

Unlocking The Secret to Strong and Secure Passwords



In today's digital age, where most aspects of our lives are conducted online, it is crucial to use strong passwords to protect our online accounts.

A strong password helps to prevent unauthorised access to our online accounts, which can cause significant damage to our lives. In this day and age, using weak passwords is simply not an option.

Some general tips to follow:

1 Use MFA Wherever Possible

Multi-factor authentication is an electronic method of verifying the identity of a user, which requires providing two or more forms of authentication before granting access to a website, network, or application.

2 Say No to Password Hints

Password hints can easily give away clues about the password, making it easier for hackers to guess or crack our passwords.

3 Don't Store Passwords

Saving passwords in browsers is risky. Threat actors can steal passwords through cookies or device theft. Use password management tools like KeePass or LastPass for secure storage and encryption.

4 No to Personal Data

Strong passwords shouldn't include references to personal information such as names, birthdays, addresses, or phone numbers.

5 Prioritise Password Length

It is recommended that passwords should have a minimum length of 16 characters to minimise the risk of experiencing data breaches and cyberattacks.

6 Never Repeat Passwords

Repeating passwords is a security risk as it can compromise all accounts that share the same password if one is discovered.

7 Use a Trusted Manager

Password managers offer a practical solution for people who struggle to keep track of their passwords by providing a secure and convenient way to store and manage them.

8 Mix Letters, Numbers & Symbols

A strong password should comprise random characters, numbers, and letters to increase its complexity and security.

Password complexity and routine change are crucial to safeguarding our online accounts against cyberattacks. The most common passwords that should therefore be avoided are as follows:

123456 123456789 qwerty password 12345

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