



30-DAY CHALLENGE



Use safe passwords

Do you use secure passwords? Are you staying cyber safe by checking if your passwords have been compromised?

Passwords exposed to cyber breaches make them unsuitable for ongoing use. Once a password has been breached, cyber criminals may use this password to try to access our accounts. **Use the “[Pwned Passwords](#)” website to check you are using passwords that have not been reported as compromised.** This website will help verify if the passwords you are currently using have been exposed to cyber breaches.

Use a password manager to track your passwords safely and secure your passwords from malicious parties. Most password managers are free of charge and available to use on common devices using Windows, Android and Apple systems. Some examples include [LastPass](#), [1Password](#) and [forghetti](#).



What you need to know

Data breaches are happening around the world, all the time. Many data breaches are caused by unsafe computing practices such as reusing passwords across multiple accounts.

We are entrusted with sensitive and private information. **Our passwords can give hackers access to private or confidential information that can be damaging.** Using unique passwords and regularly updating these passwords reduces the risk of hackers gaining access to our accounts.

It can be difficult to remember the almost endless number of passwords we have. Using a password manager makes it easy to use strong passwords that are unique to each account.

