**Creating Strong Passwords**

|  |  |
| --- | --- |
| DO | DON’T |
| Change your password periodically  Create 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.