

Picking a Secure Password

Do

Use a mix of characters, numbers, upper/lowercase
Use 15+ characters
Use phonetics and deliberate misspellings
Use a symbol to space words
pets Make it easy to remember but hard to guess
Incorporate the website name into the password
Use extra security features when offered
Change passwords for sensitive sites every 90 days

Don't

Use all numbers or all letters
Use less than 8 characters
Use your phone number or birthday
Use names of kids, spouse, family, or
Use the obvious like- Password
Use part of your userID
Post sensitive info on social media
Make security answers easy/obvious

Use a mix of characters, numbers, upper and lower case

Create a rule and make it a constant - for example, instead of using an S always use \$ or 5. Vary the placement of uppercase letters; don't always choose the first letter of the password.

Use phonetics or deliberate misspellings

Purposefully misspell or use the phonetic spelling - for example: instead of raise use raize.

Use a phrase or acronym

Pick a phrase you will remember, but no one will guess. Consider using the first letter of each word and using the character substitute above. Using the phrase "Star Wars is my favorite movie of all time" would result in something like = 5t@rW@r5i5myf@voritemovieof@lltime

Easy to remember - hard to guess

Be mindful of personal information that is available to would be hackers. Limit sharing too much information on social media, for example if you have kids, grandkids, or pets - avoid posting their names or other details that could be used in social engineering or to guess your password.

Make it STRONG

A hacking program can crack a strictly numeric password in under a minute. A password of more than 15 characters with a mix of upper/lower case, characters, and numbers will help result in a password that is more difficult to hack and encourage them to move to an easier target.

Consider a password manager

These devices or apps store passwords and PINS, so you only need to remember one password. If you decide to utilize a password manager, be sure that access to the manager is secure as it is "the key" to unlocking your other passwords.