Password Top-Tips

Rhys Lyford - 2026-10-31 - General

Password Top-Tips

Choosing a strong and secure password is crucial for protecting your online accounts from unauthorised access. Here is some advice and best practices to follow when creating a new password:

Use Complex Passwords: Your password should be complex and difficult for others to guess. Use a combination of uppercase and lowercase letters, numbers, and special characters (!, @, #, $, etc.).

Avoid Common Words and Phrases: Avoid using easily guessable words or phrases, such as "password," "123456," "qwerty," or any commonly used phrases. Hackers often try common passwords first when attempting to gain unauthorized access.

Longer is Better: Aim for a longer password. The longer your password, the more difficult it is to crack. Aim for a minimum of 12 characters, but longer is even better.

Don't Use Personal Information: Avoid using personal information such as your name, birthdate, or any information that can be easily obtained about you. This information can be easily guessed or found through social engineering tactics.

Unique Passwords for Each Account: Avoid using the same password across multiple accounts. If one account is compromised, using the same password for other accounts puts all of them at risk. Use unique passwords for each account.

Consider Using Passphrases: Passphrases are longer combinations of words or phrases that are easier to remember but harder to crack. For example, "correcthorsebatterystaple" is a passphrase that is easier to remember than a random string of characters but still provides strong security.

Here are some free services that can help you check if your password is secure or if it has been involved in a known data breach:

Have I Been Pwned (HIBP): This service allows you to check if your email address or password has been compromised in a data breach. You can visit the website Have I Been Pwned and enter your email address or password to see if it has appeared in any known data breaches.
HIBP Checker

Password Checker Tools: Some password manager services, such as LastPass and Dashlane, offer built-in password strength checkers. These tools analyse your password for its strength and can provide suggestions for improving it.
LastPass Checker
DashLane Password Generator

If you have any concerns about your account or need assistance in setting a new password contact IT Support.