

Password Safety

Today's world is full of technology that is personalized to each one of us. In order to protect that personalization, most of today's technology also requires a password. Your password is your first line of defense against fraud, hackers, and other potential intruders into your accounts that can result in loss of money and privacy. The good news is that there are ways to strengthen your passwords to help decrease the chances that someone can access your information.



Think of your password like the front door to your house. The front door has many purposes, including keeping people out of your house who don't belong. Would you hang a shower curtain in your front doorway, that allows anyone access to your home while you are gone? No! Would you put up a hollow door without locks, rendering your home open to anyone? Absolutely not. You'd choose a solid door with heavy duty locks and other security measures to keep you and your property safe. Passwords are no different. By choosing to use strong passwords to guard your information, you are helping decrease your chances of your information or money getting into the wrong hands. Below are some tips on choosing a strong password.

Tips on Picking a Strong Password

- Choose a password at least ten characters long. The longer, the better.
- Include upper case letters, lower case letters, numbers, and symbols if possible.
- Avoid using character sequences for passwords. While 12345 might be easy to remember, it's also easy to guess and can open the door for hackers to access your personal information, and anything else your passwords protect.
- Avoid using information that others might know about you for your password, such as your birthday, phone number, or nickname.
- Use a phrase only you know, or letters from a phrase. Don't forget to include symbols and numbers where you can! Here's an example: V@lerie&eyesinglalalala. This password is long, contains two symbols, and has capital and lower case letters.
- Here's another example: I run up the hutte 3 times a week for fun! Use the first letter in each word in the sentence and you have a new password: Irutb3tawff!
- Choose a password that would be difficult for someone to remember even if they saw you type it. Sometimes, we are in a position to have to enter a password into an electronic device when others are around. Make sure yours is hard to remember if you have unwelcome onlookers.

Avoid using the same password for multiple accounts, just in case one gets hacked. Never respond to emails asking for your password, and try to avoid using public computers to access accounts that require a password. Lastly, change your passwords often and if you need to write them down, store them in a safe place. Remember; make it hard for them to get YOUR information!