

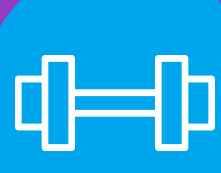
# 5

## TIPS for Passwords at Home



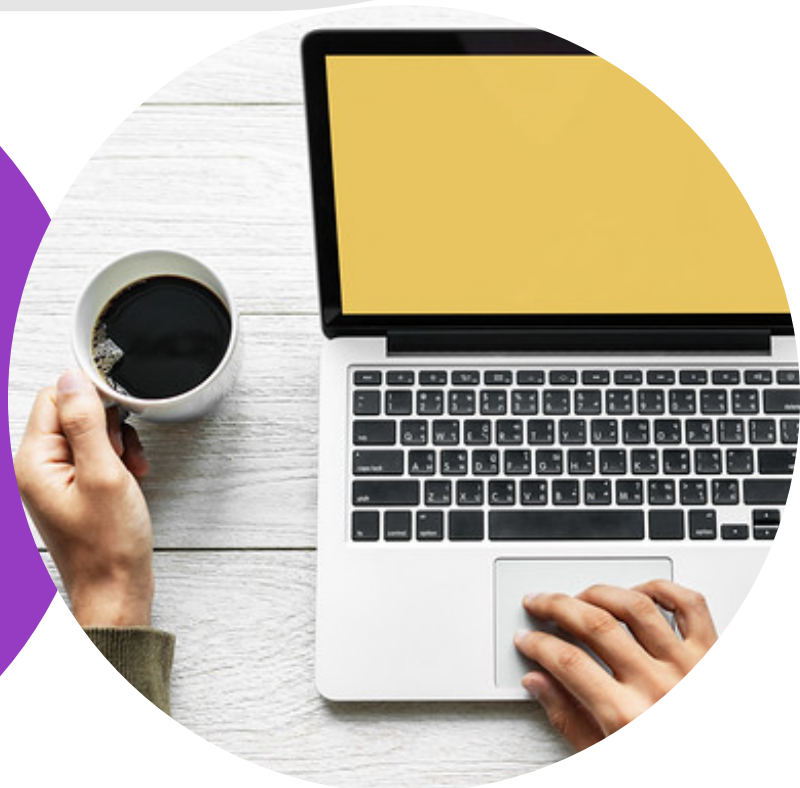
Here are some top tips from cybersecurity professionals, to keep your passwords safe and secure at home.

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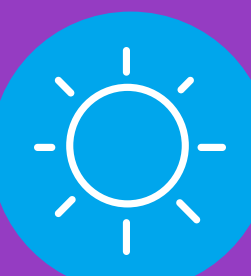


### Longer is Stronger

**Longer passwords** are generally **harder to break**, but having an impossibly long password is not practical. See below for a recipe for success!



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### An Easy Recipe

For good passwords, try this trick: **pick 4 words at random**, and turn them into a password. Then, make up a story to remember your password.

#### Example:

to remember the password **beach-motorcycle-relax-lobster** you might imagine a summer outing at your favourite beach.

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### Steer Clear of Password Pitfalls

- **Do not use popular passwords** (e.g. “password”, “let me in”, “1234”), even if they include character substitutions (e.g. p@ssword)
- **Avoid expressions** such as song titles, bible references, lyrics, sports teams or movie titles or **personal details** like your kid’s or pet’s name, birthdays, or hometown.
- **Never reuse a password** across accounts or devices; otherwise, if somebody guesses or steals one password, they can access **all** of your accounts.



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### Protect your Password

- Do not give out passwords online (e.g. via email or over the phone). **Nobody should ask you for your password. Ever.**
- **Log off** and **sign out** of accounts and websites when you are done using them.
- **Don’t rely on your memory.** Write down your strong passwords in a notebook and store them in a safe or safe-deposit box. For everything else, use a Password Manager.



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### Use a Password Manager

Examples of password managers include **LastPass**, **1Password** or **Bitwarden**.

- If you write down your password, store it in a **password manager**: a piece of software that helps you to **create** and **remember** all your passwords securely.
- Ensure the password manager is from a **secure source**, and that it is **updated regularly**.