

# How can I make my passwords safer?

1. Avoid passwords which contain your name, birthday, postcode or anything else that may be obvious.
2. Select a password which contains a combination of letters, numbers and symbols. Sentences may also be useful.
3. Ensure passwords are at least 8 characters long.
4. Change your passwords frequently.
5. Avoid using the same password for different accounts.
6. Do not share your password with others.
7. Enable two-factor authentication.
8. Do not store your password on your device.
9. Avoid writing your passwords down.
10. Remember to log out when you are finished.

