How to Create a Strong Password

Passwords are your first line of defense when it comes to protecting your online accounts. Whether it is something more innocuous seeming like a Pinterest account or something more serious like a bank account, it is equally important to set strong passwords. One weak account may make others more vulnerable.

What puts you and your passwords at risk?

➔ Data breaches

➔ Using weak, easily guessed passwords

➔ Re-using passwords

➔ Oversharing on social media

Warning Signs Your Password Has Been Stolen

- Your usual password isn't working
- You are notified that your password was changed
- You see changes you didn't make.
- You are told by a company that they have suffered a data breach
- Friends or family have received odd messages from you
- You get a message demanding a ransom to get an account back
- Your computer or phone seems slower

How to Create Strong Passwords

Do's

- Make it unique.
- Make it long.
- Use a mix of characters, cases, special characters, and symbols.
- Consider using a passphrase
- Set up two-factor authentication

Don't

- Reuse the same password or similar variations of a single password
- Use obvious passwords such as your date of birth, hometown, or pet names
- Use common keyboard sequences like "QWERTY" or "123456" or easily-guessed substitutions like "pa$$word"
- Write passwords down on a piece of paper, store them in your web browser, or try to rely on "memory techniques"

How to Remember your Password

- Combine random words to form a strong password
- Use memorable, long passphrases instead of overly complicated passwords
- Create passwords out of abbreviated song lyrics or quotes
- Create passphrases that include words from different languages
- Store your passwords in a secure password manager

How to safely store your password

- Use a password manager with a strong master password
- If you use a written format, keep it in a secure place
- Use a spreadsheet or note on your device - but password protect and encrypt it.

Need More Help?

For more information, contact Cyber-Seniors at **844-217-3057** or visit **www.cyberseniors.org**.