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## PASSWORDS – STAY SAFE ON LINE

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### SECURITY SAVVY

“Treat your password like your toothbrush! Don’t let anybody use it and get a new one every 6 months”

*Clifford Stoll, author*



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*Never use the ‘remember password’ option in your browser. If your device gets stolen you’ve just invited the thief into your home!*

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Don’t ignore updates, make sure your device is up to date with the latest bug fixes and security when prompted

### Use three random words to create a strong password

A good way to create a strong and memorable password is to use three random words. Numbers and symbols can still be used if needed, for example **1h8boiledspr0uts!**

Be creative and use words memorable to you, so that people can’t guess your password. Your social media accounts can give away vital clues about you so don’t use words such as your child’s name or favourite football team which are easy to guess.

Cyber criminals are very smart and know many of the simple substitutions we use such as ‘Pa55word!’



Never use the following personal details for your password:

your partner’s name, a child’s or other family members’ name, your pet’s name, place of birth, favourite holiday destination or generic words like “password”.

### SOME SUGGESTIONS:

- *A line of a song that other people would not associate with you.*
- *Someone else’s mother’s maiden name (not your own mother’s).*
- *A phrase known to you, e.g. ‘people in glass houses shouldn’t throw Stones’ – take the first character from each word to get PIGHSTS and add some numbers if required.*

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*‘I changed all my passwords to ‘incorrect’ so whenever I forget, my computer will tell me: “Your Password is Incorrect!”*

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