COMMUNITY ADULT
LEARNING PROGRAM

Community
Learning
Network

calp.ca

TechTalk

STEP 1:
Come up with a meaningful phrase that does not include any personal information. It could be a line from your favourite song, book or movie. For example: Jack and Jill went up the hill.

STEP 2: Make an acronym of these words by writing down only the first letter of each word:

jajwuth

STEP 3:
Use upper and lower case characters. To make it easy just capitalize letters near the beginning or end of the alphabet or pick a system that work for you. Here the letters for the names Jack and Jill are capitalized:

JaJwuth

STEP 4:
Add meaningful numbers or symbols: I'm going to turn the letter 'a' into an @ symbol, add the number 2 and add an exclamation mark.

J@Jwuth2!

STEP 5:
Now you have a central "key" that you can use to make your password even more secure and create individual passwords for every site you sign into. To do this, wrap the name of the site the password is for around the main acronym.

The box shows the central "key" created from your phrase. This example is for a Gmail account.

g m | J @ J w u t h 2 ! | a i l

This example is for a Facebook account:

f a | J @ J w u t h 2 ! | c e

RESULT
A password with 12 or more characters using random letters, upper and lower case letters, numbers and symbols with billions of possible variations.

Journal – Session 3

Device and App Settings	
What did you learn?	What thoughts or ideas did it inspire?