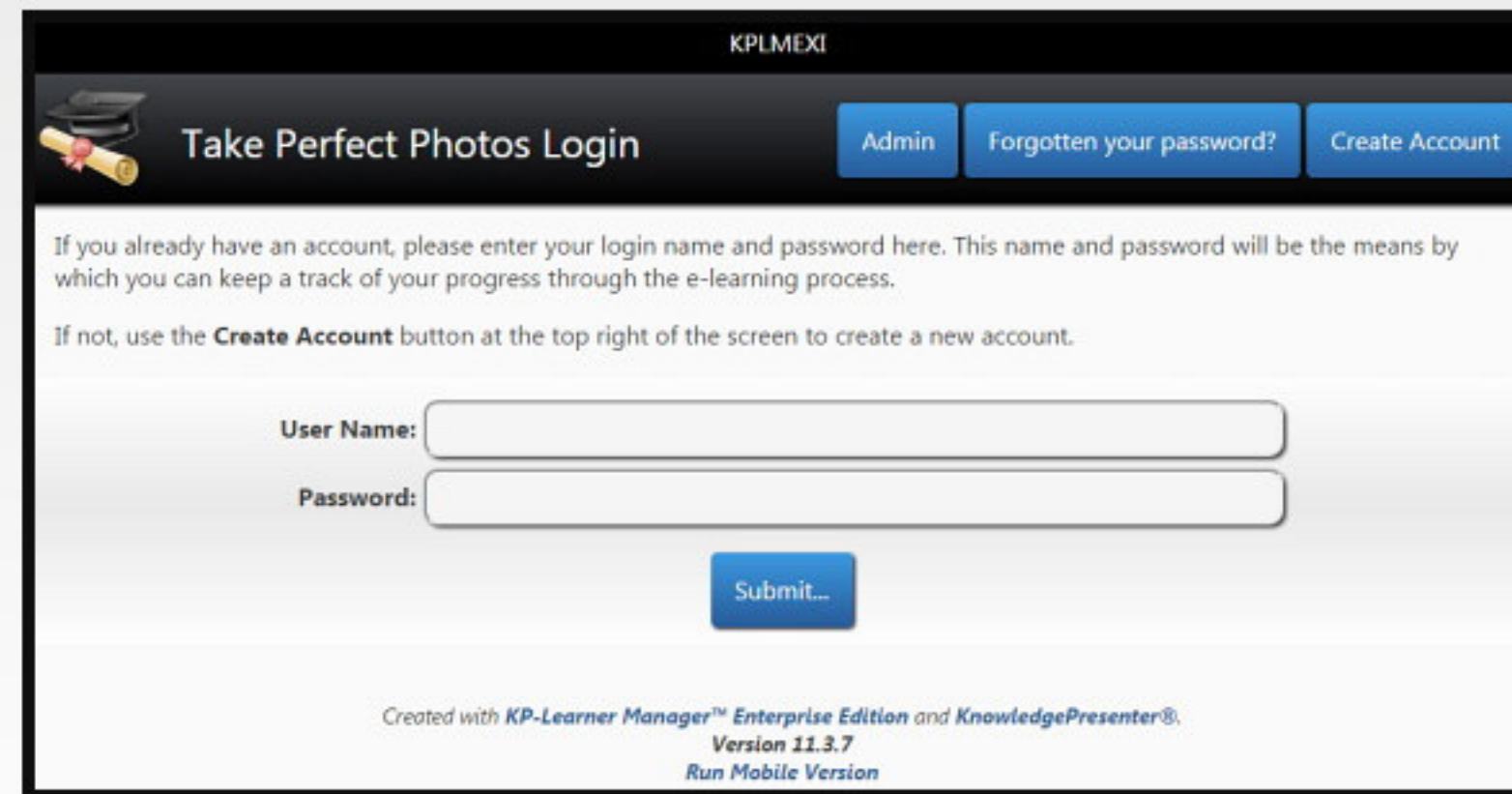# User Names

Welcome to this training lesson on **User Names.** In this lesson, we'll look at the importance of **user names,** and what to avoid**.**

Estimated Completion Time: 5 minutes.

User Names

User Names. On most sites, where password access is required, the password is used in combination with a **user name.**

Your user name is your identifier, and is generally not considered a secret. It may be used to identify you on a particular site. For example, if you add a comment to a bulletin board or forum, your user name will generally appear underneath the comment, or perhaps photo, you've posted.

User Names

Your User Name Reflects on You. Like it or not, the user name you select will reflect on you. So keep away from offensive names - because even if you think it makes you anonymous, you may be found out. So a username like *i_hate_women, kill_all_politicians* or something similar will not reflect well on you.

Many organisations will perform some simple web searches for you if they are thinking about employing you. And you don't want user names like those above turning up.

User Names

Separate Business and Pleasure. If you use websites or have accounts for business and pleasure, keep your user names different.

For example, if your business requires you to have a *Linked In* account, for example, it should most certainly have a different user name than your personal *Instagram, Facebook,* or *Microsoft Xbox* account.

In many cases, you may not want to be associated with the policies or views expressed by your organization. And, of course, your company may not be impressed if you post controversial, damaging, or offensive comments on a personal site that shares a username with your professional sites.

User Names

Think Carefully About Personally Identifiable User Names. If it is not necessary - and in most cases, it probably isn't - for your user name to reflect your own name, then choose a user name that is anonymised.

With a user name like **fredbloggs,** you have a good idea of this user's name (possibly). But if you use something like **dragonheart, themaskedman,** or some other unidentifiable user name, you are much harder to identify.

User Names

Email Addresses. Don't use your email address as a user name, unless you want to be contacted by others outside of the site you are using.

User Names

You've now completed this training lesson on **User Names.** In this lesson, we looked at the importance of **user names,** and what to avoid.