STOP | THINK | CONNECT™

TIPS FOR
PASSWORDS & SECURING
YOUR ACCOUNTS*

Passwords can be inconvenient, but they're important if you want to keep your information safe.

Protecting your personal information starts with STOP. THINK. CONNECT.: take security precautions, think about the consequences of your actions online and enjoy the Internet with peace of mind. Here are some simple ways to secure your accounts through better password practices.

MAKE YOUR PASSWORD A SENTENCE

A strong password is a sentence that is at least 12 characters long. Focus on positive sentences or phrases that you like to think about and are easy to remember (for example, "I love country music."). On many sites, you can even use spaces!

UNIQUE ACCOUNT, UNIQUE PASSWORD

Having separate passwords for every account helps to thwart cybercriminals. At a minimum, separate your work and personal accounts and make sure that your critical accounts have the strongest passwords.

WRITE IT DOWN AND KEEP IT SAFE

Everyone can forget a password. Keep a list that's stored in a safe, secure place away from your computer. You can alternatively use a service like a password manager to keep track of your passwords.

LOCK DOWN YOUR LOGIN

Fortify your online accounts by enabling the strongest authentication tools available, such as biometrics, security keys or a unique one-time code through an app on your mobile device. Your usernames and passwords are not enough to protect key accounts like email, banking and social media.

These tips were created with the help of Per Thorsheim, founder of PasswordsCon (https://passwordscon.org/). More information about Per can be found at https://godpraksis.no/.

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