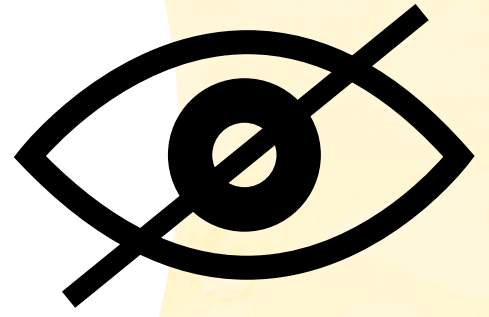


How to create a strong password you can remember

Secure passwords are key to keeping Employment and Social Development Canada's (ESDC) computers and client data safe.



"Passphrases", a string of random words that make sense to you, are stronger than typical passwords because they can be remembered without being written down.



What is a passphrase?

- Longer: 12-16 characters, rather than the usual 8-character password minimum
- Random words, but meaningful to you so the phrase is not easily guessed by an attacker

Helpful tips

★ Choose a word sequence that means something to you (e.g. *I love Spain* becomes *Love2go2Spain*).

★ Include a word from another language (e.g. *concombre*, cucumber in French, becomes *Concombre4lunch*)

★ Interweave characters in successive words (e.g. *Black belts* becomes *BLAbeltCK5*)

★ Substitute a synonym (e.g. *Dan's motorcycle* becomes *Dan*sHrlyDvdsn*)



What to avoid

✗ Words or phrases you post about on social media, or facts about your life (e.g. birthdays, family names)

✗ Common expressions, song titles, movies, quotes

✗ Seasons combined with a year (e.g. Summer2019)

✗ Predictable techniques for adding complexity, like capitalizing the first letter or using an exclamation mark for the last character (e.g. Password!)



Visit "Security" on iService for more information.