



Stronger passwords made simple

Six habits that stop most break-ins. You do not need to do them all today. Start with number 1 and number 3.

1. Use three random words

Long beats clever. Join three unrelated words together, such as "teapot orange bridge" (do not use this exact one). Avoid pet names, birthdays and your street. Put a dot (.) or a dash (-) between the words. One trick: look around the room and pick three things you can see, such as the colour of the wall or something on the desk.

2. Never use the same password twice

If one website is hacked, thieves try that password everywhere else. Your email matters most: whoever controls it can reset the rest.

3. Turn on two-step verification

This sends a code to your mobile phone when someone signs in. Switch it on for your email first, then your bank and your Apple or Google account. It can stop a thief even if they know your password.

4. Let something remember the passwords for you

Your phone can save passwords safely: the Passwords app on iPhone, or Google Password Manager on Android or inside a web browser. If you prefer paper, keep a notebook at home. Do not carry it, and do not label it "passwords".

5. Never read out a code

A code sent to your phone is for you alone. If someone rings and asks for it, hang up. Your bank will never ask.

6. If you think an account has been hacked

- ☐ Change the password from a device you trust.
- ☐ Sign out of all other devices (look in the account's security settings).
- ☐ Tell your bank at once if any money is involved.
- ☐ Change the password on any other account that used the same one.

Not sure how to do any of this? Tim can set it up for you, at your own pace. Ring **07746 655324** or visit **techmadesimple.uk**.