

# Password Hygiene

*Learn ways to create strong secure passwords and how to protect them*

## 1. What Are Strong Passwords? Why Create Them?

Strong passwords are a key aspect of overall password hygiene. A strong password is one that can't be easily guessed or hacked.

Strong passwords make it much harder for hackers or others to gain unauthorized access to your accounts and to steal your data and information

But strong passwords can be hard to remember. Consider using a password manager to help you keep track of and securely store your passwords!

## 2. Characteristics of a Strong Password

Use the following best practices for your passwords:

- Longer passwords are best
  - Aim for at least 12 characters
- Use a mixture of characters
  - Upper and lowercase letters
  - Numbers
  - Symbols
- Use uncommon words

Remember to avoid using memorable keyboard paths or common words, particularly words like “password,” “login,” or “qwerty.” And be sure to avoid using your personal information in your password like your birthday, your address, names of pets or family members, etc.

# NYC Digital Safety

## Privacy & Security

---

### 3. Password TLC

Here are commonly-used passwords that could use some TLC. Use the boxes below to suggest ways to strengthen the following passwords.

Password	Ideas to strengthen it	What best practices are you using here?
P4ssw0rd		
Fluffy0212		
1234567		
Yankees87 <i>(Sports team + your birth year)</i>		
Austin2010 <i>(Awesome trip + year)</i>		
Eva23 <i>(Child's name + graduation year)</i>		

### 4. Creating a Strong Password From Scratch

Use the following tips to develop a strong password.

#### A.) Use a password generator

Password generators create random passwords that are difficult to crack. The only caveat here is that these are very difficult to remember, so you should consider using a password manager to store these. Randomly generated passwords can be a good way to create extra-secure passwords for sensitive accounts.

Brainstorm places where you might want to use a randomly generated password here:

#### B.) Use passphrases rather than passwords

Instead of using a word, select a memorable phrase. Then, create a passphrase by using the first letter of each word in the phrase, along with symbols and numbers, to create your password. You can also do this method by mixing numbers, symbols, and unique spelling for a phrase or quote.

Here are some examples from [Cybernews.com](http://Cybernews.com).

Example Phrase: I first went to Disneyland when I was 4 years old and it made me happy

Example Password: I1stw2DLwIw8yrs&immh

Example Phrase: “One for all and all for one”: The Three Musketeers

Example Password: 14A&A413Mu\$keteers!

Brainstorm places where you might want to use a passphrase and ideas for phrases here:

### C.) Mix up the dictionary

You could also select a few random words from the dictionary and mash them together into a secure password, using a mix of letters, numbers, and symbols. One thing to note here is to avoid just picking one word from the dictionary since hackers can easily guess those.

Brainstorm places where you might want to use this dictionary method here:

## 4. Protecting Those Passwords

Consider the following list and discuss places where you could improve your password hygiene. Brainstorm ideas together and share your experiences!

- Make sure each account has a unique password
- Set up multi-factor authentication
- Use a password manager
- Be careful of where you sign up for accounts

# NYC Digital Safety

## Privacy & Security

---

- Minimize your data and be mindful of what you make publicly available
- Be alert to phishing scams
- Change your passwords regularly
- Check your privacy settings for different accounts

What else can you think of?