

# Secure passwords

Is your password really secure?



- ✓ The longer the password, the stronger it is. It should be at least **12 characters** long.
- ✓ Your password should contain **upper- and lowercase letters, numbers, and special characters**.
- ✓ Use a **unique password** for every account.
- ✓ Use **two-factor authentication** for sensitive accounts.
- ✓ Germany's Federal Office for Information Security (BSI) strongly discourages frequently changing your passwords.