

Password management can be challenging but it's a critical component to online security.

**See if you can answer YES** to these ten statements to gauge how well you protect the systems you use:

1. **My passwords are unique across all systems** I log in to whether at work or at home.
2. **My passwords are as long as I can make them.** Try using passphrases that are longer but less complex.
3. **My passwords appear random**, and don't look like commonly used passwords, such as p@ssw0rd, or abc123!.
4. **My passwords are either memorized, or securely stored** within an encrypted password manager.
5. **My passwords are not recorded in plain readable text on paper**, or within a computer file like Word or Excel.
6. **My passwords are changed** when I am made aware that a system I use has been breached or compromised.
7. **My passwords are never reused** or tweaked just slightly when a change is required.
8. **My passwords do not contain personal information** like numbers from birthdays, addresses, phone numbers, or names of family members, pets, friends, or have repeating patterns, such as 12345.
9. **My passwords are never shared with anyone**, and I do not use shared passwords accessible by multiple individuals to a system.
10. **My passwords are complimented whenever possible with a PIN, text code, token number**, etc. that confirms my access using another unique factor outside of just a password. Try to combine something you know (e.g. password) with something you have (token, phone, finger or face).

You want to be able to answer **YES** to these statements because you would never want another person to gain control of any of your accounts, especially ones that contain sensitive information such as email, social media, bank accounts, etc.

In short, **cybercriminals** are getting really good at learning our passwords by buying compromised passwords on the dark web, or stealing through phishing and breaches.

**Help keep your information as secure as possible and make it your goal to be able to answer YES to the statements above.**