The CIS Annual Password Reset Day

A Complete Guide
Mattis Stene-Johansen {class of 2019}

Introduction

The aim of this document is to explain in detail what a "successful" Password Reset Day ("Pwrd" for short) includes and how it is performed. This document will help future organisers to easily conduct the event in the years to come.

Studies suggest that changing passwords too often is bad, but not changing them at all is worse. Thus, it is recommended to change passwords to important online accounts (at least) once a year. The CIS Pwrd is an annual event that aims at encouraging students, teachers and staff at CIS to change their online account passwords. It's goal is to become an autonomous event that happens every year, and this document will aid in creating a habit or tradition of changing passwords.

Background Information

This event is a long-term action and is part of a community project related to advocating privacy and cybersecurity in the age of information. As a part of this project, some research into the password habits of students at CIS were conducted. Parts of the results show that the majority of survey participants (81.5%) feel that they access the Internet in a safe and secure way:

Do you feel that you use the Internet in a safe and secure way? That is, is your privacy protected when you access the cyberspace?
54 responses
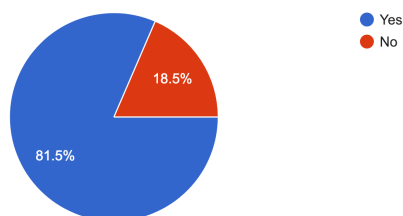
But still, a stunning 87% of participants use the same password on more than one website, which is a common flaw in personal cybersecurity:

Do you use the same password on more than one website?
7 / 54 correct responses

The Pwrd Event
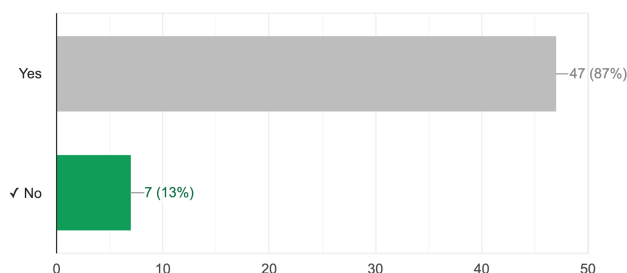
The Pwrd Event takes place on a single day at some point in January, near the start of the school year. This is for students and faculty to come to school with a fresh mind for a fresh year and with a fresh password. In 2019, this event takes place on the 25th of January and was conducted mainly by Mattis.

This schedule is aimed for one class and should be conducted for PYP6 through MYP4:

1. Go to ciscybersec.com
2. On the right hand side, there is a tab called "Password Reset Day Highlight".
3. Click on "Pwrd Part 1: Robust Passphrase Design".
4. Watch the screencast video (link is also below) and make the students follow as it plays. You may have to pause it a couple of times for the students to catch up.
5. Make sure students try to apply their newly generated passphrase to at least one site (preferably ManageBac?).
6. If you have more time at your disposal, please let the students check out the rest of the website, as there are a lot of articles and resources for them to read if they want to know more.
7. In the end, students should answer the survey, found at on the homepage or below.
8. (optional) When done, make students stand up and clap for each others. This creates a good vibe in the room.

Resources

1. Main site: ciscybersec.com
2. Intro to Pwrd: ciscybersec.com/pwrd.html
3. Screencast demo: https://youtu.be/Fa355rNqL6c
4. Survey: https://goo.gl/forms/7urwAj2LFo0ZpNLf2
5. Passphrase Generator Helper Template: ciscybersec.com/assets/pwrd-passphrase_helper.pages
6. This guide: ciscybersec.com/assets/pwrd_guide.pdf

Thank you for participating in the annual CIS Pwrd Event
- Mattis