

Passphrases

The most important thing when it comes to setting a strong password is uniqueness. To guarantee a truly unique password, a passphrase is the recommended option.

A passphrase is a combination of three random words creating a password that is both long enough and strong enough to protect your accounts.

You should evaluate your passwords if they include things like:

- Your family or pet's names
- Your school/workplace/hometown
- Any familiar dates
- Phrases like password or qwerty

What makes a good passphrase?

1. Use three or more random and unrelated words
2. Aim for at least 14 characters
3. Include a number between each word
4. Don't repeat your passphrases across multiple accounts
5. Don't use personal words or details which can easily be found online
6. Never write your passphrases down or share them with anyone
7. Consider the use of a reputable password manager
8. Ensure multi-factor authentication (MFA) is enabled where possible