

Secure IT. IT's up to you.

Longer and stronger

Shorter passwords are easier for hackers to break. NIST, the National Institute for Standards and Technology, recommends that passwords be anywhere from **8 to 64 characters long**.



Mix and match

Do you like mixing languages or making up your own words? If so, then you have an easy way to improve your password. **If it only makes sense to you**, it's less likely to appear in the cracked lists of passwords hackers use.

Irezumi

Coelophysis

Ditch the digits?

While your own organization's rules may be different, new federal guidance has advised that forcing users to include lots of symbols and numbers doesn't necessarily increase password security. **Focus on length and memorability** instead.

Thinking in sentences

How do you remember a password that's 64 characters long? Think in sentences, not words. A phrase or a sentence is easier to recall than a nonsensical combination of letters and numbers, and provides that all-important length to **make it harder to crack**.

jst4sm4llt0wngrl!lvnngn4l0nelyw0rld!!
t00kth3mdnghtr4ng0ng4nwh3r3!!!

