

## Passwords

Having a strong password is one of the best ways to protect your personal information and devices. Here are two recommendations on how to create strong passwords:

Pick a phrase and utilize hyphens between each word.

Ex: Under-the-Bridge-and-Over-the-Fence

Some websites, however, will not allow passwords to contain spaces. If this is the case, here is another way to create a strong password:

- Pick a song lyric
  - Ex: Mary Had A Little Lamb With Fleece As White As Snow
- List the first letter of each word in order
  - Ex: MHALLWFAWAS
- Then come up with your code!
  - Ex: 1<sup>st</sup> Time – Symbol, 2<sup>nd</sup> Time – Number, 3<sup>rd</sup> Time – Upper Case, 4<sup>th</sup> Time – Lower Case
    - EX: MHALLWFAWAS  
M#@!LW4Awa\$
    - This is your base password
- Then, add a dash after your base password and add the name of the account the password will be utilized to protect. Utilize your code to randomize the name of the account.
  - Ex: M#@!LW4Awa\$-GM@7! For your Gmail
  - Ex: M#@!LW4Awa\$-US@A For your USAA

By following these steps and utilizing privacy settings, you will help prevent hackers from obtaining access to your accounts and devices!