# Password Safety





# Why Passwords Matter



# Passwords as Digital Keys

Passwords act as digital keys that safeguard sensitive personal and financial information from unauthorized access.

#### **Risks of Weak Passwords**

Weak or reused passwords are common vulnerabilities hackers exploit to gain unauthorized access to accounts.

# **Importance of Strong Passwords**

Implementing strong, unique passwords is essential to reduce risks of identity theft and data breaches.



# Creating Strong Passwords



### **Elements of Strong Passwords**

Strong passwords include at least 12 characters with uppercase, lowercase, numbers, and symbols for complexity.

#### **Avoid Predictable Patterns**

Avoid real words, personal info, and common patterns like 'abc123' to enhance password security.

### **Using Passphrases**

Use meaningful but random passphrases combining words, numbers, and symbols for strong passwords.

### **Randomness and Length Importance**

Long and random passwords are harder to crack and provide stronger protection against attacks.



# Avoiding Common Password Mistakes



#### **Password Reuse Risk**

Reusing passwords across accounts increases the risk of multiple account breaches from one compromised password.

#### **Weak Passwords**

Using simple or guessable passwords like '123456' makes accounts vulnerable to attacks.

### **Protect Password Privacy**

Avoid sharing passwords or storing them insecurely to prevent unauthorized access.

### **Use Unique Passwords**

Create unique passwords for each account, especially for important services like banking and email.



# Secure Storage and Sharing Practices



# **Physical Password Storage**

Store written passwords securely and discreetly, avoiding labels and never carrying them.

# **Digital Password Management**

Use encrypted password managers with strong master passwords for digital security.

# **Avoid Password Sharing**

Never share passwords; treat them like personal hygiene for security.

### **Phishing Awareness**

Beware of phishing; always verify requests before sharing sensitive information.



# Using Password Managers



# **Secure Password Storage**

Password managers securely encrypt and store login credentials in a digital vault accessible via a master password.

#### **Password Generation and Autofill**

These tools generate complex passwords and automatically fill login details to enhance security and convenience.

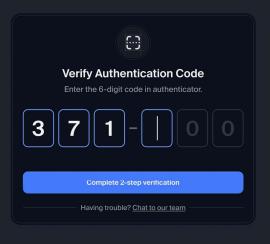
# **Alternative Password Management**

Writing passwords down and storing them securely at home is an alternative for those uneasy with digital storage.



# Two-Factor Authentication (2FA)







# Introduction to 2FA



#### **Two Forms of Verification**

2FA requires both something you know like a password and something you have like a verification code.

#### **Common 2FA Methods**

Popular 2FA methods include SMS codes, authenticator apps, and physical security tokens.

#### **Effectiveness of MFA**

Multi-Factor Authentication blocks over 99.9% of automated account attacks, enhancing online security.



# Tips for Using 2FA



#### **Enable 2FA on Critical Accounts**

Activate two-factor authentication on email, banking, social media, and other sensitive accounts for maximum security.

# **Prefer Authenticator Apps Over SMS**

Use authenticator apps instead of SMS codes as they provide stronger protection against interception.

### **Save Backup Codes Securely**

Store backup codes safely to maintain account access if your authentication device is lost or unavailable.

# **Trust Devices Temporarily**

Leverage trusted device options to reduce login interruptions without compromising security.



# Avoiding 2FA Scams



### **Understanding 2FA Scams**

Scammers send unexpected 2FA codes and impersonate companies to trick you into revealing codes.

#### **Never Share Your Codes**

Always keep 2FA codes private and enter them only on the official login screens to stay safe.

# **Responding to Unrequested Codes**

Receiving unrequested codes can indicate hacking attempts; change passwords and review security immediately.



# Securing Your Devices



#### **Device Access Protection**

Use PINs, fingerprints, or facial recognition to prevent unauthorized device access and protect authentication apps.

# **App Source Caution**

Avoid installing apps from untrusted sources to reduce the risk of malware compromising your device security.

# **Device as Digital Key**

Treat your devices as a key to your digital life, safeguarding them to enhance Two-Factor Authentication effectiveness.



# Updating and Monitoring Passwords



# **Importance of Password Updates**

Regular updates protect against unauthorized access, especially after a suspected security breach.

# **Monitoring Breach Alerts**

Use online tools to check if your credentials have been exposed in data breaches.

### **Prioritize Critical Accounts**

Immediately update passwords for email, banking, and social media accounts to ensure safety.



# **Strong Unique Passwords**

Use long, complex, and unique passwords for every account to enhance cybersecurity and prevent breaches.

# Password & 2FA Checklist

#### **Enable Two-Factor Authentication**

Activate 2FA on important accounts like email, banking, and social media for an additional security layer.

### **Secure Password Storage**

Store passwords safely in a trusted password manager or physical secure location to avoid unauthorized access.

#### **Protect Your Verification Codes**

Never share passwords or verification codes and keep your phone locked to protect the 2FA second factor.

