



ONLINE SAFETY NEWSLETTER

CREATING STRONG PASSWORDS – TIPS AND FUN ACTIVITIES - PART II

ISSUE 13

STRENGTHENING YOUR PASSWORD

Many websites now require complex passwords, it's not just about meeting requirements - it's about creating combinations that are hard to crack and easy to remember.

One effective way to build strong passwords is to use a 'passphrase.' This could be a short sentence or set of random but memorable words (e.g. **Monkey!Tree7Rain**) that you and your child can easily recall. Avoid obvious choices like pet names or birthdays which are easy for others to guess. The more unique and unexpected your phrase, the stronger it will be.

Teaching children early how to think about strong passwords will help build lifelong online safety habits.



MORE TOP TIPS!

1. **Avoid predictable patterns** – Passwords like 123456, password, or qwerty are among the first guesses hackers might try. Even replacing letters with numbers (like Pa55word) is now too predictable.
2. **Mix unrelated words** – Choose three or four unrelated words, then add in symbols or numbers. For example: Tiger#Bubble3Socks. These are harder to guess than common phrases.
3. **Don't reuse passwords** – Using the same password across multiple sites means if one gets hacked, all your accounts are at risk. Try to use different ones for each account and keep a secure list (or use a password manager).

3 PASSWORD RULES FOR CHILDREN:

Keep it Secret – Never share your password with friends or classmates.

Make it Strong – Use at least 12 characters with a mixture of letters, numbers, and symbols.

One Password per Place – Every account should have its own unique password.

CHECK MY PASSWORD

Once you have a password that you think is secure, you can use the website linked through the QR Code below to check how secure it is. The more secure it is, the longer it would take to 'crack your password'

Scan the QR Code to check now:

