



# Passwords

## A Resource Guide

By: [DefendYourOnlinePrivacy.com](http://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](http://1password.com))
  - LastPass by LogMeIn ([lastpass.com](http://lastpass.com))
  - KeePassXC ([keepassxc.org](http://keepassxc.org))
- Questions?
  - DefendYourOnlinePrivacy.com/minds