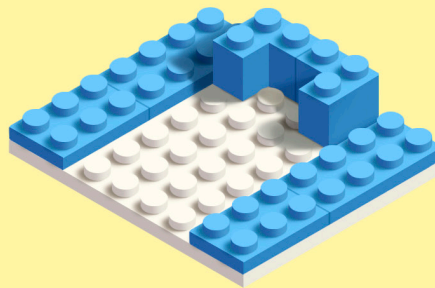# Raise Digitally Smart Families

Quick Guide to Cyber Security

1

Understand

You're already aware and careful about threats like hacking, scams and malware. Talk to your kids about these risks to protect their personal data and devices. A great step to take with kids is to help kids master creating and caring for passwords.

2

Create

You can work out a strong password with your child. It should have at least 15 characters, numbers, symbols, along with lower and uppercase letters. But the longer the better! Try creating one using a phrase.
Here's an example:

- Think of a phrase. Example, "waffles and pancakes," that's more than 15 characters.

- Mix upper and lower case: waFFlesandpancaKeS

- Change letters to numbers & symbols: w@FFl3sandp4nc4K3S

3

Secure

Talk to your kids about taking these steps to protect their password.

- Don't share your password.

- Change your password every six months.

- Don't use the same password everywhere.

- Remember to log out.

- If someone figures out the password, let your kids know you're there to help.

Try it

Ask your child if they remember when they last changed their password. If it's been more than six months, it's time to come up with a passphrase and create a new password.

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