

Strong passwords

Hackers can use your email to gain access to all your personal accounts, leaving you vulnerable to identity theft or fraud.

Make your passwords stronger with three random words

To create a strong password simply choose three random words. Numbers and symbols can still be used if needed, however, using three random words is the key to creating a strong password.



Your most important accounts are your email, social media and online banking accounts. So it's important to have strong and separate passwords for each account. With access to your email, hackers can take control of all your online accounts, by asking for the password to be reset, and use the information your email contains can easily be pieced together to create a profile of your identity.

Never use any word which is related to you and may be easy to guess, for example by looking at your social media pages. Absolutely never use:

- Current partner's name
- Child's name
- Other family members' name
- Pet's name
- Place of birth
- Favourite holiday
- Something related to your favourite sports team

And never share your password with anyone.

View this video on how to keep passwords safe:

http://videocentralhd.lgfl.org.uk/Premium_Play.aspx?id=AqipksbZQeHNUr

