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How strong is your password?

Having strong and unique passwords for all your individual online accounts is so important when it comes to keeping your digital data secure.

Do you know how long it would take a cybercriminal to crack your password?

Total number of characters	Numbers only	Lowercase letters only	Upper & lowercase letters	Upper & lowercase letters & numbers	Upper & lowercase letters, numbers & symbols
8	Instantly	Instantly	28 seconds	2 minutes	5 minutes
10	Instantly	1 minute	21 hours	5 days	2 weeks
12	1 second	14 hours	6 years	53 years	226 years
14	52 seconds	1 year	17,000 years	202,000 years	1M years

Top tips to keep your digital life secure

- 1 Use a unique password for every account, including your UOW account. Make your passwords unique and complex by combining uppercase and lowercase letters, numbers, and special characters (better still, use passphrases).
- 2 Longer is better - aim for at least 12 characters or more.
- 3 Avoid common or easily guessable words like 'password', '123456', or your name.
- 4 Enable Multi-Factor Authentication (MFA) wherever possible for an extra layer of security
- 5 Change your password(s) regularly.

🖱️ Visit the [Cyber Safety website](#) for tips to help keep you safe at UOW and at home.

