

PASSWORDS

Are You Safe?



Every day we need to enter more Passwords, Pin Codes, Secret Answers, Captcha's, Verification Texts... the list goes on! This can result in a strong temptation to make life easier on ourselves by using the same passwords and pin codes but do you and the children and young people in your care know how **vulnerable** this makes you?

In a cyber attack in September 2017, up to 30,000 teachers were warned that their data may have been compromised after a union website was hacked.

In 2012, **LinkedIn had 164 million** email addresses and passwords exposed which were held until May 2016, when they were sold on a dark market site. **Dropbox** suffered a data breach in 2012, affecting **tens of millions** of their customers. Shockingly, the company waited until 2016 to force password resets to those customers they believed to be at risk. **Do you remember** getting a message from Dropbox to change your password?

You are vulnerable if you always use **exactly** the same login details on a number of websites. What if one website you are signed up to was hacked and your e-mail address and password were sold on the dark web? **What else could they get access to?**



Experts estimate hundreds of millions of Internet passwords are compromised each year worldwide.

When was the last time you **changed your passwords**? If it was more than 90 days ago, you are taking risks with your personal security. Furthermore, if you have one password that you use on all your devices and social media accounts, it's probably only a matter of time until something goes wrong. Remember, if someone gets your password, they've access to everything; your device, all your photos, messages and your social media accounts.



Did You Know?

The website <https://haveibeenpwned.com> was created by Troy Hunt, a Microsoft Regional Director, after Adobe was hacked in October 2013. On the website, you enter your e-mail address to see if your data has been compromised in a data breach, providing you with a list of **where** and **when**.

It is vital to change your password frequently and your choice of password is important too. Below is a list of some of the most popular passwords used in the past 5 years. If any of yours are the same, or similar, you need to change them right away.

The Most Common Passwords



- 123456
- 12345678
- 111111
- 1q2w3e4r
- 654321
- password3
- passw0rd
- abc123
- qwerty
- 123qwe
- zxcvbnm
- football
- princess
- dragon
- flower
- welcome
- admin
- sunshine
- monkey
- starwars
- mynoob
- letmein
- login
- google

To help you make yourself safer online, we have created a guide of Do's and Don'ts, to help prevent others from gaining access to your personal accounts.

DO change your password frequently, at least every 90 days.



DO disable stored passwords and clear those already stored on your computer.

DO use a different password for each account.

DO use a secure password manager.

DO use long passwords, made from a combination of different words.

DO add complexity - numbers, symbols and capital letters.

DO ensure you can remember it!

DON'T reuse passwords.



DON'T use the same password or PIN for multiple accounts.

DON'T click yes when a site offers to 'Remember your Password'.

DON'T use birthdays, quotes or pet names.

DON'T use anything people will associate with you - like your favourite sports team.

DON'T share your passwords with friends.

DON'T ever store your password on a shared device.



Did You Know?

Password Managers such as **LastPass**, **1Password** and **Dashlane** offer a range of different features such as; password creation, password storage, password autofill and can be used across different computers and devices.

Some information in this document has been taken from our Safer Schools app.

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