SplashData releases its annual list in an effort to encourage the adoption of stronger passwords to improve Internet security. The passwords evaluated are mostly from North American and Western European users. The list shows many people continue to put themselves at risk for hacking and identity theft by using weak, easily guessable passwords.

"123456" and "password" once again reign supreme as the most commonly used passwords. Some longer passwords are so simple as to make their extra length virtually worthless.

Sports remain a popular password theme. While baseball may be America’s pastime, “football” has overtaken it as a popular password. “Football” climbed three spots to number 7 and "baseball" dropped two spots to number 10.

“We have seen an effort by many people to be more secure by adding characters to passwords, but if these longer passwords are based on simple patterns they will put you in just as much risk of having your identity stolen by hackers.”

Morgan Slain, CEO of SplashData

**SplashData Offers Three Simple Tips to Help People Protect Their Passwords**

1. Use passwords or passphrases of twelve characters or more with mixed types of characters.
2. Avoid using the same password over and over again on different websites.
3. Use a password manager such as TeamsID to organize and protect passwords, generate random passwords, and automatically log into websites.

**Username**

**SillyJack**

**Password**

123456******