



# Getting online safely for parents & families

Knowing how to get online safely is important for all families in Australia. Read our tips to help you get started.

# Strong passwords

Creating strong passwords that cannot be guessed helps you to be safer online.

## When passwords are needed

When creating online accounts, many websites will ask for personal information, such as your name, address, date of birth or credit card details. To protect that information, you have to use a password.

## Why strong passwords matter

If somebody finds out your password, they can use that password to access your email, banking, shopping and social media.

A strong password makes it much harder to guess, so your personal information will be safer.

## Don'ts

There are common mistakes people make when creating passwords. Avoid using:

- obvious passwords, such as 1234, password or qwerty
- personal information, like birthdays, or your name
- dictionary words, such as Friday, pizza or holiday by themselves (combinations are better)
- the same password for multiple websites.

## Choosing a strong password

A stronger password uses a combination of letters, numbers and symbols such as Table1Shirt2Flower!

Remembering passwords can be hard. Some tips to help you remember them are:

- the substitution method where you take a word and change some letters with numbers, symbols and capital letters.
- Making a story out of it eg. Fiji2022! from a holiday in 2022 in Fiji

## To save or not to save?

You will need to have lots of different passwords.. Your web browser or password manager software can help:

1. When you enter the password on a website, your browser will ask to save it
2. Only click Yes if you own the computer. If you're on a public computer, click No or Never
3. If you clicked Yes, the next time you visit that website, the password will be filled in for you.

You could also write them all down then keep that information somewhere secure only you know.

## Forgot your password

If you've forgotten your password to an account, there is usually a **forgotten password** button or link when you try to log in. Click on it, and you will be sent a link by email to make a new one.

## Keep learning

Check out our website [learning.goodthingsfoundation.org.au](https://learning.goodthingsfoundation.org.au) to learn more about what you can do online.

Parents can also contact The Smith Family for support to get online.

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