**Creating Strong Passwords**

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| --- | --- |
| DO | DON’T |
| Change your password periodicallyCreate a strong password* Use a variety of numbers and letters
* Try using a passphrase
* Consider a 12-character or longer password or passphrase

Change your password immediately if you think it has been hacked. | Don’t use common passwords such as:* Your username
* Password123

Don’t Reuse your computer password for other systems and services.Don’t write down your password or user credentials. |

## Why is a passphrase better than a password?

* Easier to remember than random symbols and letters combined together.
* Passphrases satisfy complex rules easily by using punctuation, spaces and upper and lower case.
* Major operating systems and applications support passphrases allowing for up to 127 characters.
* Harder to crack.

## Example of Passphrase

Make up a sentence or a phrase that includes a combination of upper and lower case letters, special characters and punctuation.

* Passphrase: Life is 4 living 2 the fullest!

## Example of Password from a sentence

Turn a sentence into a password by using 1st letter of each word.

* Sentence: The 7 hounds chased the fox over Bear Creek.
* Password: T7hctfoBC.
* You now just need to remember the sentence and type the 1st letter of each word.