

Are your passwords easy to guess? Use the following rules to set strong passwords.

Password rules

Don't use the same password on different websites

If a website has its security breached ('hacked'), those that breached the security will use the combination of your username and password on other websites.

Don't use passwords that are easily guessed

We share a lot of information about ourselves without realising it; birthdays, names of friends, family and pets. You may think using Fido as a password is a good idea but his personalised dog bowl in the photo you posted may just give it away.

Below is a selection from "100 worst passwords of 2017". These are still used by people despite being easily guessed:

123456	hello	1qaz2wsx	banana	michelle	monkey
Password	welcome	computer	asdf	1q2w3e	dragon
12345678	jordan23	cheese	admin123	123123	master
Qwerty	whatever	george	matthew	ferrari	passw0rd
Letmein	blahblah	tigger	aaaaaaa	passwor	freedom
Football	trustno1	sunshine	zaq1zaq1	ginger	chelsea
Iloveyou	password1	solo	andrew	martin	1989
Admin	daniel	starwars	london	abc123	robert

Change passwords on a regular basis

This will prevent ongoing access if you have been 'hacked' and haven't realised it. Changing your password as a matter of routine will prevent any further access. Changing your password also limits guesswork as the longer you have a password the longer people have to try and guess it. Finally, if you have passwords saved on an old computer that you no longer own, they will not be relevant should someone gain access to them as you will have changed them.

Use passphrases instead of passwords

Using a passphrase will make it easy to remember. Strong passwords should be at least 12 characters long, contain a mix of upper and lower case letters, numbers and special characters. Try replacing letters with numbers. f1D0w1llNeverw1ncrufts. (Fido will never win Crufts)