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# 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.

## GET TWO STEPS AHEAD

Turn on two-step authentication – also known as two-step verification or multi-factor authentication – on accounts where available. Two-factor authentication can use anything from a text message to your phone to a token to a biometric like your fingerprint to provide enhanced account security.

*\*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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