

## Password Details

Creating a strong password is essential to help secure and protect confidential data and your SameGoal account.

### SameGoal password requirements

When a user creates, changes, or resets a password, SameGoal checks the password against lists published online that have been found in a data breach.\* During this process the passwords are encrypted, so they cannot be read by anyone, including SameGoal. If the password is found on any of the data breached lists, it cannot be used to log in to SameGoal.

All passwords:

- Must be at least 8 characters long, but longer passwords are stronger
- Cannot be found in any lists published online that have been part of a data breach
- Should be unique and not used on other sites

**💡 Tip** If you are having trouble thinking of or managing multiple passwords, you may consider using a trusted password manager. Most browsers have a default password manager built in, and paid options can be found as well.

*\* SameGoal **has not** been a part of any data breaches instead we are disallowing passwords which have been published online from other data breaches. To learn more about how data is handled in SameGoal, visit our [Technical and Compliance Handbook](#).*