Digital Literacy – The Importance of Passwords

1 of 15 – Welcome

Welcome to this session on the importance of passwords.

In this session we will be covering:

* Why have strong passwords?
* What are strong passwords?
* Implications of not having a strong password
* Email addresses as unique identifiers

2 of 15 – Why have a strong password?

Think about how many different passwords you have, don’t write them down!

These are some of the areas that you could have a password for:

* Online banking
* Phone or tablet
* Social media
* Phone banking
* Workplace or college computer
* Cloud storage e.g. Dropbox, Google Drive or iCloud

There are many more.

3 of 15 – Why have a strong password?

Passwords are an example of something that you can use to prove your identity. There are several ways of proving your identity.

These normally form three categories:

1. Something that you have, such as a passport, driving license or bank card.
2. Something that is part of you (biometric), such as a fingerprint or iris scan.
3. Something that only you know, such as a password.

4 of 15 – What are strong passwords?

Passwords are usually used along with your username; this is to add an extra bit of security. On more secure sites such as online banking, you may also be asked to use your password alongside a pin and or a piece of memorable information.

You will never be asked to enter your full memorable information. You’ll be asked for example to enter characters 4, 7 and 8 from your memorable information and continue. This sign up improves your security.

5 of 15 – What are strong passwords?

It is very important to have a strong password to protect your personal information and data.

Watch the video below, which will take you through how to create a strong password. You may wish to take notes.

[How to Create a Strong Password](https://www.youtube.com/embed/Bxh9oRx0H1Q?autoplay=1&rel=0&start=0&modestbranding=1&showinfo=0&theme=light&fs=0&probably_logged_in=0)

6 of 15 – What to Do

For some best practices for creating a password:

* Use passwords built on a combination of upper and lowercase letters, numbers and non-alphanumeric characters: Pi4@wT5.6
* Use a line from a song that no one would associate with you
* Use a phrase that you know well e.g. this time next year we will be millionaires, and take the first character from each word e.g. ttnywwbm
* Consider using a password generator

Visit this website to see an example of a password generator.

[Password Generator](http://passwordsgenerator.net/)

7 of 15 – What Not to Do

Some don’ts when you are creating a password:

* Don’t use your username, actual name, close family members’ names or pets’ name
* Birthdays – yours or a family member
* Words that are easy to work out if someone knows you
* Simple words or number sequences e.g. password or 123456

8 of 15 – Question 1

Which of these would be a strong password?

1. password
2. 12345
3. dictionary
4. iL2@ic3d
5. boris123

The correct answer is D, iL2@ic3d

9 of 15 – Question 2

Read the following statement and decide whether it is true or false.

Using your birthday as a password is a good idea as it contains numbers and not letters.

True

False

The correct answer is: False. Using your birthday is not a good idea as someone could easily obtain this information.

10 of 15 – Question 3

Which of these might you need a password for?

Choose all that apply:

1. Online bank account
2. Paint application
3. Facebook page
4. Sending emails in your name

The correct answer is A, C and D, online bank account, Facebook page and sending emails in your name.

11 of 15 – Implications of not having a strong password

There are a number of implications of not having a password.

Think of as many implications or risks that could come from not having a password and write them down.

12 of 15 – Implications of not having a password

Compare your answers from the previous section to the examples below.

* Your personal information could be used without your knowledge
* Money could be taken from your bank account
* Incorrect information could be posted on your Facebook page
* People could impersonate you and commit crimes

There are many more!

13 of 15 –Email as a unique identifier

A unique identifier is a numeric or alphanumeric string that is associated to one person.

Some examples of this could be your passport number, national insurance number, student number etc.

Using your email address to uniquely identify you from everyone else does have its problems, such as:

* You could change your email address
* You could change your name or use a nickname
* Using your email address could also give people the first part of your login details

14 of 15 – Question 4

Categorise the following actions either **do** or **don’t** for creating a strong password.

1. Pick a memorable phrase and shorten it to just the first characters
2. Use a password generator
3. Use your email address
4. Use the word qwerty
5. Use your dog’s name
6. Use a password like this P3:Td@rt

The correct answers are shown in the table below:

|  |  |
| --- | --- |
| Do | Don’t |
| Pick a memorable phrase and shorten it to just the first characters | Use your email address |
| Use a password generator | Use the word qwerty |
| Use a password like this P3:Td@rt | Use your dog’s name |

15 of 15 – End

Well done. You have completed this session on the importance of passwords.

In this session we have covered:

* Why have strong passwords?
* What are strong passwords?
* Implications of not having a strong password
* Email addresses as unique identifiers

If you are unsure or have any questions about any of these topics, make a note and speak to your tutor for more help.