**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 accessing 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 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 uppercase 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?**

No. 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 passwords down?**

No. 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.

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