

PASSWORDS

Long beats complicated.

Three words you will remember are stronger than one word full of symbols.

WEAK

P@ssw0rd1!

Short, predictable, and guessed in seconds by a machine.

STRONG

otter-cinema-rope

Long, memorable, and far harder to break.

01 A different one everywhere

Reusing a password means one breach unlocks everything. This is how most accounts are lost.

02 Use a password manager

You remember one. It remembers the rest. Not a notebook, not the browser, not a spreadsheet.

03 Never share one

Not by email, not on a note, not “just this once”. Ask for proper access instead.

04 Change it only if it may be exposed

Forced monthly changes just produce Summer2026, then Autumn2026. Long and unique beats often.