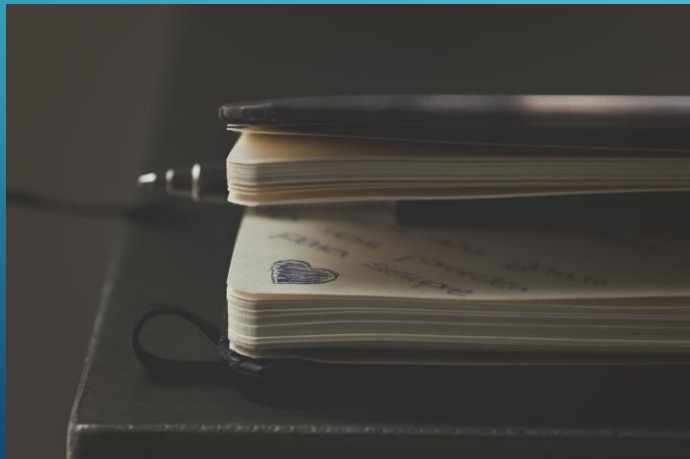




PASSWORDS

SUE LAKIN TECH IT EASY FEB 2025

How do you
come up
with yours?



Where do you
keep them?

KEY WEBSITES TO LOOK AT

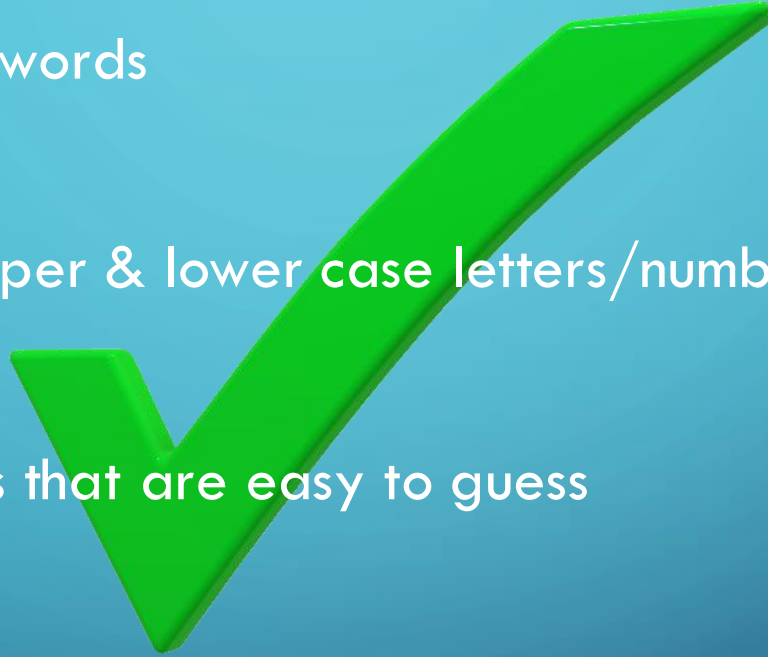
- National Cyber Security Centre (Government advice)
- <https://www.ncsc.gov.uk>
- <https://www.ncsc.gov.uk/blog-post/the-logic-behind-three-random-words>
- <https://www.ncsc.gov.uk/files/NCSC-using-passwords-infographic.pdf>

- Which? (Very readable – as always)
- <https://www.which.co.uk/reviews/troubleshooting-tips/article/how-to-create-secure-passwords-aHeGE9Q54s11>



DO...

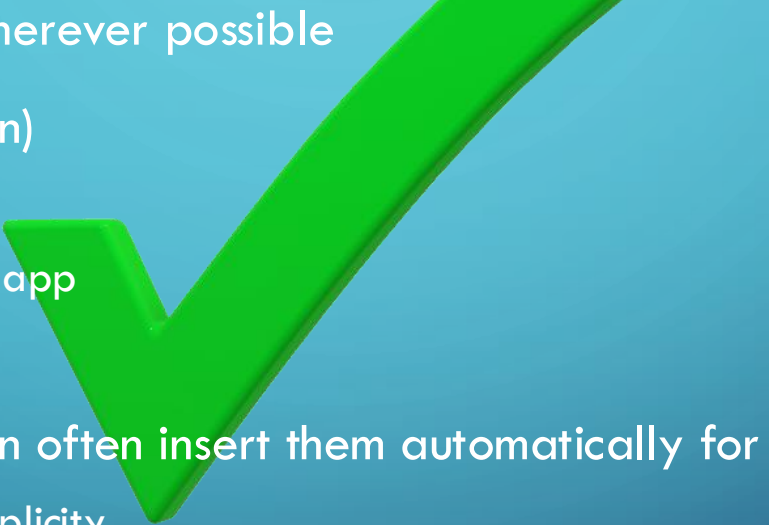
- Combine three random words
 - Eg cupfishbiro
- Add complexity with upper & lower case letters/numbers/special characters
 - Eg cup&Fish!biro2
- Better than single words that are easy to guess



DO....

- Use a password manager to create strong passwords and remember them
 - Eg Apple Passwords app and iCloud keychain
 - Eg Google Passwords
 - Eg Bitwarden/Dashlane/1 Password/LastPass
 - More secure than 3 random words
 - Often automatically inserts passwords for you – no typos
- 

DO....

- Use 2-factor authentication wherever possible
 - 2FA (or 2SV 2 step verification)
 - Eg Get code as text message
 - Confirm on another device or app
 - Face ID, finger print
 - Your smart phone or tablet can often insert them automatically for you
 - Fewer typos and one click simplicity
 - Grey bar on iPhone/iPad
 - Face ID is a form of 2FA (Which?) but cheaper phones can be fooled with a photo
- 

DON'T....

- Write them down (but it's probably better than always using the same password for different sites)
- Use personal information such as family names, dates, address, postcode...

