

# Use Secure Passwords

## Power up your passwords

These days we can't afford to play it safe. Passwords are the keys to our sensitive information. When we learn to power up our passwords, we increase the chances of keeping both our Yale data and personal data safe.

**Do you reuse the same password across multiple accounts?  
Do you know how to make your passwords more complex?**

Here are helpful hints to support robust passwords that help stump cyber-chumps.



### Bad passwords

- Use common words
- Do not contain special characters or numbers
- Are easy to guess



### Better passwords

- Use less common words or phrases
- Use upper and lowercase letters or special characters
- Are harder to guess



### Best passwords

- Use diverse compositions including alpha, numeric and special characters
- Use a passphrase

## Secure passwords + MFA is the key

Yale recently rolled out **DUO Everywhere** to accounts across campus. This Multifactor Authentication (MFA) tool has decreased compromised accounts to almost zero. You can add MFA to your personal accounts at home. Use this second layer of security to ensure hackers can't hack you—even if they do guess your password.



On average it takes a hacker

 **2 seconds**

to crack an eleven character password that uses only numbers. Add in uppercase and lowercase letters and it will take

**41 years** 

### New NetID reset change

Security questions are a thing of the past. If you forget your NetID password you can easily reset it by responding to an email sent to your recovery email address.



For more details visit [cybersecurity.yale.edu/iam](https://cybersecurity.yale.edu/iam)

[cybersecurity.yale.edu/usesecurepasswordstoolkit](https://cybersecurity.yale.edu/usesecurepasswordstoolkit)

