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35% of People Never Change Their Passwords

A new PCMag survey of 2,500 US consumers, conducted between June 30 and July 2, reveals that 35% of people never change their passwords; they only do it if they're prompted. 27% said they change them several times a year, 12% change them once a month, and 8% change them several times a month. Meanwhile, 4% change their passwords once a week, another 4% change them several times a week. A surprising 11% change them every day. It may seem counterintuitive, but those who only change their passwords when prompted may have the right idea. The National Institute of Standards and Technology last year stopped advising users to change their passwords every 90 days and now recommends only refreshing them if they've been breached. A quarter of respondents said they have experienced a cybersecurity attack in the past while three-quarters have not. As for what users are doing to stay safe online, the most common measures include using anti-virus software (53% do), taking advantage of privacy and security settings on social media (37%), and using two-factor authentication (31%). Meanwhile, just 29% said they regularly install updates, while only 24% use a password manager, and just 18% use a VPN.