Creating a secure password

Method 1: Double Up

To develop a simple password that can easily be remembered, use one word twice.

Vacation2Vacation2   this is strong 18 character password

VacAtion2&VacAtion2   in this example, we have changed a few letters to uppercase and added the "**&**" character creating an even stronger password

Method 2: Use Phrases

Use the first letter and numbers from a memorable phrase.

My son was born in 2005 and his name is Jacob
Resulting password: **Mswbi2005ahniJ**   or   **Mswbi2005&hniJ**

This is a strong password. To make it stronger, use a generic phrase.

The Toronto Maple Leafs won the Stanley Cup in 1967!
Resulting Password: **TTMLwtSCi1967!**

This is a very strong password.

Method 3: Reusable base password with site specific add-ons

Create a memorable base password and add some characters to the end that are specific to the websites you use.

&thisismypw4:**C2C**   and this is my password for connect2care
&thisismypw4:**FB**   For Facebook, all you change is the last 2 characters
&thisismypw4:**TD**   Using our standard method, this would be your password for your TD banking site

Holland Bloorview
Kids Rehabilitation Hospital