

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!)



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