Password Hygiene

In This Module

- What is password hygiene?

- What are some of the benefits of practicing password hygiene?

- How can you begin practicing password hygiene?

Password Hygiene

Password hygiene is the practice of being mindful and proactive about managing online passwords and account security

Password hygiene involves multiple best practices and steps that you can take to manage your passwords and to ensure that they actually secure your accounts

Why Does Password Hygiene Matter?

- Weak or poorly executed passwords can endanger your accounts and personal information online

- Poor password hygiene can make it easier for hackers to gain access to your accounts and information

- Taking some time to ensure you are practicing password hygiene can prevent you from falling victim to a hacker or a scam in the future

Creating Strong Passwords

Use best practices to create strong passwords

- Longer passwords are best
  - Aim for at least 12 characters
- Use a mixture of characters
  - Upper and lowercase letters
  - Numbers
  - Symbols
- Use uncommon words

Creating Strong Passwords

Remember to avoid using memorable keyboard paths or common words, particularly words like "password," "login," or "qwerty." And be sure to avoid using your personal information in your password like your birthday, your address, names of pets or family members, etc.

Activity

Use the handout provided to update passwords that could use some help

Creating Strong Passwords

Here are some techniques to consider when writing your passwords:

- Use a password generator to create a random password that's difficult to crack

- Use passphrases rather than passwords

- Select a few random words from the dictionary and mash them together into a secure password, using a mix of letters, numbers, and symbols

Let's go through these one by one.

Creating Strong Passwords

Considerations for using a **password generator:**

- Password managers typically provide this resource
- Trusted security companies provide online generators
- Random.org creates random passwords but does not store them

As with all the things, do your research before selecting a password generation tool

Creating Strong Passwords

Using **passphrases** rather than passwords means coming up with a memorable sentence and then using its components to write a password.

Example Phrase:

I first went to Disneyland when I was 4 years old and it made me happy

Example Password:

I1stw2DLwIw8yrs&immh

Creating Strong Passwords

Mash dictionary words together into a secure password, using a mix of letters, numbers, and symbols. Here are examples of this technique:

Diamond7Teleport8Rewire6!

#Pendulum_Eternity_Ready_Healing#

Activity

Use the handout provided to practice your password writing skills

Protecting Those Passwords

- Make sure each account has a unique password
- Set up multi-factor authentication
- Use a password manager
- Be careful of where you sign up for accounts
- Minimize your data and be mindful of what you make publicly available
- Be alert to phishing scams
- Change your passwords regularly

What else would you add?

Takeaways

- Password hygiene is a key part of your overall digital privacy and security
- Take some time to ensure your passwords are strong and secure. Putting in this work now can help you avoid headaches later if your data is compromised!

Questions?

NYC Digital Safety
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