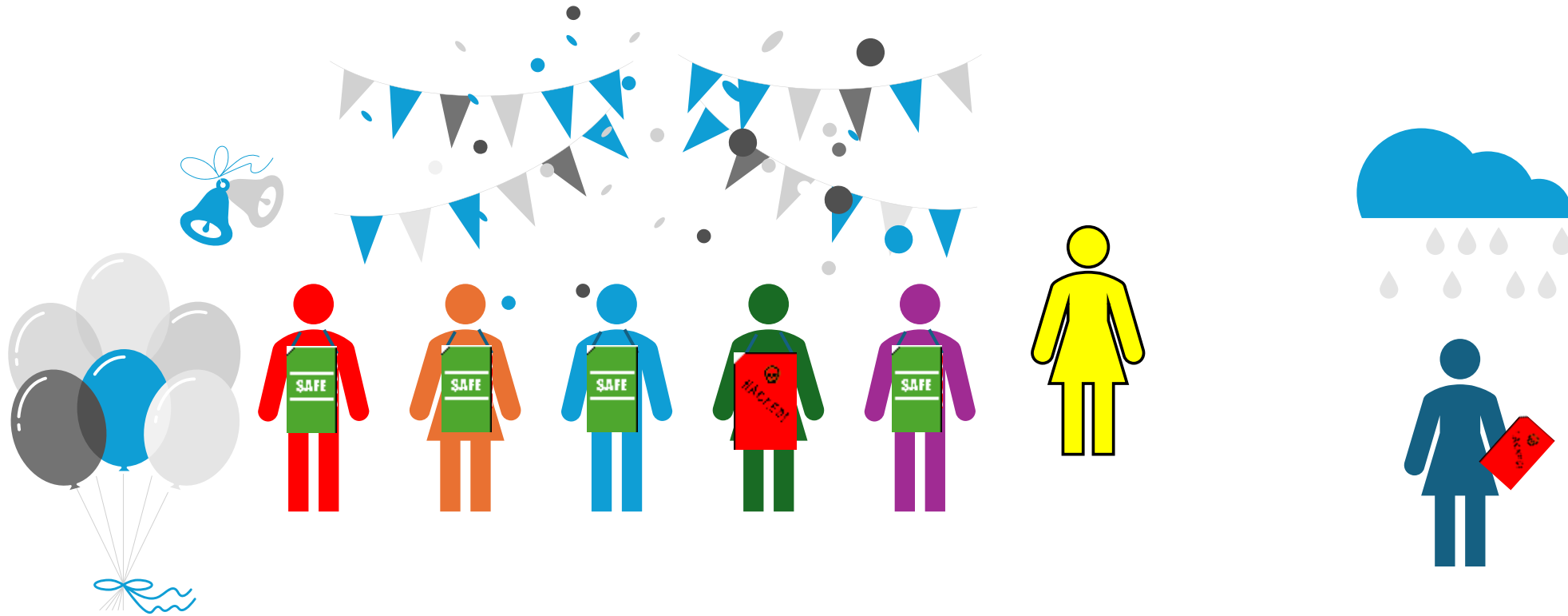
Incorrect answers receive a “Hacked” lanyard.

Each player gets to respond to their scenario.





# Stop the hacker



Game ends when all players have worked together to **STOP THE HACKER!**

# Stop the hacker

**Purpose:** By playing ***Stop the hacker***, players show their knowledge of cybersecurity best practices where user behavior protects the organization. The game will re-iterate the impact of user behavior to protect the organization from cyber threats.

## Outcomes:

- Stressed to participants that their behavior is the foundation protecting our organization
- Reinforced understanding that they have control over all the risky behaviors presented in the game
- Gave players a *fun* and *novel* way to engage with training material

## Success:

- The game is designed to be winnable to encourage good cybersecurity habits.
- Over 300 people attended the 2024 Cybersecurity Awareness Month event, with many of them playing *Stop the hacker*
- Asked to reprise the game at other Technology showcase events
- Easy to run, ~7 minutes per game

# Stop the hacker – any questions



# CISA's 7th Annual President's Cup Cybersecurity Competition

## Brittney Thomas

Federal Program Manager, President's Cup  
Cybersecurity Competition (PCCC)  
Cybersecurity and Infrastructure Security Agency  
(CISA)





# PRESIDENT'S CUP

CYBERSECURITY COMPETITION



# Welcome to President's Cup 7!

Overview of the 7th annual cybersecurity competition

Key dates and competition structure

Theme and challenges

New competition platform

Registration and eligibility details

New eligibility cap and Hack of Fame

Participation benefits

Game of the Month initiative





# What is the President's Cup Cybersecurity Competition?

America's Cybersecurity Workforce E.O. 13870 and FY23 NDAA authorizes CISA to hold the competition annually.

The goal of the competition is to identify, challenge, and reward the top cybersecurity talent in the federal workforce.

Capture the Flag format with three rounds over 3 months.

Participants can compete as an Individual and/or on a Team of up to five members.

All challenges made available on the [Practice Area](#) and CISA [GitHub repo](#).





# PC7 Highlights

## 3 TRACKS

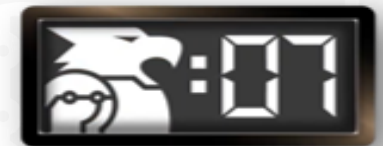
- Individuals Defensive
- Individuals Offensive
- Teams

## 3 ROUNDS

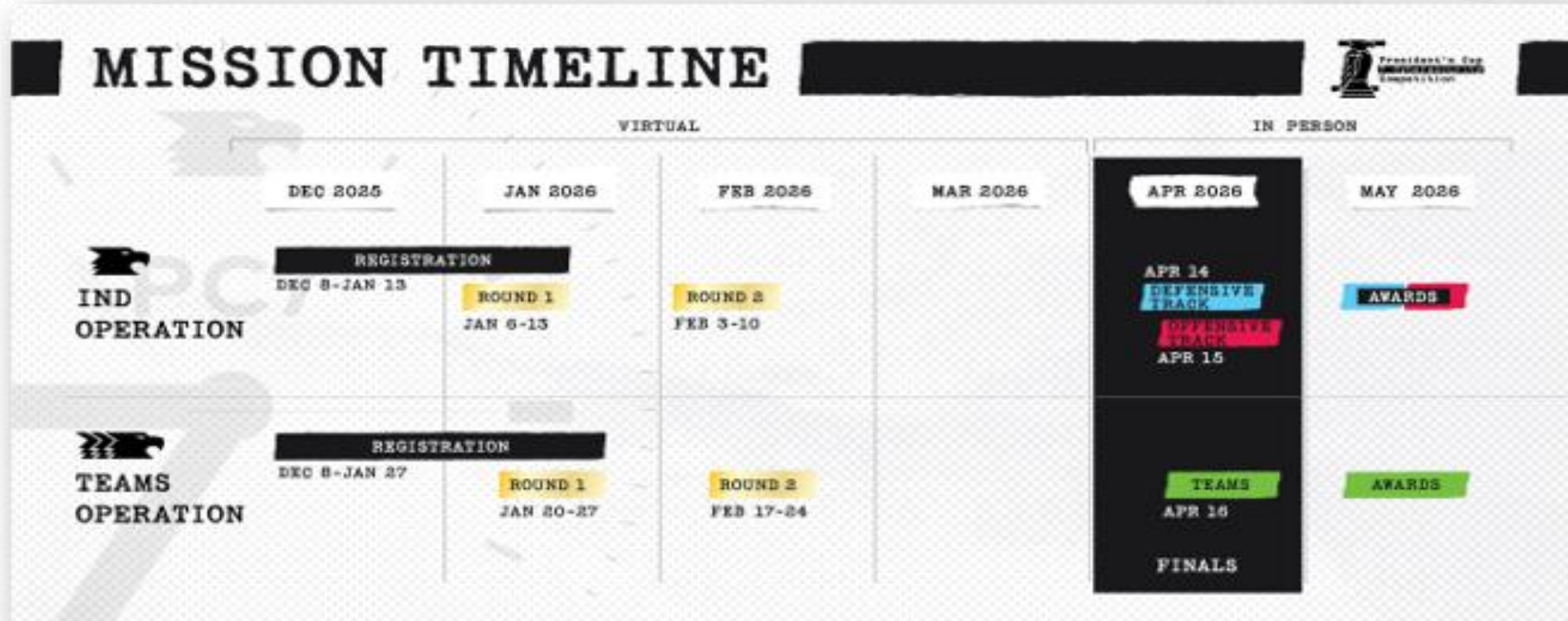
- 2 Virtual Qualifying Rounds
- In Person Finals

## AWARDS CEREMONY

- Hosted by Office of the National Cyber Director (ONCD) at the Eisenhower Executive Office Building (EEOB) of the White House.



# Competition Timeline



- **First Round:**
  - Open to all federal employees/uniformed service members
- **Second Round:**
  - Individuals: Top 100 scores
  - Teams: Top 33% based on scores
- **Finals:**
  - Top 10 Individuals in Offensive/Defensive Tracks
  - Top 5 Teams



# New Competition Platform

## New Platform Debut

Transitioning from virtual machines (VMs) to containers for improved performance and scalability.

Enhanced features and improved user experience.

Designed to support complex challenges and provide a seamless competition environment.

## Account Creation

All returning members will need to re-create their accounts.

Federal and military members with PIV cards can use SSO to create their accounts.

All others will create usernames and passwords.

## Transition Period

The old platforms will remain available while we transition previous challenges to the new platform

Participants are encouraged to download any saved certificates from the practice area or expo



## Eligibility Cap

- Competitors may place in the top 3 a maximum of three times total, across all competition years and tracks beginning with PC7.
- At least one of those placements must be a 1st place finish to qualify for the eligibility cap.
- Once competitors reach the eligibility cap, they are no longer eligible to place and receive awards in Individual tracks but may continue to participate in the Teams track.
- Teams may include no more than one member that has reached the eligibility cap.

## Hack of Fame

- A distinction recognizing elite performers with at least one first-place finish among their three top 3 placements.
- Provides continued engagement opportunities through mentorship, challenge development, panel participation, exhibition-based competitions, and red team activities.
- Recognition applied from President's Cup I onward, with participation restrictions taking effect beginning with President's Cup 7 (PC7).



# Registration and Preparation



## How to Register:

Visit [cisa.gov/presidentscup](https://cisa.gov/presidentscup)  
Create a new login  
Review revised rules and guidelines



## Prepare and Practice:

All challenges and solution guides are  
available on the Practice Area and CISA  
GitHub repo



# Competition Participation Benefits



## Skill Development

Hands-on experience in cybersecurity  
NICE Framework alignment



## Continuous Learning

Access to past challenges and  
resources, including completion  
certificates



## Career Advancement

Recognition and awards  
Networking opportunities





# Game of the Month

- Each quarter the PC Team will identify a specific NICE work role
- Monthly challenges tied to that NICE work role to enhance skill.
- Each month the challenges identified will become progressively more difficult
- Leveraging challenges from past competitions and hosted in our practice area

Visit the [Game of the Month](#) on the President's Cup website for participation stats, Game of the Month details, and more.

## Why Participate?



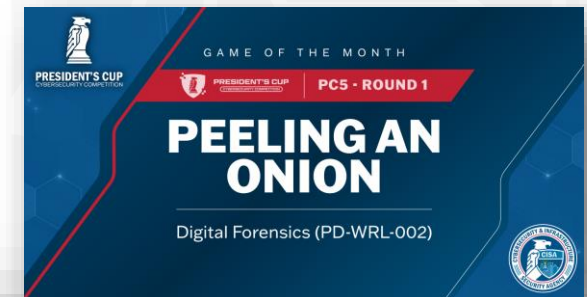
Boost your career by working on NICE framework tasks.



Develop key cybersecurity skills.



Challenge yourself with real-world cyber incident scenarios



# Your Mission Awaits

**Visit:** [cisa](https://cisa.dhs.gov)

**Email:** [presidentscup@cisa.dhs.gov](mailto:presidentscup@cisa.dhs.gov)





# Creating a Cybersecurity Tip of the Month

**Rebecca D. Martin**

IT Cybersecurity Specialist  
Social Security Administration





# Creating a Cybersecurity Tip of the Month

September 30, 2025



Securing today  
and tomorrow



# SSA's Cybersecurity Tip of the Month

- A webpage updated monthly
- Hosted on the Information Security website
- The library of prior tips are stored on the same website.
- Other publications can link to these tips as an additional resource

## Cybersecurity Tip of the Month

Tips are designed to reinforce the Agency's Information Security Policy while also drawing upon industry best practices. Check back monthly for new tips on how you can better secure SSA as well as yourself.

### January 2025 Tip: Data Privacy - Take Control of Your Data

January 27-31 is Data Privacy Week, sponsored by the National Cybersecurity Alliance (NCA). NCA's goal is to spread awareness of data privacy and teach people behaviors to safeguard their personal and workplace data. Our internet, connected devices and online accounts store Personally Identifiable Information (PII) that needs to be kept secure.

The tips below are important habits to maintain for data privacy at work and at home.

#### At Work (@ssa.gov)

- All suspected breaches of PII (yours or anyone else's) must be reported to your manager within one hour. The [Reporting the Loss of PII](#) website explains the proper reporting procedures.
- Passwords should never be displayed or shared. Any file that contains passwords should be encrypted.
- Keep your HSPD-12 credential (PIV smart card) in your possession or stored securely when not in use.
- If you work with documents that contain PII, keep them secure in a locked file drawer or cabinet when not in use, and destroy them properly when they are no longer needed.
- Only share SSA data with approved partners where the appropriate agreements are in place.
  - Only send PII or other sensitive information to secure email addresses included in the [Secure Email Partners List](#).
  - If you receive an email message intended for someone else, immediately notify the sender and delete the misdirected message.

#### At Home (Gmail, Yahoo, etc.)

- Protect your accounts by using a unique, complex passphrase for each, and enable Multi-Factor Authentication (MFA) where possible.
- Be mindful of what you share on social media. Birthdates, schools attended, pet names, children's names, mother's maiden names, etc. can be used to guess passwords and answers to security questions, or to give cybercriminals the information to create a false sense of trust with you when trying to lure you into a scam.
- If you must use a public Wi-Fi, use HTTPS websites, use a virtual private network (VPN) if available, and avoid accessing sensitive information such as bank websites or medical office portals.
- Download apps only from trusted sources, avoid third-party apps that are not supported by your device's app store, and delete apps you do not use. There have been many cases where trojan viruses are hidden in apps.
- Keep your software updated. As cybercrime evolves, so do security measures, which are provided by software providers through regular updates and patches.
- If you think someone has accessed your information, you should immediately change the password to that app to prevent additional access.

#### Resources

[Data Privacy Week - National Cybersecurity Alliance](#)

[ISP: Section III Protect | DIS](#)

[Administrative Instructions Manual System | SSA](#)

[Privacy Program](#)



# Benefits



Provides:

- Monthly cybersecurity reminders
- Additional education on cybersecurity topics
- Information based on current best practices
- Topics that fall outside of mandatory annual training
- Links to external articles and internal policy for additional information

# Topics

Eight fundamental topics are used every year:

- Data Privacy Week in January
- World Backup Day in March
- CAM in October
- Password safety in May
- Insider Threat
- Internet Safety
- Identity Theft
- Social Engineering

The other four months explore additional topics

Examples:

- Firewalls and VPNs
- Data classification
- Federal guidelines
- Securing Mobile Devices
- Cloud Security
- Malware

# Basic Template

1. Descriptive paragraph
2. List of 5 bullet points for **tips at work**
3. List of 5 points for **tips at home**.
4. Activity
5. References

## May 2025 Tip: Just Say No to Password123!

May 1, 2025, is World Password Day. Every time we access an online account, whether it's for work, banking, or social media, we rely on a password to authenticate our identity. While passwords are a fundamental layer of protection, they can also be a weak point in our security if not managed properly. Poor password practices, such as using easily guessable passwords or reusing the same password across multiple sites, can open the door for cybercriminals to steal personal information, corporate data, and access critical systems. The [Information Security Policy \(ISP\)](#) at the Social Security Administration outlines the necessary password requirements to enhance our security.

Below are some tips for securing your accounts at work and at home.

### At Work (@ssa.gov)

- **Use Unique, Complex Passwords for Every Account:**

Implement a strong password. This includes password length (at least 12 characters), complexity (a mix of uppercase letters, lowercase letters, numbers, and special characters), and regular updates. Avoid using easily guessable information like names, birthdays, or common words. Consider using passphrases - longer, more complex combinations of words.

### At Home (Gmail, Yahoo, etc.)

- **Enable Two-Factor Authentication (2FA):**

Many websites, especially email, banking, and social media platforms, offer two factor authentication (2FA) as an additional security measure. By enabling 2FA, you require a second form of verification (such as a code sent to your phone or an authentication app) in addition to your password. This makes it significantly harder for hackers to gain access, even if they have your password.

### Activity

Go to the website [Have I Been Pwned](#) and see if your email address has been associated with a data breach. This is a good starting point to see if you need to change any passwords.

### Resources

[ISP: Section III Protect | OIS](#)

[9 Best \(REALLY FREE\) Password Managers in 2025](#)

[How to Create a Secure Password in 2025: The Password Security Checklist](#)

[Have I Been Pwned: Check if your email has been compromised in a data breach](#)

[Click here to return back to Cybersecurity Tip of the Month page.](#)

# Questions?



Securing today  
and tomorrow

**SocialSecurity.gov**

Estimate your benefits • Open a *my* Social Security account • Apply online

Email: Rebecca.D.Martin@ssa.gov

# *Closing Remarks*

**Joyce Mui**

FISSEA Co-Chair

National Institute of Standards and Technology



# THANK YOU

**We look forward to receiving your feedback via the post-event survey!**

<https://www.surveymonkey.com/r/2025fisseafallforum>

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# SAVE THE DATE

**Federal Information Security Educators  
(FISSEA) Winter Forum**

**February 10, 2026**

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