

## Learn How to Choose a Good Password

### Key Elements of a Strong Password:

- **Length:** Aim for at least 12 characters but longer is better.
- **Complexity:**
  - **Mix of Characters:** Include uppercase letters, lowercase letters, numbers, and symbols.
  - **Avoid Predictability:** Don't use easily guessed sequences like "123456" or "qwerty".
  - **Avoid Common Words:** Don't use words from a dictionary or personal information.
- **Uniqueness:**
  - **Don't Reuse Passwords:** Use a different password for each account.
  - **Use a Password Manager:** Consider using a password manager to generate and store unique passwords.
- **Examples of Strong Passwords:**
  - `m#P52s@ap$V`
  - `N4&vQ2! p`
  - `crystal onion clay pretzel`
- **Tips for Remembering Strong Passwords:**
  - **Use a Password Manager:** Password managers can help you generate and store unique passwords.
  - **Create Memorable Passphrases:** Use a series of random words or phrases.
  - **Substitute Letters:** Replace letters with numbers or symbols (e.g., "S@veM0ney" for "SaveMoney").
- **Regular Password Updates:**
  - **Update Regularly:** Change your passwords periodically, especially if you suspect a compromise.