

Strong Passwords

Are **at least** 7 characters in length.

Include both uppercase and lowercase letters, numbers, and a symbol character between the second and sixth position.

Look like a random collection of characters. Do not contain patterns, themes, or complete words. (Don't use anything that is guessable.)

Have no characters that are repeated or consecutive, such as 1234 or abcd.

Do not use numbers or symbols in place of similar letters — for example, \$ for S, or 1 (the numeral) for l (the letter).

Do not use any part of your user name as part of your password.