

# imc My Digital School

## Secure passwords

### The essentials of data security

What do logging into your terminal device, accessing your social media profile or creating an email address have in common? Right, the login process always requires a username and, more importantly, a password.

For pupils, this has been standard routine for a long time, as they are growing up in the digital age as Generation Z. But they are not always aware of the dangers that an insecure password can cause, whether on a computer, smartphone or other account. Hackers often only need a few minutes to hack passwords and gain access to sensitive data.

Therefore, we give the most important tips on how pupils in particular can be sensitised to the topic of passwords and how a strong password should look.



### Facts



39s.

Every 39 seconds there is a cyber attack



6.8

A 6-character password consisting only of lower case letters can be cracked in 6.8 seconds



3,2

3.2 billion email password combinations were released through data leaks in 2021

1

#### Length

As a general rule, the longer the better. A good password should be at least between ten and twelve characters long to withstand attacks.



2



#### Complexity

As many different characters as possible should be used for a strong password. This includes special characters and numbers as well as a mix of upper and lower case letters.

**Tip:** The pupils should form a sentence that ideally contains numbers and special characters and which they can easily remember. The first letters of this supposedly meaningless sentence then form the password. The example sentence "My favorite time to eat biscuits is 4 o'clock at noon!" would thus result in the password "Mfttebi4oan!". This memory phrase can then be given a word or abbreviation for the relevant account. The password for an TikTok account could then consist of the phrase, and the addition TT: Mfttebi4oan!TT

3

#### Uniqueness

Passwords based on the names of family members, pets or dates of birth should be avoided. Common variants and repetition patterns such as "password 123" or "1234abcd" should also be omitted.



4



#### Variety

Ideally, different passwords should be used for each account. For example, passwords can be generated for different application groups such as email, streaming services or social media by using the method described above. But here too, the more different passwords, the better.

**Tip:** There are special password tools that generate secure passwords or manage passwords.

## Conclusion

Today's pupils are constantly on the Internet, both at school and in their free time. In order to secure private data and protect themselves, they should be taught how to use passwords responsibly as early as possible.

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