Password Management

Age UK Tech Break

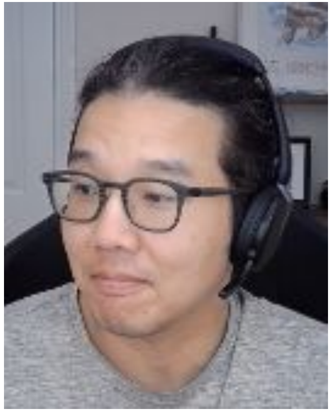
12pm, Friday May 2nd, 2025

Every first Friday on the month

Zoom link click here (same link every month)

AgeUK Tech Break (since 2018)

Katie



Simon

In case this is your first Age UK Tech Break

1. The Age UK Tech Break is an **informal Zoom webinar** with a **monthly theme related to technology**. The themes are shared in the AgeUK newsletter.

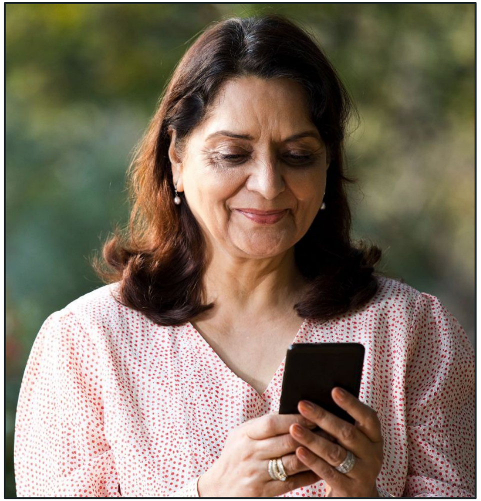
2. You can **suggest themes** for future sessions based on what you think will be useful to you and others.

3. **Ask questions** at any time use the chat or raise your "Zoom hand" too. This is helpful as people oftentimes have similar questions.

4. **Every first Friday of the month** at 12pm always with the same link. You can attend from a laptop or tablet or mobile but the slides will be easier to see on a bigger screen.

5. The **slides are emailed** to you after the session.

Agenda



1 Basic password hygiene
2 Longer passwords are stronger
3 Complex passwords are stronger
4 Passphrase approach
5 Check your password with a checker
6 Enable 2 factor authentication
7 Using a password manager
8 Different types of password managers

Basic password hygiene

- Exclude any numbers of phrases connected to your identity, such as your name, address, phone number, email or notable dates.
- Try not to use the same password for all sites.
- Do not email or whatsapp passwords to other people. Email and WhatsApp are secure forms of communication but other people's devices may not be secure.
- Do not enter your passwords on other people's devices.

Think of your password like a key. A longer key is much harder for someone to copy or guess.

Aim for **at least 12** letters, numbers, or symbols. The longer, the better!

LONGER PASSWORDS ARE STRONGER
****
***

Using a mix of different things makes your password much harder to guess.

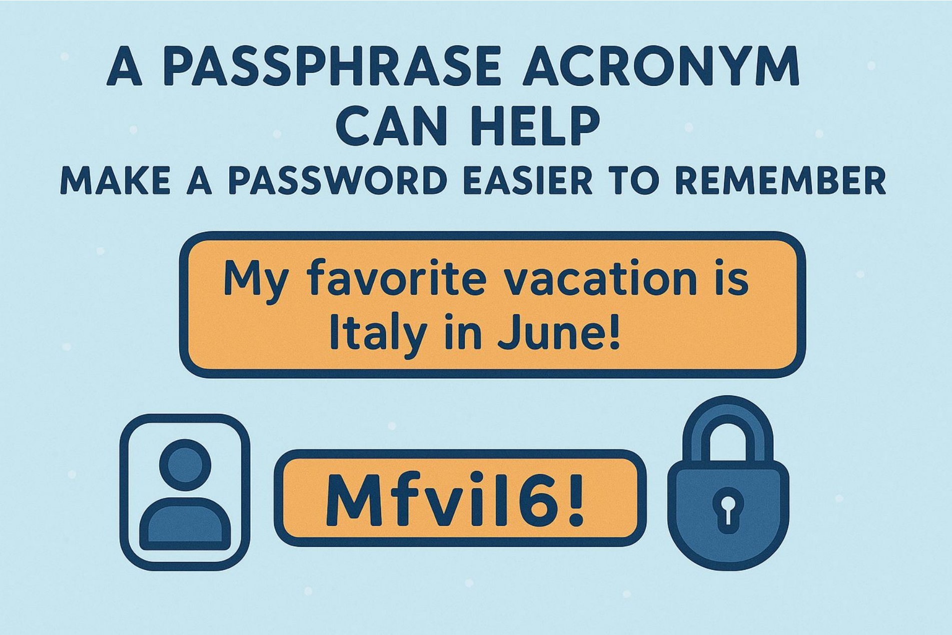
Include capital letters, small letters, numbers (0-9), and symbols (!@£$%).

COMPLEX PASSWORDS ARE STRONGER
A9z&*1X!
***

The best passwords are long **and easy** for you **to remember**.

Take a memorable sentence or phrase or song lyric e.g. 'I love a cup of tea with 2 sugars in the morning!'

Use the first letter of each word: `Ilacotw2sitm!`



A PASSPHRASE ACRONYM CAN HELP

MAKE A PASSWORD EASIER TO REMEMBER

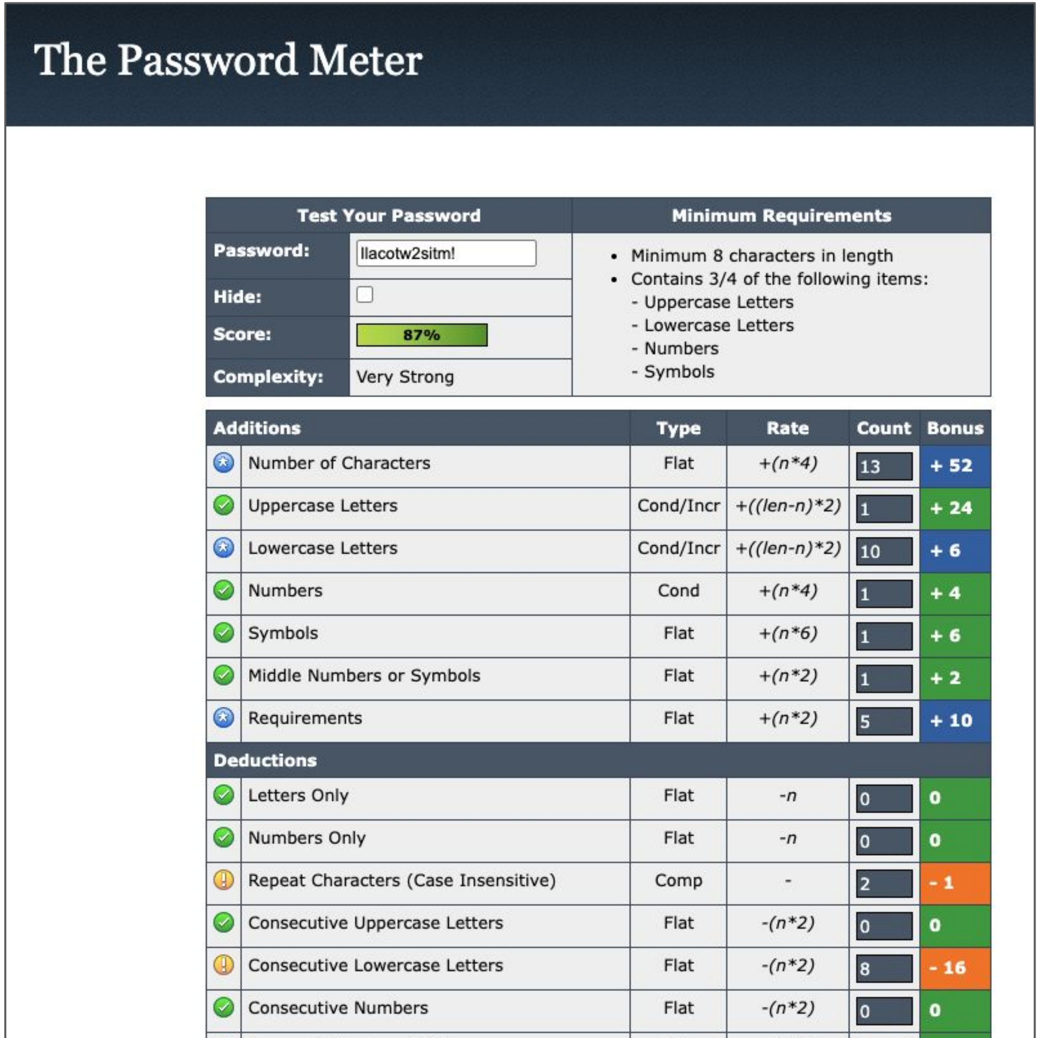
My favorite vacation is Italy in June!

Mfvil6!

Check your password with a checker

Use the website https://passwordmeter.com/ to check the strength of your passwords ideas.

You want something that scores highly (60%+) but is also easy to remember.



The Password Meter

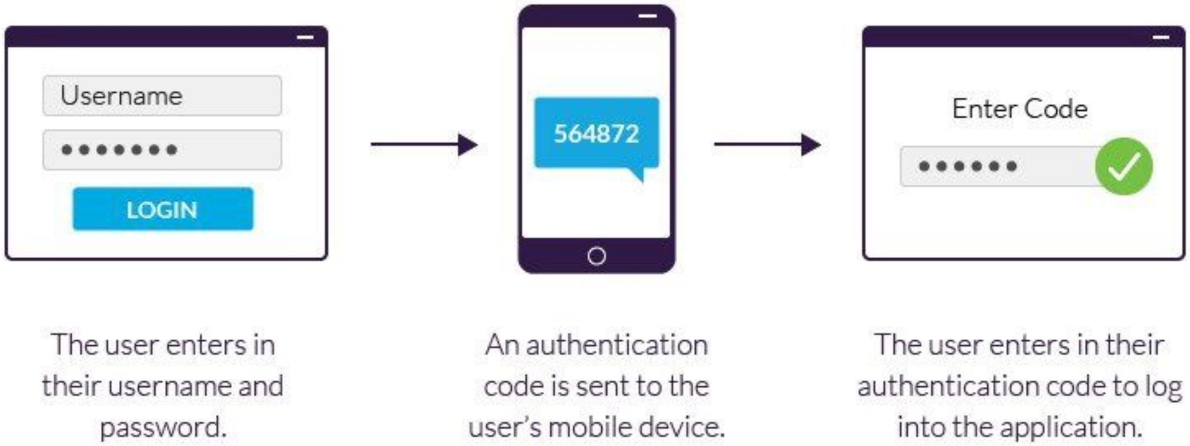
Test Your Password	
Password:	Ilacotw2sitm!
Hide:	□
Score:	87%
Complexity:	Very Strong

Minimum Requirements

- Minimum 8 characters in length
- Contains 3/4 of the following items:
  - Uppercase Letters
  - Lowercase Letters
  - Numbers
  - Symbols

	Additions	Type	Rate	Count	Bonus
★	Number of Characters	Flat	+(n*4)	13	+ 52
✓	Uppercase Letters	Cond/Incr	+((len-n)*2)	1	+ 24
★	Lowercase Letters	Cond/Incr	+((len-n)*2)	10	+ 6
✓	Numbers	Cond	+(n*4)	1	+ 4
✓	Symbols	Flat	+(n*6)	1	+ 6
✓	Middle Numbers or Symbols	Flat	+(n*2)	1	+ 2
★	Requirements	Flat	+(n*2)	5	+ 10
	Deductions				
✓	Letters Only	Flat	-n	0	0
✓	Numbers Only	Flat	-n	0	0
!	Repeat Characters (Case Insensitive)	Comp	-	2	- 1
✓	Consecutive Uppercase Letters	Flat	-(n*2)	0	0
!	Consecutive Lowercase Letters	Flat	-(n*2)	8	- 16
✓	Consecutive Numbers	Flat	-(n*2)	0	0

Enable 2 factor authentication (2FA)



The user enters in their username and password.

An authentication code is sent to the user's mobile device.

The user enters in their authentication code to log into the application.

2FA is a very important extra layer of security. It means even if someone does get your password, they still can't get in without a second step, like a code sent to your mobile phone.

Using a password manager

Trying to remember a different, strong password for every website is impossible!

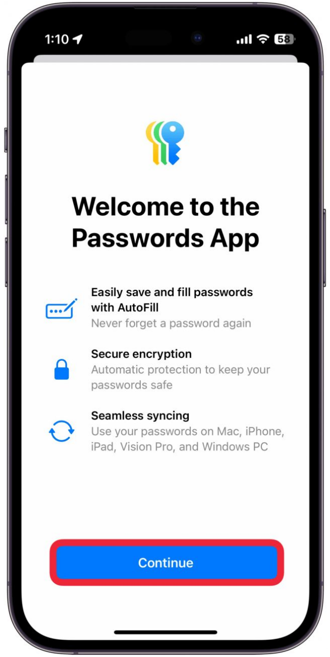
A password manager is a secure app or program that stores all your passwords safely for you.

You only need to remember one master password to unlock it.

Website	Example very strong unique password
Facebook	uT4mrZ#dUh%5e3C5%Z
Amazon	E5A%69!RZ8fty@e@Ra
Natwest	*K8#6oV72mE2Q!n9S!
…	…

Apple has a password manager on iOS 18

If you don't have iOS 18 you can still manage your passwords in Safari > Settings

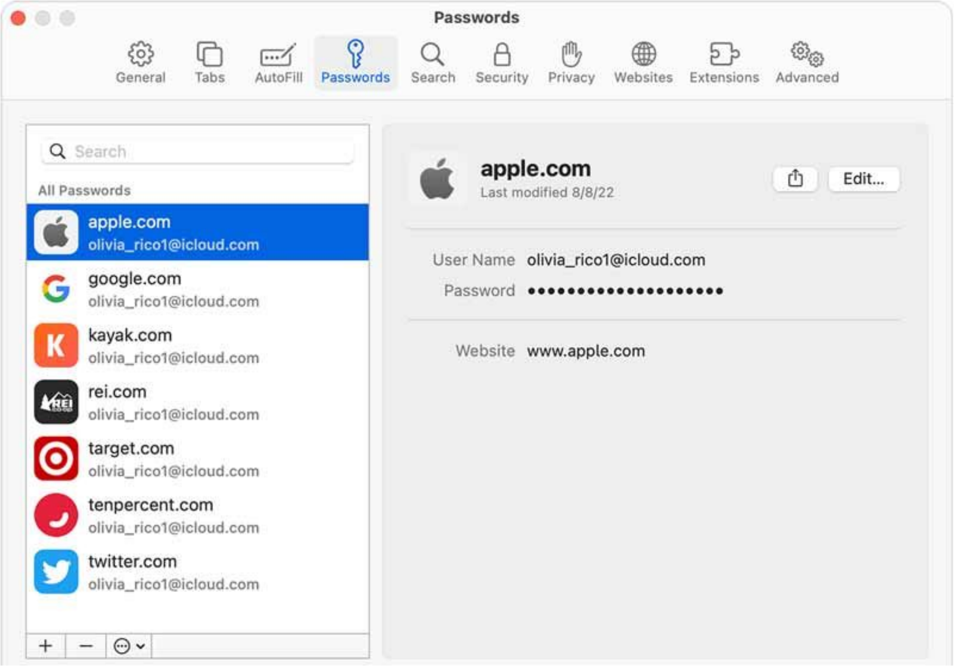


Welcome to the Passwords App

Easily save and fill passwords with AutoFill
Never forget a password again

Secure encryption
Automatic protection to keep your passwords safe

Seamless syncing
Use your passwords on Mac, iPhone, iPad, Vision Pro, and Windows PC



apple.com
olivia_rico1@icloud.com

google.com
olivia_rico1@icloud.com

kayak.com
olivia_rico1@icloud.com

rei.com
olivia_rico1@icloud.com

target.com
olivia_rico1@icloud.com

tenpercent.com
olivia_rico1@icloud.com

twitter.com
olivia_rico1@icloud.com

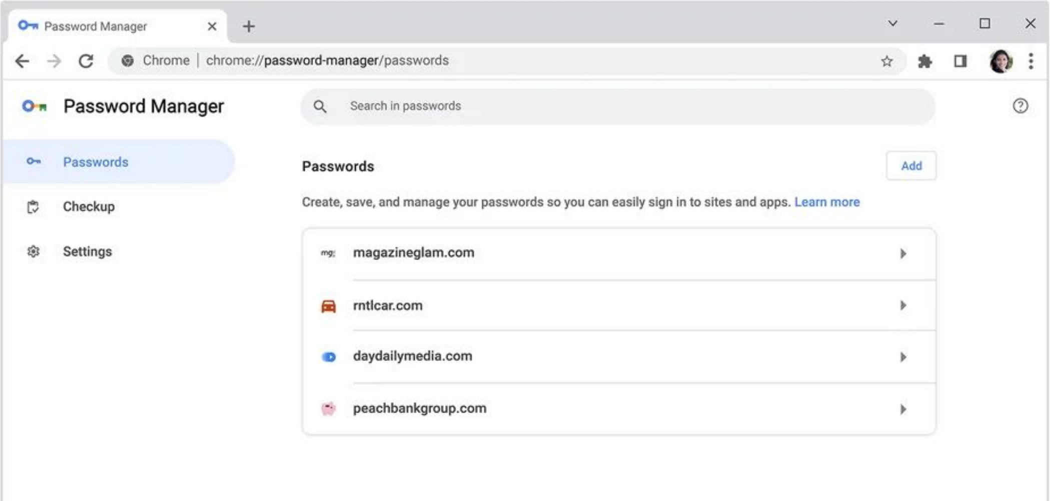
apple.com
Last modified 8/8/22

User Name olivia_rico1@icloud.com
Password ••••••••••••••••••••

Website www.apple.com

Google/Android has a built in password manager

Google's password manager syncs with Google Chrome.



Password Manager

Chrome | chrome://password-manager/passwords

Password Manager

Search in passwords

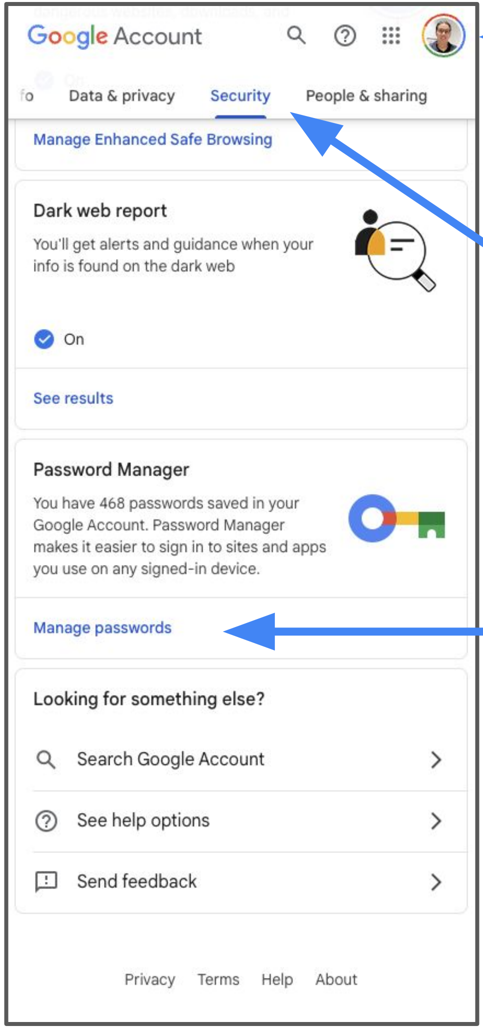
- Passwords
- Checkup
- Settings

Passwords Add

Create, save, and manage your passwords so you can easily sign in to sites and apps. Learn more

- magazineglam.com
- rntlcar.com
- daydailymedia.com
- peachbankgroup.com

(screenshot from Chrome desktop/laptop)



Google Account

fo Data & privacy Security People & sharing

Manage Enhanced Safe Browsing

Dark web report

You'll get alerts and guidance when your info is found on the dark web

On

See results

Password Manager

You have 468 passwords saved in your Google Account. Password Manager makes it easier to sign in to sites and apps you use on any signed-in device.

Manage passwords

Looking for something else?

- Search Google Account
- See help options
- Send feedback

Privacy Terms Help About

1. Go to My Google Account

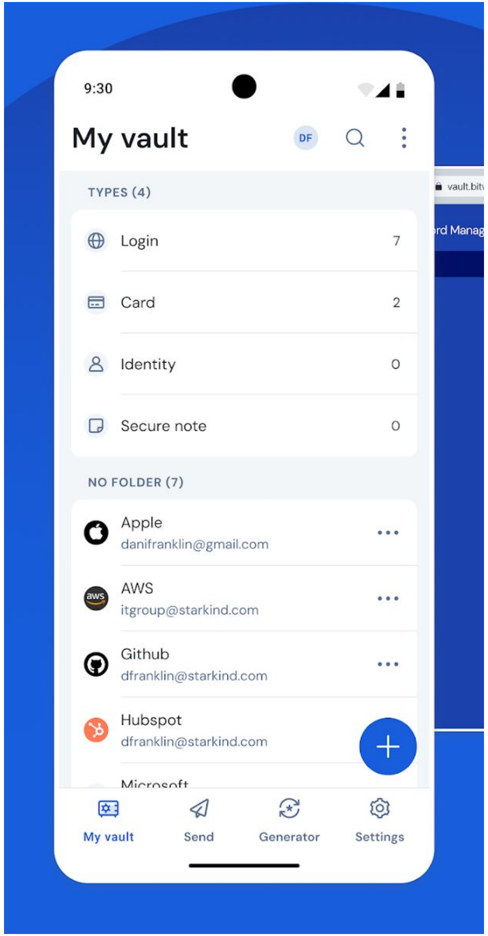
2. Click on Security

3. Click on Manage passwords

Bitwarden is a good password manager app

Most apps will work for free up to a limit. Bitwarden works for free with unlimited passwords across unlimited devices.

Password storing



9:30

My vault

TYPES (4)

Login	7
Card	2
Identity	0
Secure note	0

NO FOLDER (7)

Apple
danifranklin@gmail.com

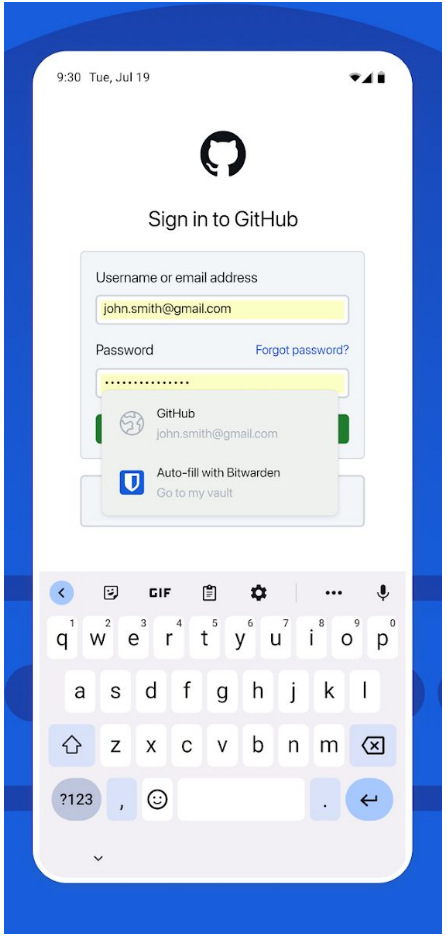
AWS
itgroup@starkind.com

Github
dfranklin@starkind.com

Hubspot
dfranklin@starkind.com

Microsoft

Password filling



9:30 Tue, Jul 19

Sign in to GitHub

Username or email address: john.smith@gmail.com

Password: ···············

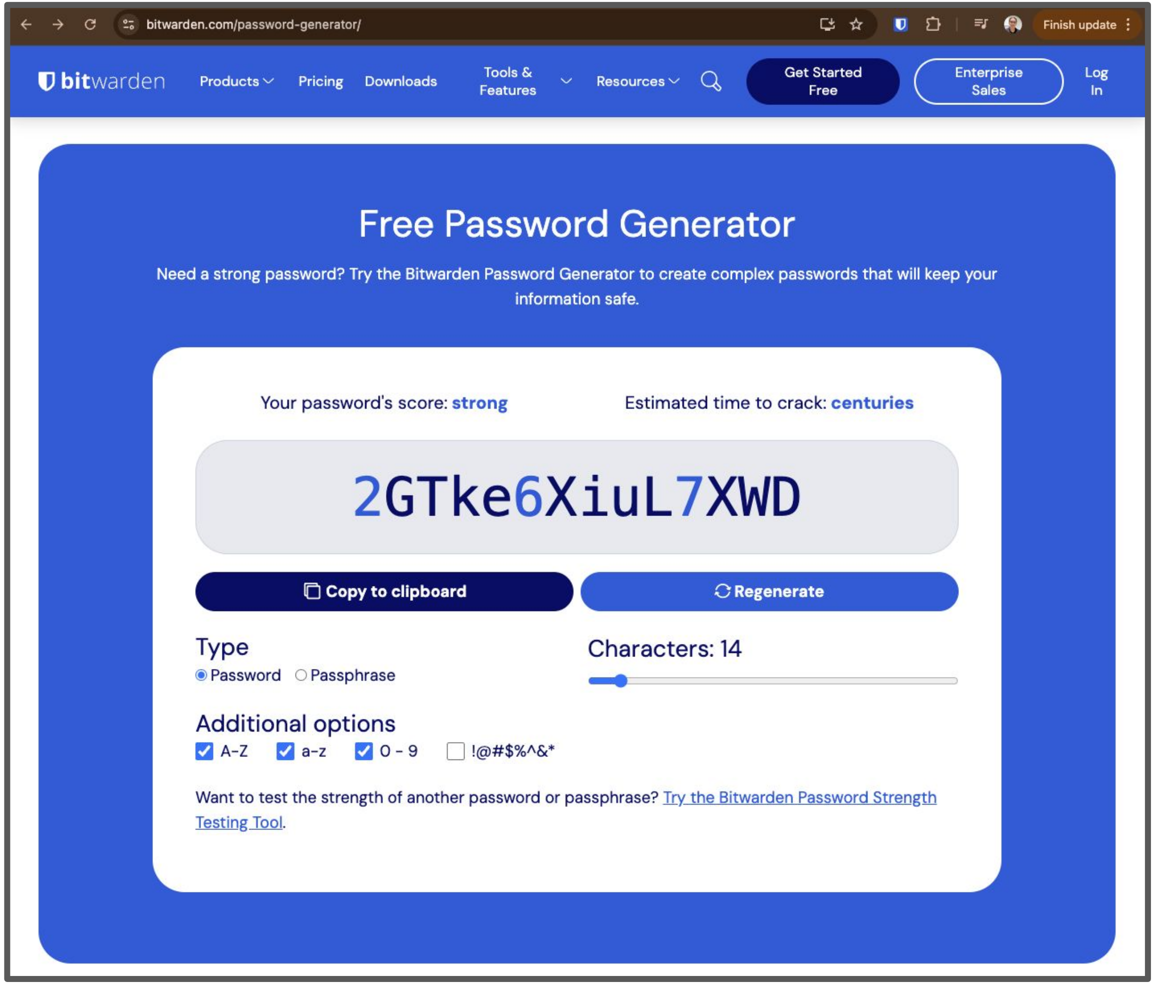
Forgot password?

GitHub
john.smith@gmail.com

Auto-fill with Bitwarden
Go to my vault

https://bitwarden.com/password-generator/

Bitwarden offers a free password generator



Free Password Generator

Need a strong password? Try the Bitwarden Password Generator to create complex passwords that will keep your information safe.

Your password's score: **strong**

Estimated time to crack: **centuries**

2GTke6XiuL7XWD

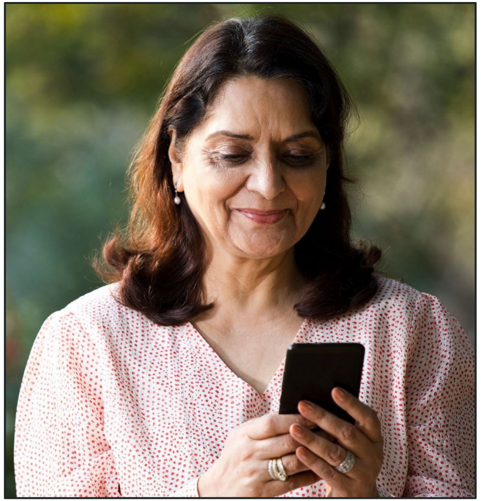
Type
● Password ○ Passphrase

Characters: 14

Additional options
☑ A-Z ☑ a-z ☑ 0 - 9 □ !@#$%^&*

Want to test the strength of another password or passphrase? Try the Bitwarden Password Strength Testing Tool.

Agenda



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Q&A

Next Session:

Using Images in ChatGPT

12pm, June 6th 2025

Every first Friday on the month

Zoom link click here (same link every month):

Islington age UK

Appendix (older slides)

Bad Password Examples

Bad Password
Password1
TomHardy1963
Incomprehensible
1nc0mprehen$ible
Ess_ex

Why is it bad?
Too common
Knowable
In the dictionary
Common substitutions
Too short

A strong password structure if you only need one pw

Example from Tom: `E!p3sonE!lbaE!iffel`

- Three meaningful (to you) uncommon words with one or more of the words not in a dictionary
    - Epson is the brand name of Tom’s printer
    - Elba is Tom’s favourite holiday destination
    - Tom proposed to his wife under the Eiffel tower
- At least one number and one symbol inserted within the words (not between) and in positions that can be remembered
    - 3 is in the third position
    - Exclamation mark begins with E so it’s after every E

It’s better to not use the same password everywhere

Website	Password
Facebook	kE!p3sonE!lbaE!iffelf
Amazon	nE!p3sonE!lbaE!iffela
Natwest	tE!p3sonE!lbaE!iffeln

- Tom added to the structure a rule based on the website name in order not to use the same password everywhere.
- His rule is to take the **last letter** of the website and put it at the **start of the password** and take the **first letter** of the website and put it at the **end of the password**

Ideally use a password manager

Website	Password
Facebook	uT4mrZ#dUh%5e3C5%Z
Amazon	E5A%69!RZ8fty@e@Ra
Natwest	*K8#6oV72mE2Q!n9S!

- Password managers can:
    - Generate and store unbreakable passwords for many websites
    - Keep your passwords secure even from their employees
    - Autofill passwords website
    - Synchronise your passwords across devices
    - Have free plans that may provide all the features that you need

There are many available Password Managers

bitwarden

KEEPER
Cybersecurity Starts Here®

DASHLANE

NordPass

- The examples above all provide the basic functions on the free plan
- I use the free plan from **Bitwarden** which you can install from your app store or by going to www.bitwarden.com
- Password Managers are password protected themselves (a “master password”) so the strong password structure we covered earlier will still be useful.
- Biometric options (e.g. Fingerprint log-in, FaceID) also provide added security if your device supports that feature.