# Activity sheet 3.25: How secure are your passwords?

*Learning outcome B: Cyber security*

*B3: Policy*

1. Does your email account prompt you to change your password?

1. How easy is it to change your school/college user-account password?

1. When did you create the password for your email account?

1. Have you used your email account password on another online account?

1. **a.** Have you ever used the following passwords? Tick all those that apply.

|  |  |
| --- | --- |
| 1213456 |  |
| 123456789 |  |
| qwerty |  |
| password |  |
| (password based on pet name) |  |
| (password based on favourite sports team) |  |
| (a w0rd wh3r3 l3tt3r5 ar3 r3plac3d w1th numb3r5) |  |

**b.** How many rows did you tick? To what extent do you think the above passwords are safe   
 to use? Explain your answer.

1. **a.** Which statements apply to you? Tick all those that apply.

**b.** Discuss your answers with a partner. Which statements show good practice in relation to passwords? Why are the other statements examples of bad practice?

|  |  |
| --- | --- |
| I use the same password for most of my online accounts. |  |
| I find it hard to remember passwords. |  |
| I find it hard to remember passwords, so I keep them simple and easy  to remember. |  |
| I write my passwords down. |  |
| I want to make my passwords harder for hackers to guess. |  |
| I use a password manager app to generate and store complex passwords. |  |
| I would like to learn how to use a password manager app. |  |

**Take it further**

Find out about password manager apps.

Discuss the benefits and drawbacks of using a password manager app.