The article examines the critical role of cybersecurity policies within organizations, emphasizing their effectiveness in mitigating risks associated with cyber threats. The literature review provides a comprehensive overview of existing studies, highlighting the evolving nature of cyber threats and the necessity for adaptive policies. It identifies key themes such as employee training, incident response strategies, and compliance with regulatory frameworks as essential components of effective cybersecurity measures. The review underscores that while many organizations have implemented policies, gaps remain in their execution and enforcement. Also, the discussion section delves into findings that reveal a correlation between robust cybersecurity policies and reduced incidents of data breaches.