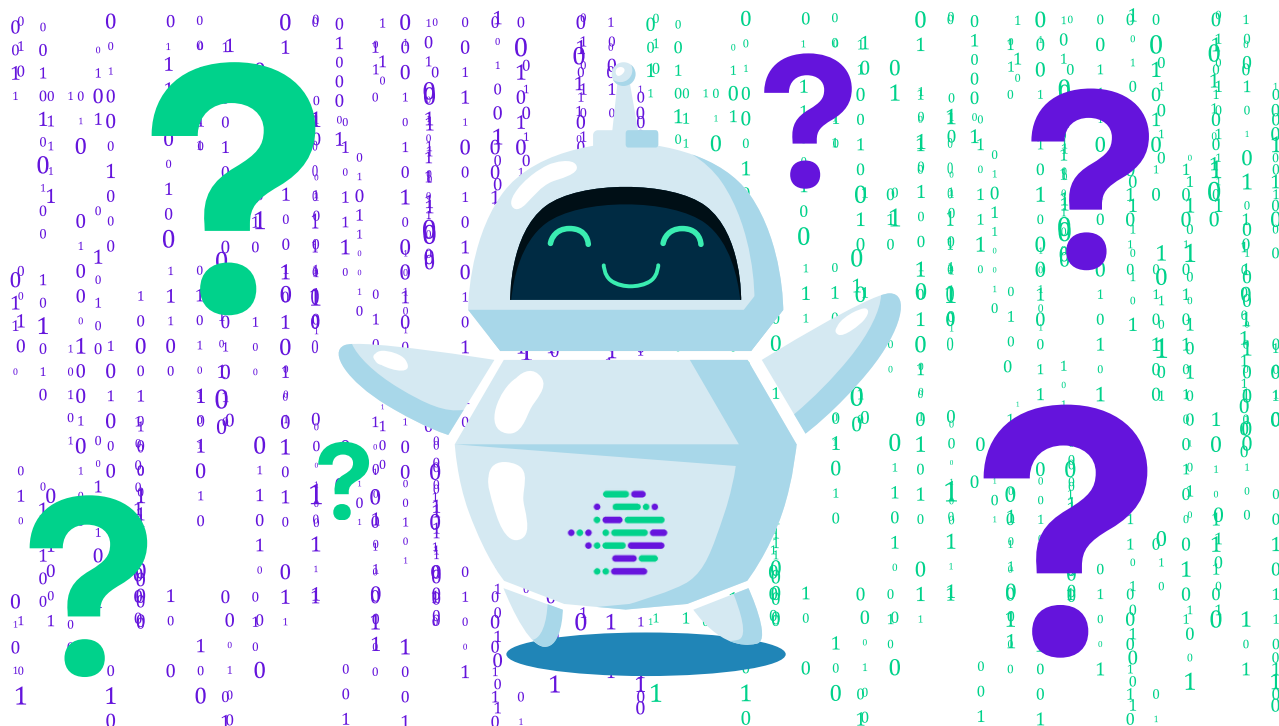




Passwords Information Sheet

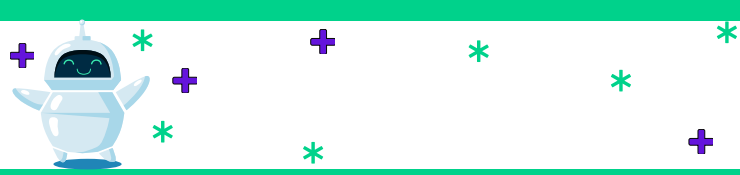


1 Introduction

You'll need to create a password for every account that you create, this could be for your emails or online banking. While it's simpler to use a short, easy-to-remember password, this isn't the best approach. Protect yourself and your information! We recommend using passwords that are long, strong, and difficult for someone else to guess while still keeping them easy for you to remember.

2 Why do I need a strong password?

Why do I even need a strong password? The truth is that even though most websites are secure, there's always a small chance someone may try to access your account. A strong password is one of the best ways to defend your accounts and keep your information secure.



3 Tips for creating strong passwords

- **Never use personal information** - This could be your name, birthday or town you live in. This type of information is often publicly available which would make your password easier to guess.
- **Use a longer password** - Your password should be at the very least six characters long, although for maximum security it should be longer.
- **Don't use the same password for all of your accounts** - If someone discovers the password for one of your accounts, this will make them all vulnerable.
- **Try to include numbers, symbols (e.g. !?*) and both upper and lower case letters**
- **Avoid simple passwords** - An example of a weak password would be 'Carrot3'

4 I have multiple accounts with strong passwords - How can I remember them?

It is never recommended to write your passwords on paper where someone might find them.

Instead consider using a password manager to store them securely online. Password managers can remember and enter your password on different websites for you. This means you'll no longer have to remember longer passwords.

5 Where can I find a password manager?

Password managers can be found online. Some examples of these are below:

- **LastPass** - Free for individuals
- **1Password** - Pricing plan available
- **Google Password Manager** - Free



Top Tip - Don't forget we also have a YouTube channel with 'how to' video guides - Check it out and subscribe!