Cybersecurity Badges: *Cybersecurity Safeguards 1*

Password Checklist

☐ **Don't use a short password.** Make sure your password has at least 12 characters. Use at least one number, one uppercase letter, one lowercase letter, and one special symbol.

☐ **Don't use words that can be found in the dictionary.**

☐ **Don't use names of your family, friends, or pets in your password.**

☐ **Don't use numbers that are personal,** such as your home address or birthday.

☐ **Don't use passwords that are easy to guess,** such as your name, the word "password", or "12345."

☐ **Don't create passwords that identify you** or relate to anything about you, such as your name, school, or sports team. (Remember a hacker can find out a lot about you just by doing an online search: your name, where you were born, your age, and more. That information can lead them to finding out your password.)

☐ **Do make your password unique and completely unpredictable.** Create a pattern that is not obvious by adding numbers or symbols where you don't expect it.

☐ **Do regularly change your password.** It is recommended you change passwords every 10 weeks.

☐ **Don't reuse a password** you've used before.