

Password 101

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Online Safety
Shareable by

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SAFEGUARDING GROUP

Children and young people may not understand the value of their personal information once they begin to interact with others in the online world. This could make them more vulnerable to scams, hackers, and malware attacks. It's important to remind those in your care that passwords are the gatekeepers to our private data.

Passwords make sure these details remain secure and keep them from getting into the wrong hands as long as they are used properly.

DOs

- * **Think unique.**
Create a different password for every account – longer is stronger!
- * **Change your passwords regularly.**
Once every season is good practice.
- * **Disable help.**
Delete any stored password extensions on your devices.
- * **Be creative.**
Use a mixture of numbers, symbols, and Cap1t@L#&rS.
- * **Secure them.**
Install a verified password manager app to your devices.

Password Checker

Worried about not being able to remember a long string of numbers and symbols? It's important to choose random words that are easy for you to remember and harder for others to guess, alongside a mixture of numbers and symbols.

This can be anything from your favourite food to your best friend's favourite city!

PizzaBlueM@ngo35	● Strong
Alex123456	● Weak
Chocolat&PinkComputer19	● Strong
password	● Weak

DON'Ts

- * **Reuse.**
This makes it easier for hackers to get into multiple accounts.
- * **Click 'yes'.**
If a website or app offers to 'Remember your Password', say no.
- * **Be personal.**
No password should use birthdays, pet names, or other personal details.
- * **Write it down.**
If you are able to find it easily, so can someone else.
- * **Share it.**
No one else should know your password – unless it's your parent or carer!

Facts

- **90% of internet users** worry about their online information getting hacked.
- **51% of people** use the same password for work and personal accounts.
- The password '**123456**' is used by nearly 23 million account holders.
- '**Eva**' and '**Alex**' are the most commonly used names in passwords.
- The average password contains eight characters or less.

It would take a computer about **19 septillion years** to crack your password