



MY DIGITAL IDENTITY

*A lifesaver for those with full digital lives.
It helps you keep track of your digital identity.*

SUMMARY

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ALL-IN-ONE

MY E-MAIL ACCOUNTS

KEEP TRACK OF ALL YOUR E-MAIL ACCOUNTS

1 _____

E-mail _____

Password _____

2 _____

E-mail _____

Password _____

3 _____

E-mail _____

Password _____

4 _____

E-mail _____

Password _____

5 _____

E-mail _____

Password _____

6 _____

E-mail _____

Password _____

ALL-IN-ONE

MY E-MAIL ACCOUNTS

KEEP TRACK OF ALL YOUR E-MAIL ACCOUNTS

7 _____

E-mail _____

Password _____

8 _____

E-mail _____

Password _____

9 _____

E-mail _____

Password _____

10 _____

E-mail _____

Password _____

11 _____

E-mail _____

Password _____

12 _____

E-mail _____

Password _____

ALL-IN-ONE

MY E-MAIL ACCOUNTS

KEEP TRACK OF ALL YOUR E-MAIL ACCOUNTS

13

E-mail

Password

14

E-mail

Password

15

E-mail

Password

16

E-mail

Password

17

E-mail

Password

18

E-mail

Password

ALL-IN-ONE

MY E-MAIL ACCOUNTS

KEEP TRACK OF ALL YOUR E-MAIL ACCOUNTS

19

E-mail

Password

20

E-mail

Password

21

E-mail

Password

22

E-mail

Password

23

E-mail

Password

24

E-mail

Password

ALL-IN-ONE

MY SOCIAL ACCOUNTS

KEEP TRACK OF ALL YOUR SOCIAL MEDIA ACCOUNTS

1 _____

User/Login _____

Password _____

Email used _____

2 _____

User/Login _____

Password _____

Email used _____

3 _____

User/Login _____

Password _____

Email used _____

4 _____

User/Login _____

Password _____

Email used _____

5 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

MY SOCIAL ACCOUNTS

KEEP TRACK OF ALL YOUR SOCIAL MEDIA ACCOUNTS

6 _____

User/Login _____

Password _____

Email used _____

7 _____

User/Login _____

Password _____

Email used _____

8 _____

User/Login _____

Password _____

Email used _____

9 _____

User/Login _____

Password _____

Email used _____

10 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

MY SOCIAL ACCOUNTS

KEEP TRACK OF ALL YOUR SOCIAL MEDIA ACCOUNTS

11

User/Login

Password

Email used

12

User/Login

Password

Email used

13

User/Login

Password

Email used

14

User/Login

Password

Email used

15

User/Login

Password

Email used

ALL-IN-ONE

MY SOCIAL ACCOUNTS

KEEP TRACK OF ALL YOUR SOCIAL MEDIA ACCOUNTS

16

User/Login

Password

Email used

17

User/Login

Password

Email used

18

User/Login

Password

Email used

19

User/Login

Password

Email used

20

User/Login

Password

Email used

ALL-IN-ONE

MY PERSONAL ACCOUNTS

KEEP TRACK OF ALL YOUR PERSONAL ACCOUNTS:
BANK, INSURANCE, SOCIAL SECURITY, HEALTH, ETC.

1 _____

User/Login _____

Password _____

Email used _____

2 _____

User/Login _____

Password _____

Email used _____

3 _____

User/Login _____

Password _____

Email used _____

4 _____

User/Login _____

Password _____

Email used _____

5 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

MY PERSONAL ACCOUNTS

KEEP TRACK OF ALL YOUR PERSONAL ACCOUNTS:
BANK, INSURANCE, SOCIAL SECURITY, HEALTH, ETC.

6 _____

User/Login _____

Password _____

Email used _____

7 _____

User/Login _____

Password _____

Email used _____

8 _____

User/Login _____

Password _____

Email used _____

9 _____

User/Login _____

Password _____

Email used _____

10 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

MY PERSONAL ACCOUNTS

KEEP TRACK OF ALL YOUR PERSONAL ACCOUNTS:
BANK, INSURANCE, SOCIAL SECURITY, HEALTH, ETC.

11

User/Login

Password

Email used

12

User/Login

Password

Email used

13

User/Login

Password

Email used

14

User/Login

Password

Email used

15

User/Login

Password

Email used

ALL-IN-ONE

MY PERSONAL ACCOUNTS

KEEP TRACK OF ALL YOUR PERSONAL ACCOUNTS:
BANK, INSURANCE, SOCIAL SECURITY, HEALTH, ETC.

16

User/Login

Password

Email used

17

User/Login

Password

Email used

18

User/Login

Password

Email used

19

User/Login

Password

Email used

20

User/Login

Password

Email used

ALL-IN-ONE

MY HOME ACCOUNTS

KEEP TRACK OF ALL YOUR HOME ACCOUNTS:
SUPPLIERS, ELECTRIC COMPANY, GAS SUPPLIER, HOME INSURANCE COMPANY,
MORTGAGE BANK, ETC.

1 _____

User/Login _____

Password _____

Email used _____

2 _____

User/Login _____

Password _____

Email used _____

3 _____

User/Login _____

Password _____

Email used _____

4 _____

User/Login _____

Password _____

Email used _____

5 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

MY HOME ACCOUNTS

KEEP TRACK OF ALL YOUR HOME ACCOUNTS:
SUPPLIERS, ELECTRIC COMPANY, GAS SUPPLIER, HOME INSURANCE COMPANY,
MORTGAGE BANK, ETC.

6 _____

User/Login _____

Password _____

Email used _____

7 _____

User/Login _____

Password _____

Email used _____

8 _____

User/Login _____

Password _____

Email used _____

9 _____

User/Login _____

Password _____

Email used _____

10 _____

User/Login _____

Password _____

Email used _____

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KEEP TRACK OF ALL YOUR HOME ACCOUNTS:
SUPPLIERS, ELECTRIC COMPANY, GAS SUPPLIER, HOME INSURANCE COMPANY,
MORTGAGE BANK, ETC.

11

User/Login

Password

Email used

12

User/Login

Password

Email used

13

User/Login

Password

Email used

14

User/Login

Password

Email used

15

User/Login

Password

Email used

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MY HOME ACCOUNTS

KEEP TRACK OF ALL YOUR HOME ACCOUNTS:
SUPPLIERS, ELECTRIC COMPANY, GAS SUPPLIER, HOME INSURANCE COMPANY,
MORTGAGE BANK, ETC.

16

User/Login

Password

Email used

17

User/Login

Password

Email used

18

User/Login

Password

Email used

19

User/Login

Password

Email used

20

User/Login

Password

Email used

ALL-IN-ONE

MY WORK ACCOUNTS

KEEP TRACK OF ALL YOUR WORK ACCOUNTS:
COMPANY SITE, BANK ACCOUNTS, BOOKKEEPING SERVICE, RECRUITMENT
AGENCY, ETC.

1 _____

User/Login _____

Password _____

Email used _____

2 _____

User/Login _____

Password _____

Email used _____

3 _____

User/Login _____

Password _____

Email used _____

4 _____

User/Login _____

Password _____

Email used _____

5 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

MY WORK ACCOUNTS

KEEP TRACK OF ALL YOUR WORK ACCOUNTS:
COMPANY SITE, BANK ACCOUNTS, BOOKKEEPING SERVICE, RECRUITMENT
AGENCY, ETC.

6 _____

User/Login _____

Password _____

Email used _____

7 _____

User/Login _____

Password _____

Email used _____

8 _____

User/Login _____

Password _____

Email used _____

9 _____

User/Login _____

Password _____

Email used _____

10 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

MY WORK ACCOUNTS

KEEP TRACK OF ALL YOUR WORK ACCOUNTS:
COMPANY SITE, BANK ACCOUNTS, BOOKKEEPING SERVICE, RECRUITMENT
AGENCY, ETC.

11

User/Login

Password

Email used

12

User/Login

Password

Email used

13

User/Login

Password

Email used

14

User/Login

Password

Email used

15

User/Login

Password

Email used

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MY WORK ACCOUNTS

KEEP TRACK OF ALL YOUR WORK ACCOUNTS:
COMPANY SITE, BANK ACCOUNTS, BOOKKEEPING SERVICE, RECRUITMENT
AGENCY, ETC.

16

User/Login

Password

Email used

17

User/Login

Password

Email used

18

User/Login

Password

Email used

19

User/Login

Password

Email used

20

User/Login

Password

Email used

ALL-IN-ONE

MY SCHOOL & UNIVERSITY ACCOUNTS

KEEP TRACK OF ALL YOUR SCHOOL & UNIVERSITY ACCOUNTS:
SCHOOL SITE, UNIVERSITY SITE, PARENTS ASSOCIATION, STUDENTS
ASSOCIATION, LIBRARY, ETC.

1 _____

User/Login _____

Password _____

Email used _____

2 _____

User/Login _____

Password _____

Email used _____

3 _____

User/Login _____

Password _____

Email used _____

4 _____

User/Login _____

Password _____

Email used _____

5 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

MY SCHOOL & UNIVERSITY ACCOUNTS

KEEP TRACK OF ALL YOUR SCHOOL & UNIVERSITY ACCOUNTS:
SCHOOL SITE, UNIVERSITY SITE, PARENTS ASSOCIATION, STUDENTS
ASSOCIATION, LIBRARY, ETC.

6 _____

User/Login _____

Password _____

Email used _____

7 _____

User/Login _____

Password _____

Email used _____

8 _____

User/Login _____

Password _____

Email used _____

9 _____

User/Login _____

Password _____

Email used _____

10 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

MY SCHOOL & UNIVERSITY ACCOUNTS

KEEP TRACK OF ALL YOUR SCHOOL & UNIVERSITY ACCOUNTS:
SCHOOL SITE, UNIVERSITY SITE, PARENTS ASSOCIATION, STUDENTS
ASSOCIATION, LIBRARY, ETC.

11

User/Login

Password

Email used

12

User/Login

Password

Email used

13

User/Login

Password

Email used

14

User/Login

Password

Email used

15

User/Login

Password

Email used

ALL-IN-ONE

MY SCHOOL & UNIVERSITY ACCOUNTS

KEEP TRACK OF ALL YOUR SCHOOL & UNIVERSITY ACCOUNTS:
SCHOOL SITE, UNIVERSITY SITE, PARENTS ASSOCIATION, STUDENTS
ASSOCIATION, LIBRARY, ETC.

16

User/Login

Password

Email used

17

User/Login

Password

Email used

18

User/Login

Password

Email used

19

User/Login

Password

Email used

20

User/Login

Password

Email used

ALL-IN-ONE

MY SHOPPING ACCOUNTS

KEEP TRACK OF ALL YOUR ONLINE SHOPS ACCOUNTS:
CLOTHING, SHOES, ACCESSORIES, JEWELRY, BEAUTY, HOME, ETC.

1 _____

User/Login _____

Password _____

Email used _____

2 _____

User/Login _____

Password _____

Email used _____

3 _____

User/Login _____

Password _____

Email used _____

4 _____

User/Login _____

Password _____

Email used _____

5 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

MY SHOPPING ACCOUNTS

KEEP TRACK OF ALL YOUR ONLINE SHOPS ACCOUNTS:
CLOTHING, SHOES, ACCESSORIES, JEWELRY, BEAUTY, HOME, ETC.

6 _____

User/Login _____

Password _____

Email used _____

7 _____

User/Login _____

Password _____

Email used _____

8 _____

User/Login _____

Password _____

Email used _____

9 _____

User/Login _____

Password _____

Email used _____

10 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

MY SHOPPING ACCOUNTS

KEEP TRACK OF ALL YOUR ONLINE SHOPS ACCOUNTS:
CLOTHING, SHOES, ACCESSORIES, JEWELRY, BEAUTY, HOME, ETC.

11

User/Login

Password

Email used

12

User/Login

Password

Email used

13

User/Login

Password

Email used

14

User/Login

Password

Email used

15

User/Login

Password

Email used

ALL-IN-ONE

MY SHOPPING ACCOUNTS

KEEP TRACK OF ALL YOUR ONLINE SHOPS ACCOUNTS:
CLOTHING, SHOES, ACCESSORIES, JEWELRY, BEAUTY, HOME, ETC.

16

User/Login

Password

Email used

17

User/Login

Password

Email used

18

User/Login

Password

Email used

19

User/Login

Password

Email used

20

User/Login

Password

Email used

ALL-IN-ONE

OTHER ACCOUNTS

KEEP TRACK OF OTHER ACCOUNTS YOU WOULD LIKE TO GROUP FOR YOUR FASTER REFERENCE

1 _____

User/Login _____

Password _____

Email used _____

2 _____

User/Login _____

Password _____

Email used _____

3 _____

User/Login _____

Password _____

Email used _____

4 _____

User/Login _____

Password _____

Email used _____

5 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

OTHER ACCOUNTS

KEEP TRACK OF OTHER ACCOUNTS YOU WOULD LIKE TO GROUP FOR YOUR FASTER REFERENCE

6 _____

User/Login _____

Password _____

Email used _____

7 _____

User/Login _____

Password _____

Email used _____

8 _____

User/Login _____

Password _____

Email used _____

9 _____

User/Login _____

Password _____

Email used _____

10 _____

User/Login _____

Password _____

Email used _____

ALL-IN-ONE

OTHER ACCOUNTS

KEEP TRACK OF OTHER ACCOUNTS YOU WOULD LIKE TO GROUP FOR YOUR FASTER REFERENCE

11

User/Login

Password

Email used

12

User/Login

Password

Email used

13

User/Login

Password

Email used

14

User/Login

Password

Email used

15

User/Login

Password

Email used

ALL-IN-ONE

OTHER ACCOUNTS

KEEP TRACK OF OTHER ACCOUNTS YOU WOULD LIKE TO GROUP FOR YOUR FASTER REFERENCE

16

User/Login

Password

Email used

17

User/Login

Password

Email used

18

User/Login

Password

Email used

19

User/Login

Password

Email used

20

User/Login

Password

Email used

SITE PASSWORD

KEEP TRACK OF ANY EXTRA ACCOUNT NOT INCLUDED IN THE ALL-IN-ONE PAGES

Name _____ Date _____

www. _____

User/Login _____

Password _____ Pin _____

Email Used _____

Security Question _____

Security Answer _____

Notes _____

Name _____ Date _____

www. _____

User/Login _____

Password _____ Pin _____

Email Used _____

Security Question _____

Security Answer _____

Notes _____

Name _____ Date _____

www. _____

User/Login _____

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User/Login _____

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Security Question _____

Security Answer _____

Notes _____

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www. _____

User/Login _____

Password _____ Pin _____

Email Used _____

Security Question _____

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SITE PASSWORD

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Email Used _____

Security Question _____

Security Answer _____

Notes _____

Name _____ Date _____

www. _____

User/Login _____

Password _____ Pin _____

Email Used _____

Security Question _____

Security Answer _____

Notes _____

Name _____ Date _____

www. _____

User/Login _____

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Notes _____

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www. _____

User/Login _____

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User/Login _____

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Security Question _____

Security Answer _____

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Name _____ Date _____

www. _____

User/Login _____

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Email Used _____

Security Question _____

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Notes _____

Name _____ Date _____

www. _____

User/Login _____

Password _____ Pin _____

Email Used _____

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Notes _____

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www. _____

User/Login _____

Password _____ Pin _____

Email Used _____

Security Question _____

Security Answer _____

Notes _____

Name _____ Date _____

www. _____

User/Login _____

Password _____ Pin _____

Email Used _____

Security Question _____

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Notes _____

Name _____ Date _____

www. _____

User/Login _____

Password _____ Pin _____

Email Used _____

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Security Answer _____

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Password _____ Pin _____

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Security Question _____

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Name _____ Date _____

www. _____

User/Login _____

Password _____ Pin _____

Email Used _____

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Name _____ Date _____

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User/Login _____

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Email Used _____

Security Question _____

Security Answer _____

Notes _____

Name _____ Date _____

www. _____

User/Login _____

Password _____ Pin _____

Email Used _____

Security Question _____

Security Answer _____

Notes _____

Name _____ Date _____

www. _____

User/Login _____

Password _____ Pin _____

Email Used _____

Security Question _____

Security Answer _____

Notes _____

APP PASSWORD

KEEP TRACK OF ANY EXTRA ACCOUNT NOT INCLUDED IN THE ALL-IN-ONE PAGES

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

APP PASSWORD

KEEP TRACK OF ANY EXTRA ACCOUNT NOT INCLUDED IN THE ALL-IN-ONE PAGES

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

APP PASSWORD

KEEP TRACK OF ANY EXTRA ACCOUNT NOT INCLUDED IN THE ALL-IN-ONE PAGES

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

APP PASSWORD

KEEP TRACK OF ANY EXTRA ACCOUNT NOT INCLUDED IN THE ALL-IN-ONE PAGES

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

APP PASSWORD

KEEP TRACK OF ANY EXTRA ACCOUNT NOT INCLUDED IN THE ALL-IN-ONE PAGES

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

APP PASSWORD

KEEP TRACK OF ANY EXTRA ACCOUNT NOT INCLUDED IN THE ALL-IN-ONE PAGES

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

APP PASSWORD

KEEP TRACK OF ANY EXTRA ACCOUNT NOT INCLUDED IN THE ALL-IN-ONE PAGES

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

APP PASSWORD

KEEP TRACK OF ANY EXTRA ACCOUNT NOT INCLUDED IN THE ALL-IN-ONE PAGES

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

APP PASSWORD

KEEP TRACK OF ANY EXTRA ACCOUNT NOT INCLUDED IN THE ALL-IN-ONE PAGES

App	Date
User/Login	
Password	Pin
Email Used	
Notes	

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APP PASSWORD

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WI-FI NETWORK INFORMATION

Wi-Fis are currently available in various airports, railway stations, internet cafes, hotels, public buildings (ministries, universities, schools, offices, hospitals) and private buildings scattered around the world. Keep track of all of them.

What

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WAN /LAN /WIRELESS SETTINGS

KEEP TRACK OF USERNAMES, PASSWORDS, IP ADDRESSES, KEYS, SSIDS, ETC.

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SOME TIPS

- Criminals always try to steal your passwords and access to all of your sensitive accounts (your social profiles, your bank account, your private files, etc.).
- Protect your information by creating a **secure** password.
- Follow step by step the tips given in the following boxes to create **your secure** password.

DON'Ts

- @ Do not use personal information (for example your name, your age or birth date, your child's name)
- @ Do not use the characters on the first row of your keyboard ("qwerty")
- @ Do not use 123456, abc123, 111111
- @ Do not use "password"
- @ Do not use all lowercase letters
- @ Do not use the same password for email, social media accounts, bank account and so on
- @ Do not use obvious dictionary words or combinations of dictionary words
- @ Do not use common substitutions, like for example "H0me", where "o" has been replaced by a zero
- @ Do not keep the same password for more than 6 months

SOME TIPS

DO's

- @ Make it long, choose nothing shorter than 15 characters
- @ Use a mix of characters: uppercase and lowercase letters, numbers, and symbols.
- @ Alternatively, use the "sentence method": think of a random sentence and transform it into a password using a rule. For example, taking the first digit, or the first two digits, of every word. The sentence could be "In 1999, the Swan was my favourite pub in London!". The password would be "11tSwmfpiL!" or "In19thSwwamyfapuinLo!"

Once your perfect password is created, remember ... only **you** should know it!

• Never tell your passwords over the phone to anyone.

• Never text anyone your passwords.

• Never email anyone your passwords.

• Always logout of each site you visit.

• When you receive an email which gives you a link to a web page, and you are asked to fill in account details **you must not respond**.

• When on public Wi-Fis use a VPN (Virtual Private Network). VPNs shield your browsing activity and, when you log into your accounts, no one can intercept your usernames and passwords.

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