

Managing passwords

Strong, unique passwords remain one of the most commonly overlooked security measures despite being emphasised by cybersecurity experts.

Passphrases offer an effective solution by being both highly secure and user-friendly, representing an evolution in password security that balances memorability with protection against cyber threats.

Password management best practices

- **Use a password manager** - the recommended way to remember passwords
- **Never use the same password** for multiple accounts
- **Don't write passwords down** in notepads
- **Avoid personal information** like dates of birth

How should you respond?

If you suspect a password has been compromised, you should:

1. **Report it to your IT department**
2. **Change your password immediately**
3. **Check your accounts for fraudulent activity**