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Activity Book

Passphrases and passwords

This guide will help you:

- Support young children to understand simple digital defence moves
- Create strong passphrases
- Know where to go if you need more help

1. Think of an animal, a colour, a place and a food, for example, snail red beach sushi

2. List the four in a row with no spaces, for example, snailredbeachsushi

3. Change the first letter of each word to a capital letter, for example, SnailRedBeachSushi

4. Replace some of the characters with numbers and symbols, for example, Sn@!1R3dBeachSu5hi

Use the **'Passphrase activity sheet'** to record your child's online passphrases and store it in a safe place. Remind your child that they should never let their friends or others know their passphrases. You can also explore apps that securely save passphrases and passwords.

Goodbye passwords; hello passphrases!

Passphrases are a more secure version of passwords. Follow these steps to create passphrases with your child for their online accounts:

Let's explore together!

Encourage your child to log into their online accounts and try these tips at home:

- Log in to all accounts and help your child reset their passwords to their new passphrases.

- Keep your child's privacy safe by making sure all accounts and location settings are set to private.

- Support your child to set up multi-factor authentication (MFA) for each account if possible.

- Explore the steps to block and report a user in case your child ever feels uncomfortable online.
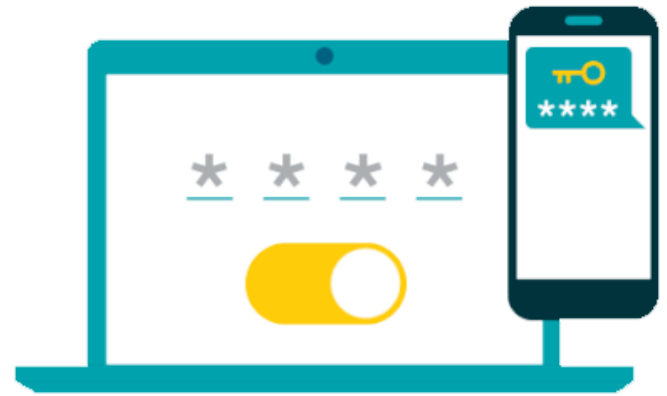
Try our Passphrases, passwords and MFA quiz with your child to test their knowledge.

What to do if you need more help?

Go to esafety.gov.au and digitalthumbprint.com.au/parent-resources/ for more information.

You can also visit cyber.gov.au for details on setting up MFA on apps, platforms and games.

About Optus Digital Thumbprint

Optus Digital Thumbprint supports digital safety and wellbeing for young people and families. Find out more at www.digitalthumbprint.com.au

Trusted
eSafetyProvider
esafety.gov.au

Tips to become a 'Passphrase Expert'

1. Make sure your passphrase has nothing to do with your name, birthday or address.

2. Use a string of words with no connection.

3. Use at least 10 characters, although the longer the better as they will be harder to crack.

4. Use uppercase and lowercase letters, numbers and symbols to create your passphrases, for example: PinkC1oud$T!meJ3lly

5. Don't save your passphrases on your device or computer and don't share your passphrases with friends.

6. Try to use different passphrases for each online account and change them regularly.
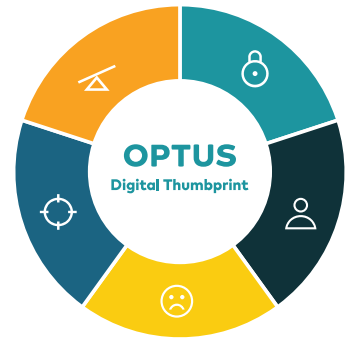
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Passphrase Passport

Goodbye passwords; hello passphrases!

Name

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Word search

Circle the words listed below.
Words can be horizontal,
vertical or diagonal.

s	a	m	a	t	m	o	d	e	m
d	l	s	o	a	m	p	r	p	d
a	r	e	r	b	o	m	e	r	r
t	a	a	s	k	i	s	a	g	e
a	s	m	y	f	e	l	w	a	s
k	u	t	e	b	i	l	e	l	e
r	t	d	s	e	n	l	h	z	t
p	p	r	e	v	t	c	y	u	l
i	l	p	r	i	v	a	c	y	u
t	g	l	m	z	d	u	r	a	r

s	p	c	w	r	p	i	p	p	f
a	a	r	d	u	r	a	r	r	a
f	s	e	c	u	r	e	g	o	t
a	s	o	p	o	t	e	a	t	a
t	w	g	g	u	d	u	l	e	p
a	o	p	t	u	s	g	z	c	a
b	r	u	i	l	u	a	t	t	s
y	d	i	t	g	l	m	z	s	e
a	d	i	g	i	t	a	l	t	s
t	h	u	m	b	p	r	i	n	t

- ☐ modem
- ☐ mobile
- ☐ data
- ☐ reset
- ☐ yes
- ☐ privacy
- ☐ password
- ☐ secure
- ☐ protect
- ☐ optus
- ☐ digital
- ☐ thumbprint

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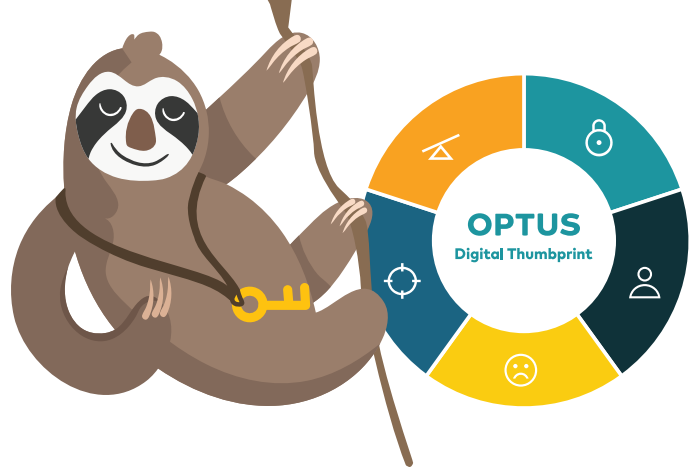# OPTUS | Digital Thumbprint
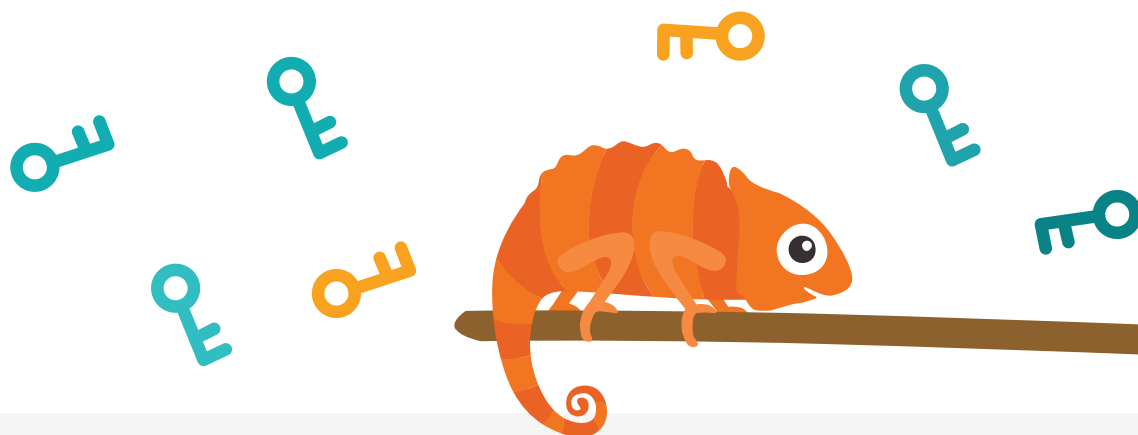
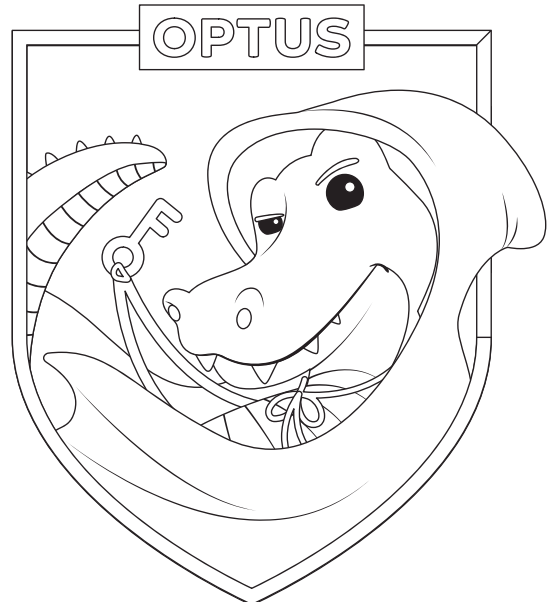# Colour us in!

Colour in the Optus Digital Thumbprint animals. Meet Safety Ray, Gatekeeper, Mastermind and Eagle Eye.

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Safety Ray

Gatekeeper

Mastermind

Eagle Eye