

# How to create a **strong password** (and why this is important)

If your password is the same for all your favourite apps and games and it's your pet's name, birthday, favourite celeb, you could be making it really easy for a hacker to access all of your accounts and personal information.

Or maybe you share your password with your bestie? Good for keeping your Snapstreaks up but not so great if you want to avoid hacking and identity theft.

The safest way to protect yourself online is to create passwords that are all different and have no connection to you.

This guide provides practical tips on:

- How to create a strong password
- Examples of strong passwords
- How to test your password strength



## Why is this important?

If someone else is able to access your account they can;

- Change your posts or profiles
- Pretend to be you online
- See all your personal information and photos
- Share your personal information or photos

## How to create a strong password

Strong passwords should have a mix of **upper-case** and **lower-case** letters, **numbers** and **symbols** in them.

**Make sure your password has nothing to do with your name, birthday or address.**

**Use at least 10 characters, although the longer the better. Longer passwords take longer to crack.**

**Change your passwords regularly.**

**Don't keep passwords on your phone or computer.**





## Only one of the passwords below is a secure password

lloveDogs

password



PassDogz!67

Dogzrule67

This is a great password because it has a mixture of upper-case and lower-case letters, numbers and symbols

## Test how **strong** your password is

The website [howsecureismypassword.net](https://howsecureismypassword.net) lets you test how strong your password is. Enter a test password to see how long it would take a computer to hack your password.

It would take a computer about

**4 WEEKS**

to crack your password

[Tweet Your Result](#)

## What to do if you need **more help**



If you ever see or receive anything online that makes you feel unsafe or uncomfortable, you should discuss it with your friends or a trusted adult. You can also call Kids Helpline, Australia's only free, private and confidential 24/7 phone and online counselling service for 5 to 25 year olds. [1800 55 1800 kidshelpline.com.au](https://1800551800.kidshelpline.com.au)

## About Optus Digital Thumbprint

Optus Digital Thumbprint is a free and award-winning educational program that supports young people and families to be safe, responsible and positive online.

Since 2013, we've delivered workshops and developed digital tools that have educated more than 320,000 primary and secondary school students across Australia.