



Passwords

A Resource Guide

By: DefendYourOnlinePrivacy.com

Password Best Practices

- Best practices for passwords:
 - Use all types of characters
 - Uppercase, lowercase, numbers, and specials
 - Generated randomly
 - Remember, no consecutive or adjacent characters
 - Minimum 12 characters, but preferably more!
 - Example: *Ap*32d!sDM^y%3Rr*
- Best practices for passphrases:
 - 7+ words in the phrase
 - All randomly generated
 - All completely unrelated
 - Example: *starving negotiate upstairs battering emergency galvanize throwing*

Tools

- Best Practices:
 - Use a passphrase to lock your “safe” and encrypt your database
 - i.e. starving negotiate upstairs battering emergency galvanize throwing
 - Use the password generator to create good passwords for your accounts
 - i.e. Ap*32d!sDM^y%3Rr
- Recommendations
 - 1password by AgileBits (1password.com)
 - LastPass by LogMeIn (lastpass.com)
 - KeePassXC (keepassxc.org)
- Questions?
 - DefendYourOnlinePrivacy.com/minds