

## What Makes a Strong Password?

- ✓ Significantly different from your other passwords
- ✓ At least 8 characters long (the longer, the better)
- ✓ NOT a word from the dictionary
- ✓ NOT a proper noun (person, place or thing—real OR fictional!)
- ✓ Does NOT contain personal info (name, address, mother’s maiden name).
- ✓ Does NOT contain characters from adjacent keys (“zxcvb”)
- ✓ Does NOT contain professions of love (“ilovedogs”)
- ✓ Does NOT start with an uppercase letter or end with numbers.
- ✓ Does NOT contain “clever” substitutions (“@” instead of “a”)
- ✓ Contains a mix of different types of characters (uppercase, lowercase, numbers, symbols)



### Examples of Good Passwords

- 👍 rOses21forEver
- 👍 giraffeats75diced\*peArs
- 👍 there are 100 speCies of roses
- 👍 qaH5RbM1ib



### Examples of Bad Passwords

- 👎 elephant (word)
- 👎 f8#Za (too short)
- 👎 1qaz2wsx (adjacent keys)
- 👎 ilovemusic64 (love, ends in numbers)
- 👎 \$uperm@n (noun, “clever” substitutions)
- 👎 BillClinton (noun, starts with capital)
- 👎 4-13-1970 (personal info)
- 👎 143mapleln (personal info)



## What if I Forget a Password?

If you forget your password to a website, most websites let you **reset it via email**, so it’s not the end of the world. However, as a consequence, **it is very important that you never forget your email password**. Think of your email account as your “Internet passport”—it essentially acts as your online ID card.

If you forget the password to your email account, there are still ways to reset it. Most email services allow you to enter a cell phone number, an alternate email address, and/or a series of security questions to help you regain access your email account, should you forget its password.

For more security tips, visit: [www.refdesk.com/anti.html](http://www.refdesk.com/anti.html) and [www.sjpl.org/privacy](http://www.sjpl.org/privacy)