



Cyber security fact sheet - Passwords

01



What is a password?

A password is a string of characters and letters which are often used in conjunction with a username. In the digital world they are the equivalent of a lock on your doors.

02



What do I need to know?

To keep your online information and accounts safe you need to ensure that your passwords are not the same and are strong, in other words, not easy to guess or 'crack'. You certainly should not use the word password!

03



What does strong mean?

Opinions differ between security professionals on this one. We would recommend at least 8 characters with a mix of upper and lower case, include a couple of special characters for good measure. You may wish to use a few words from a favourite book and string them together.

04



What about password managers?

We all struggle with our memory from time to time, so password managers are a great means of helping out. A bit like a digital vault and the best ones will generate passwords for you and store them.