Graphical user interface, text

Description automatically generated

**SECURE YOUR PASSWORD**

**Directions**

*Follow the steps to create your own strong password. Refer to the tips from the presentation to be sure to create a safe and secure password.*

**Practice Round**

|  |  |
| --- | --- |
| Start with a **phrase**. Think of a quote or group of words  that will be easy to remember. | Example: *There's no way I'm*  *kissing a frog.* |
| Write down just the **first letter of each word** in the phrase. |  |
| **Capitalize** some of the letters. |  |
| Add one or two **memorable numbers or symbols**. |  |
| **Memorize** it.Repeat your new password in your head so it sticks. |  |

**Your Turn**

|  |  |
| --- | --- |
| Start with a **phrase**. Think of a quote or group of words  that will be easy to remember. |  |
| Write down just the **first letter of each word** in the phrase. |  |
| **Capitalize** some of the letters. |  |
| Add one or two **memorable numbers or symbols**. |  |
| **Memorize** it.Repeat your new password in your head so it sticks. |  |

**Create an online Avatar or Profile Name**

|  |  |
| --- | --- |
| Generate a **list of words** that you connect with BUT don’t include any personal identity information.  (At least 5) |  |
| Generate **five symbols** or **numbers** that could be included in your name. |  |
| Start **combining** **two or three of the words** with selected numbers or symbols. *Experiment*. |  |
| Select **ONE** combination. |  |