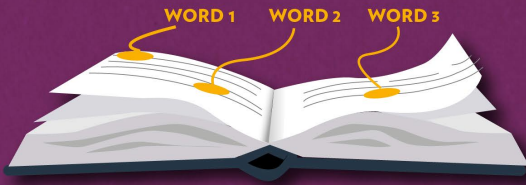


**MAKE ...** a three random word password for your main email account

**#1**



A fantastic password must be unique and long. Try picking three random words from a book and using them together. It is very unlikely that a person has ever combined these three words and that is what makes it such a good password.

**SET UP ...**

and use a password manager

**#2**

A password manager will create and store unique passwords for your other accounts, so you don't have to try and remember a random letter and number sequence each time. Secure your password manager with a three random word password.



FOR  
KEEPING  
**SAFE**  
ON THE  
INTERNET  
IN 2023

**TURN ON...**

multifactor authentication

**#3**

Multifactor authentication protects your data with your password and an added layer of security that only you have access to. This could be a fingerprint scan or a text message to your mobile.

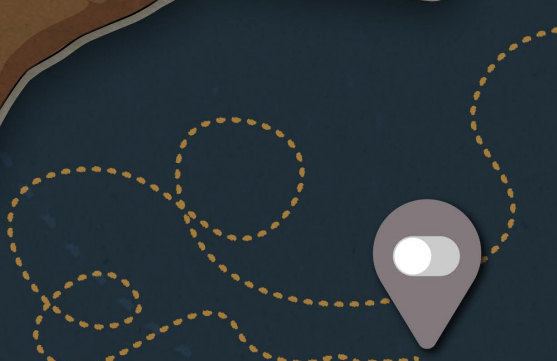


**TURN OFF ...**

permission to apps that track your location

**#4**

Does an app need to know where you are? If you don't think it does then remove permission in your device settings. You might be surprised by how many apps are tracking you.



**REMOVE ...** personal information from your social media accounts

**#5**



How much information about you are you putting online for anyone to see? Can people work out your birthday, where you live and what school you go to from pictures and posts? Could a criminal use this data to access your bank account?