

# Passwords



## Password Protection

- Use a strong password that contains upper and lower case letters, numbers and symbols.
- Do not use personal information like your birthday, address or phone number.
- Change your password regularly.
- Keep your passwords secure. Sticky notes on your computer or in your desk are easy to find.
- Use a two-step verification as an easy way to enhance security.

For more information, please click:  
<https://www.common sense media.org/cybersecurity-essentials>