

Passwords

Parent Guide — Tips and tricks to help your child keep their personal online accounts more secure and safe

What should I know about passwords?

Passwords stop other **people hacking private accounts** and getting hold of **personal information**.

Your child may either be starting out online, or already have their online accounts – but it is vital they know how to build **strong, secure passwords** and how to **protect them**.

How can I help my child create strong passwords?

Passwords should be **easy for your child to remember, but difficult for others to guess**.

They could **pick two words** that mean something to them – like the name of a pet or a favourite colour.

Another easy tip is using a mix of **upper-case and lowercase letters**, as well as **numbers and symbols**. For example, **password1** could become **p@55woRD!**.

Is it safer to always use the same password?

It might feel **easier having just one password** for all your accounts, because remembering lots of different passwords can be tricky.

But using just one password **puts you at greater risk of hackers** gaining access to all your accounts.

It's important to remind your child that using **different passwords for different platforms** will minimise risk.

Should they write their password down?

It might seem like a simple way to remember lots of passwords – but there is a **risk that they could be found** by someone else. Memorising a few different passwords is safer than writing them down.

Many smartphones and devices will now create and store passwords safely for you – and most online accounts will always let you **reset a password if you forget**.

What else should I tell my child?

It may seem obvious but remind your child that they should **never share their passwords** – even with **people they trust**, like friends or siblings.

And tell them to watch out for scams and phishing. Reliable websites and apps will **never ask you to share your password**.