

HOW TO STRENGTHEN YOUR LOGINS

Replace your passwords with the new login standard: secure passphrases



DO

Use a secure
passphrase manager



45%
memorize
passphrases



32%
write them on
a piece of paper



24%
store them in
digital files²

Create strong, secure
passphrases that are:

- Unique for each login
- At least 12 characters long
- A combination of upper and lower case letters, numbers and symbols¹

Cr@s#Sp2\$mW:

Hide your online data

36% use a VPN every day³

MFA Enable multi-factor authentication (MFA) for added security



DON'T

Don't use
easy-to-guess
passwords
TOP 5

Most Common Passwords⁴

123456

password

12345

123456789

password1

Don't
duplicate

70%
use the same
password for more
than one thing

21%
admit using the
same password for
everything⁵



Don't enter
login credentials on
unsecured Wi-Fi

Don't share with others

44% of people shared
passphrases or
sensitive information⁶

¹ Microsoft, [Create and Use Strong Passwords](#), 2022

² PCMagazine, [Stop Using the Same Password on Multiple Sites! No, Really.](#), 2021

³ Statista.com, [How Often Do You Use a VPN?](#), 2020

⁴ NordPass, [Top 200 Most Common Passwords](#), 2021

⁵ PCMagazine, [Stop Using the Same Password on Multiple Sites! No, Really.](#), 2021

⁶ LastPass, [Psychology of Passwords](#), 2021

