Hints and Tips

Lesson 1

# Introduction

This is a hints and tips guide for Lesson 1 within the Practice Using Passwords interactive training site produced by the University of Surrey.

# Overview

**Type of session**: recap

**Suggested length of session**: to occasionally review this document as a reminder of Lesson 1

**Level**: beginners

**Background knowledge**: a learner will need to have completed Lesson 1 of the training material or have an awareness of the importance of strong passwords

**Physical Resources required**: none

**Resources provided in addition to this worksheet**: this hints and tips sheet accompanies Lesson 1. See also the NCSC guidance: <https://www.ncsc.gov.uk/blog-post/the-logic-behind-three-random-words>

# What password to pick?

* Do not use the obvious ones
* Do not use ones that are personal to you?
  + No family names
  + No dog names
  + No car registrations
  + Anything that can identify you
* Do not use your email or username in the password for the website you are logging into
* Do not use the website name in the password
* The words in a password need to be random
  + Do not use passwords that are too contextual to the website that you are logging into
  + For example, *teabreadbiscuits* on a shopping website is too contextual

# Password Strategy

* Choose a three random word password
* Add a full stop in between all the words
* Add a number at the end of the password that you are creating
* Add an exclamation mark at the end of the password you are creating