

Online Self Defense - Creating Strong Passwords

Do not use the password you create here for any of your online accounts.

1. Write a passphrase. Examples:
 - a. Spooky Halloween
 - b. I love reading at the library
 - c. Today is a great day
 - d. Hope is the only thing stronger than fear

My passphrase is:

2. Add numbers and symbols. Examples:
 - a. SpookyHalloween4252
 - b. I love reading at the library*@3
 - c. 15&Todayisagreatday
 - d. Hope is the only thing stronger than fear67%

My new passphrase is:

Tips for Success:

- Don't use personal information (street name, nicknames, children's names)
- Avoid simple words, phrases, or patterns (abcd, 1234, qwerty, password)
- Don't reuse passwords on important accounts (banks, email, taxes)
- Don't write it down on a piece of paper where someone can find it
- Use face ID or fingerprint passwords when possible
- Use 2-factor authentication
- Use a password manager

Test your Password:

<https://howsecureismypassword.net>