1. **Policy**: A policy in security terms is a statement that defines what is and what is not allowed. It sets the standards, rules, and guidelines to manage and secure an organization's data and resources.

For example, a security policy might state that all employees must use strong passwords, or that sensitive data must be encrypted. This policy guides the behaviour and actions within the organization to maintain security.

1. **Mechanism**: A mechanism, on the other hand, refers to the specific methods, procedures, or tools used to implement and enforce the security policy. These are the technical or procedural steps taken to ensure that the policy is followed. For instance, a mechanism to enforce the strong password policy could be a system that checks the complexity of passwords when they are created or changed. Another mechanism might be the use of encryption software to protect sensitive data as per the encryption policy.