

How to create a strong password (and why this is important)

One of the consistent issues we see when delivering the Digital Thumbprint program in classrooms across Australia is that young people often have the same password for the different apps and games on their devices.

Although this might seem like a good idea at first, a hacker might easily work out that all passwords are the same and could access all your child's personal information. The safest way to protect personal information is to create passwords that are all different and have no affiliation to you.

Sharing passwords with friends is also common but not a great idea. It might keep their Snapstreaks up but it also exposes kids to hacking and identity theft.

This guide provides practical tips on:

- How to create a strong password
- Examples of strong passwords
- How to test the strength of your password



How to start the conversation

One of the ways to introduce this concept to your child is to ask them questions such as:

- "How do we make sure no one else can alter our posts or profiles?"
- "What information might you lose if someone gained access to your account?" (E.g. Your photos, your messages, your videos, etc.).
- "What information on this site/app would you not want strangers to know?" (E.g. Your address, your phone number, your personal photos, etc.).
- "Did you know that by sharing your password someone could pretend to be you?"

How to create a strong password

Strong passwords should have a mix of upper-case and lower-case letters, numbers and symbols in them.

Make sure your password has nothing to do with your name, birthday or address.

Use at least 10 characters, although the longer the better. Longer passwords take longer to crack.

Change your passwords regularly.

Don't keep passwords on your phone or computer.



Only one of the passwords below is a secure password

lloveDogs

password



PassDogz!67

Dogzrule67

This is a great password because it has a mixture of upper-case and lower-case letters, numbers and symbols

Test how **strong** your password is

The website howsecureismypassword.net lets you test how strong your password is. Enter a test password to see how long it would take a computer to hack your password.

HOW SECURE IS MY PASSWORD?

ENTER TEST PASSWORD

What to do if you need **more help**



If your child ever sees or receives anything online that makes them uncomfortable, they should feel supported in discussing it with you or their friends or teachers. Alternatively, they can call Kids Helpline, Australia's only free, private and confidential 24/7 phone and online counselling service for 5 to 25 year olds.

1800 55 1800 [kidshelpline.com.au](https://www.kidshelpline.com.au)

About Optus Digital Thumbprint

Optus Digital Thumbprint is a free and award-winning educational program that supports young people and families to be safe, responsible and positive online.

Since 2013, we've delivered workshops and developed digital tools that have educated more than 320,000 primary and secondary school students across Australia.