



































Avoid easy to guess passwords

Use password manager KeePass \* Dashlane Lastpass

Do you have many online accounts?

> Apple Keychain

> > Alternatively, follow NCSC's advice to use three random words. You just put them together, like '7SwimSugarOak@' or '£8NutsHospitalDell'.

But, how do you create complex passwords that are easy to remember?

Use a phrase or a sentence. e.g. I eat a burger everyday

Step 2 Change some characters. e.g. from character 'l' to '!' eat = 34ta = Aburger = Bur9er everyday = e^eryday space =

Step 3 Now, combine them all. e.g.!\*34t\*A\*Bur9er\*e^eryday or !EatABur9erEveryday



KeePass is free for Windows, OSX and Linux



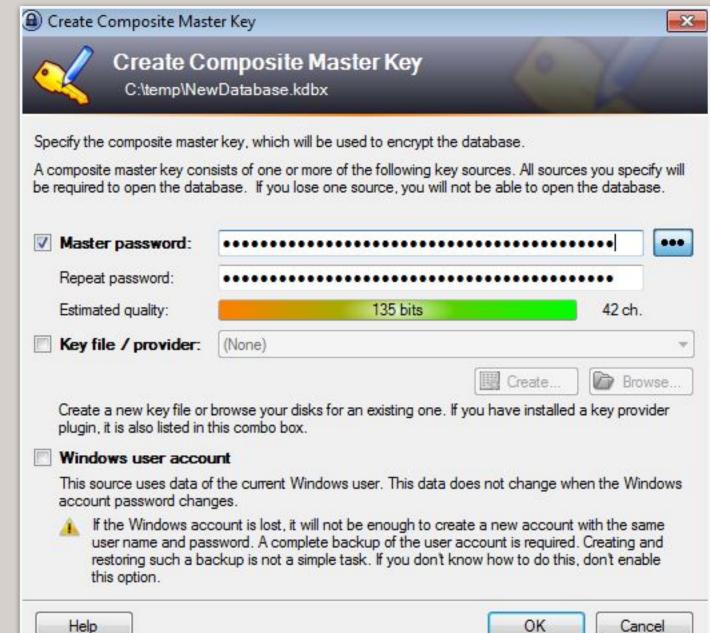
Get the **KeePass** from:
Personal devices - <u>www.keepass.info</u>
BU computers - <u>bournemouth.service-now.com/sp</u>

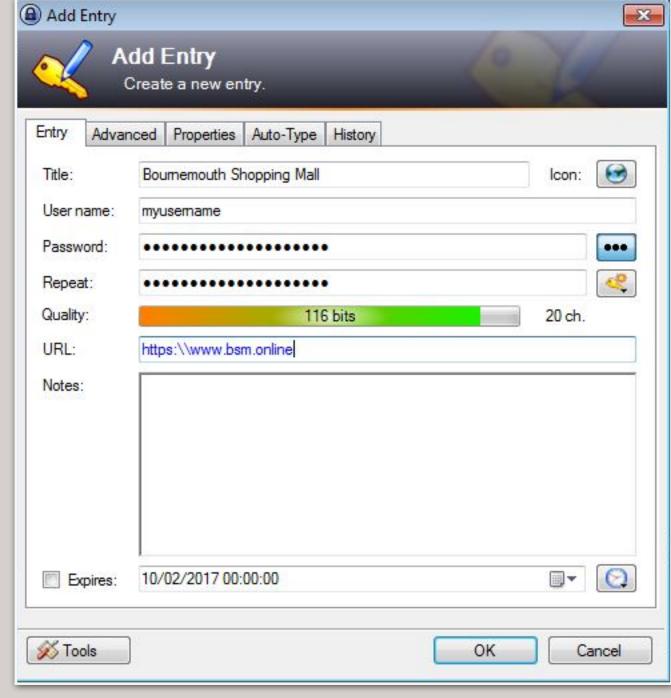
- - X

1

Set master password

2





Add entry

File Edit View Tools Help

NewDatabase
General
Windows
Network
Internet
A eMail
Homebanking

O of 0 selected

Ready.

(A) NewDatabase.kdbx - KeePass

5 Enter the account details

3

Use the

master key to access the password database

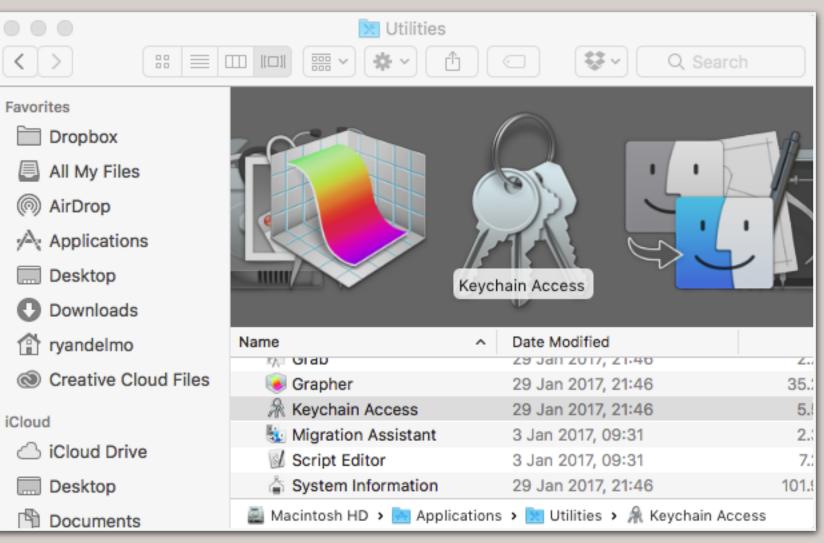




+44 (0) 1202 9 65515



Mac OSX's password manager

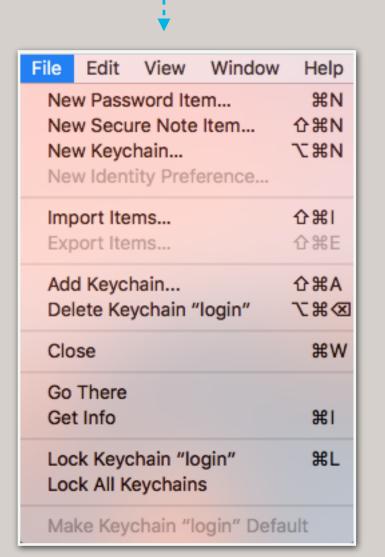


4

To use the password, click the **Copy** button

	Keychain Access		
Click to lock the log	gin keychain.		
Keychains	www soci	al-media.account	
<b>a</b> login		et password	
Local Items	Account: us		
System	Where: https://www.social-media.account Modified: Today, 15:23		
System Roots			
	Name	Kind	Date Modified
	/***		
	@ www.social-media.ac	Copy Password to Clipbo	ard
Category	com.apple.assistant	,	
All Items	com.apple.assistant	Copy "www.social-media	.account"
2. Passwords	com.apple.assistant	Delete "www.social-medi	ia.account"
	com.apple.facime: r		
Secure Notes	@ 5882D8A9-15-EE3(	Go There	
My Certificates	com.apple.account.ic	Get Info	
	com.apple.acs.heart	beat-token application password	Today, 10:17
Certificates	Apple Persistent State	e Encryption application password	Today, 09:47
	/ com.apple.assistant	application password	Today, 09:44
	+ i Copy	234	1 items

is called Keychain



2

Add a Keychain item

https://www.social-media.	account
Enter a name for this keychain ite item, enter its URL (for example: h	m. If you are adding an Internet password http://www.apple.com)
Account Name:	
username	
Enter the account name associate	ed with this keychain item.
Password:	
laryngologists9894692"ove	erturns
Enter the password to be stored in	n the keychain.
Password Strength: Weak	
rasowora otrongen.	
✓ Show Typing	

3

Enter the account details

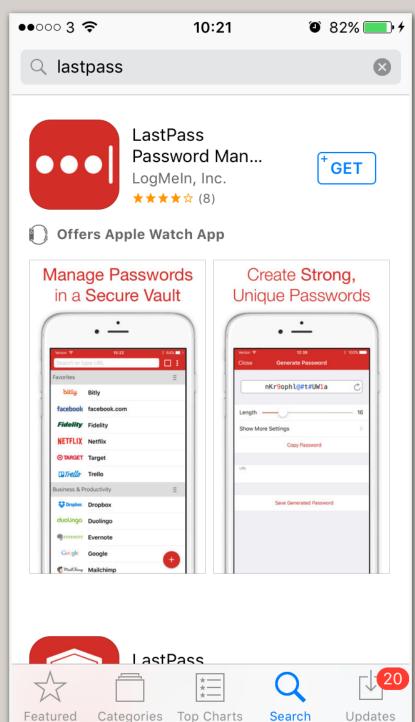
IT Services

Copy

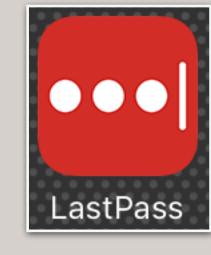
+44 (0) 1202 9 65515

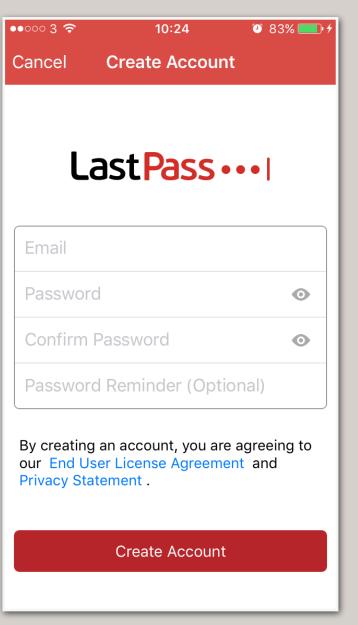


Get LastPass on App Store



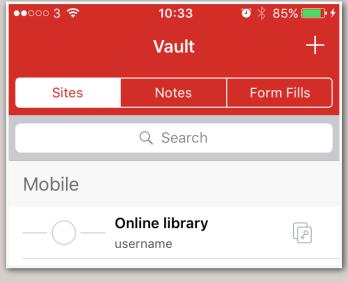
Try password manager app on mobile devices





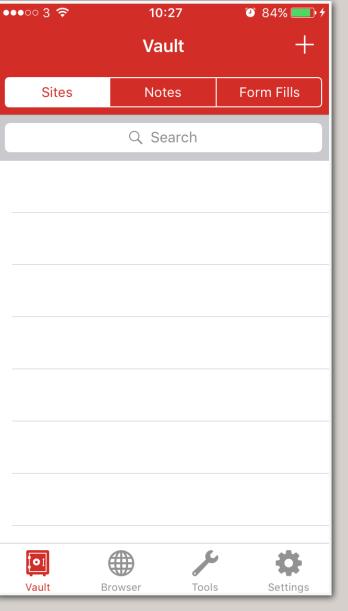
Open the app and signup

Click the **key** icon to



. . . . . . . . . . . . . . . . . . .

copy the password



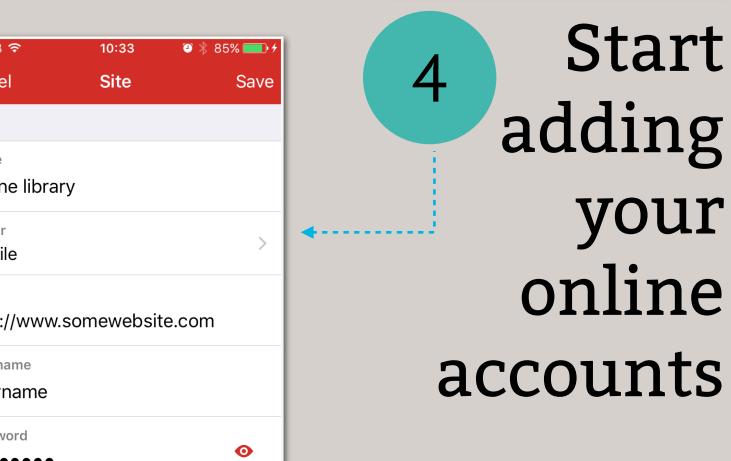
Save

your

details

Click the + sign





Cancel Online library Folder Mobile http://www.somewebsite.com Username username Password •••••• Generate New Password



10:28

**Add Site** 

Q W E R T Y U I O P

A S D F G H J K L

◆ Z X C V B N M ⊗

space

Cancel

Q Start typing a name..

+ Save Custom Site

Facebook

8 Google

Twitter

a Amazon

🛅 l inkadln

123 😜 🖞