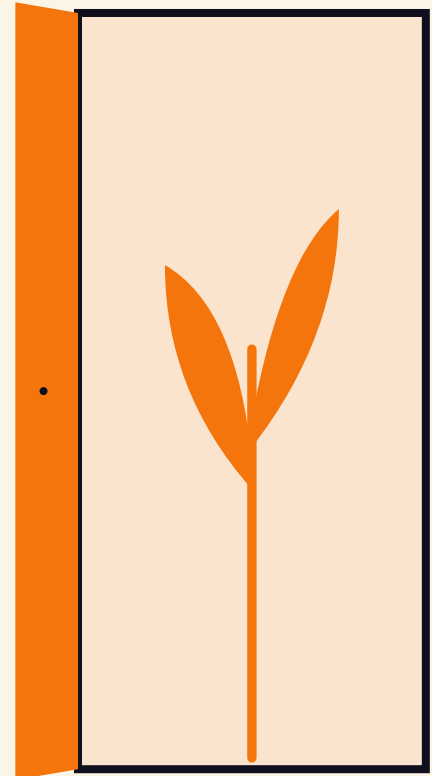




Passwords *that protect you.*

Your password is the lock on your digital house. A weak password breaks in 2 minutes. A strong one would take 200 years. Here's how to make strong ones.



WHAT'S INSIDE

- ✓ What makes a password strong
- ✓ Easy strong passwords you'll remember
- ✓ Where to safely store them



— WHY THIS MATTERS

Birthday + name = ten-second hack.

Most people use passwords like 'ramesh123' or 'mybirthday1955'. A computer guesses these in seconds.

A truly strong password uses random words, numbers, and symbols. Sounds hard? It's not. This guide shows you a system you'll actually remember — and that's almost impossible to break.

WHAT YOU'LL LEARN

- Why some passwords are weak
- The 3-word formula for strong passwords
- Different passwords for different apps
- How to remember them all

🕒 *Takes about 5 minutes to read*



1

STEP 1 OF 6

Bad passwords vs good passwords

BAD (cracked in seconds):

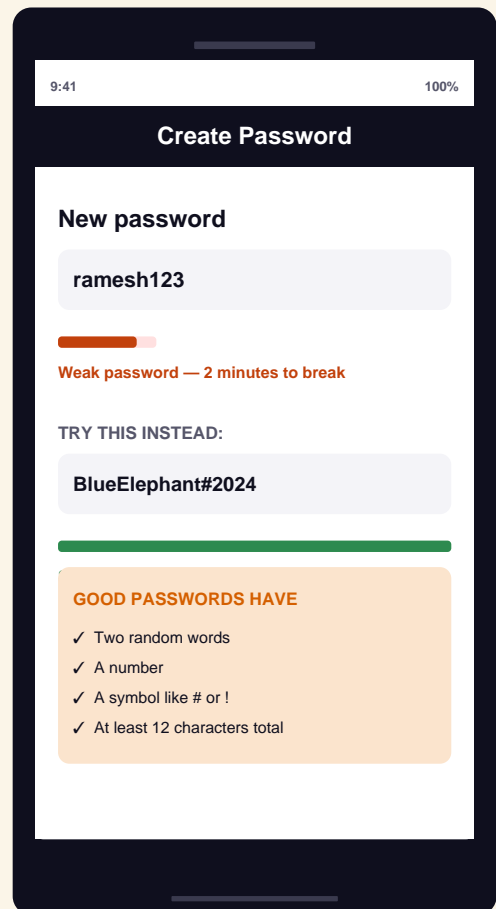
- ramesh123
- password
- qwerty
- birthdate (01051955)
- myname + year

GOOD (centuries to crack):

- BlueElephant#2024
- Mango\$Tree77Garden
- Cricket!Tea4Morning

TIP

A strong password has TWO unrelated words, a number, and a symbol. That's the simple recipe.





2

STEP 2 OF 6

The 3-word formula

Pick three random things you love:

- A favorite food (Mango)
- A favorite place (Hyderabad)
- A favorite color (Blue)

Mix them: MangoBlueHyderabad

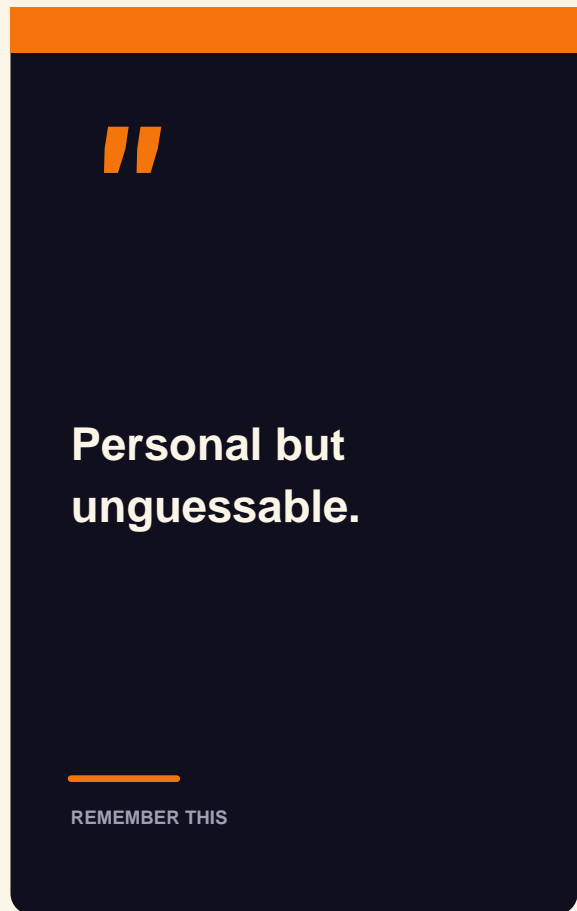
Add a symbol: Mango#Blue#Hyderabad

Add a number: Mango#Blue#Hyderabad42

Easy to remember. Almost impossible to crack.

TIP

Don't use words from your real life that strangers would know — like your name, kids' names, or city. Use random favorites instead.





3

STEP 3 OF 6

Different password for each important account

Don't use the SAME password everywhere.

If one website gets hacked (it happens), and you use the same password for your bank, your bank gets hacked too.

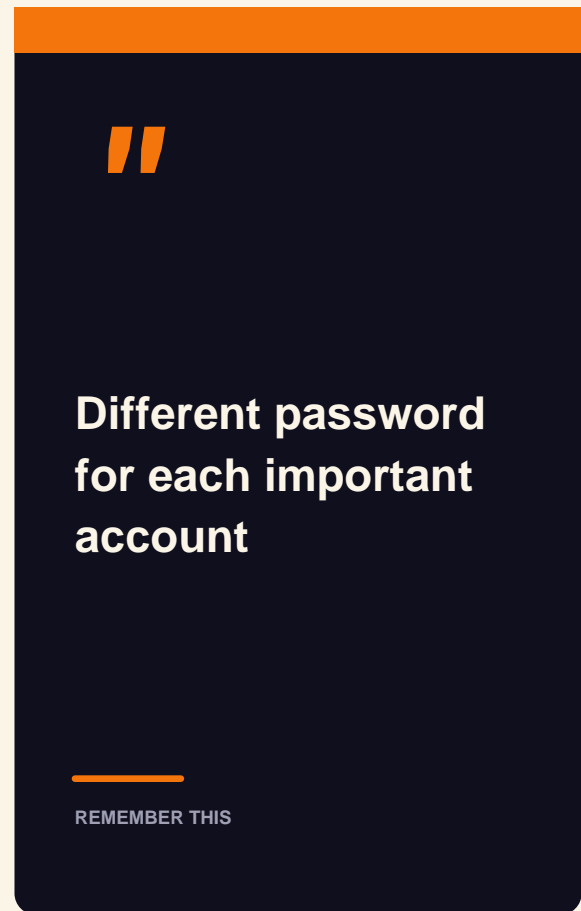
Have at least 3 different passwords:

- One for banking & money apps
- One for email
- One for everything else



WARNING

Bank password = top secret. Different from any other password. Strongest you have. Never share, even with family.





4

STEP 4 OF 6

Write them in a small notebook

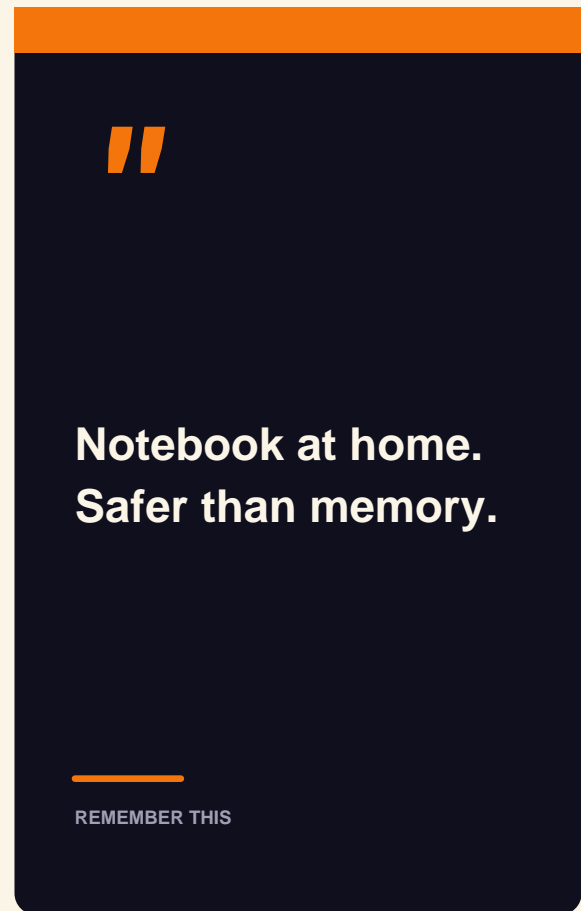
It's okay to WRITE DOWN passwords — in a SAFE place.

- Use a small notebook
- Keep it in a drawer at home
- Write each app and password
- Lock the drawer if you can

Better than reusing weak passwords. The book never gets 'hacked' — it's offline.

TIP

Don't keep this book in your wallet, bag, or anywhere outside home. Inside-the-house only. Treat it like cash.





5

STEP 5 OF 6

Use a password manager (if you can)

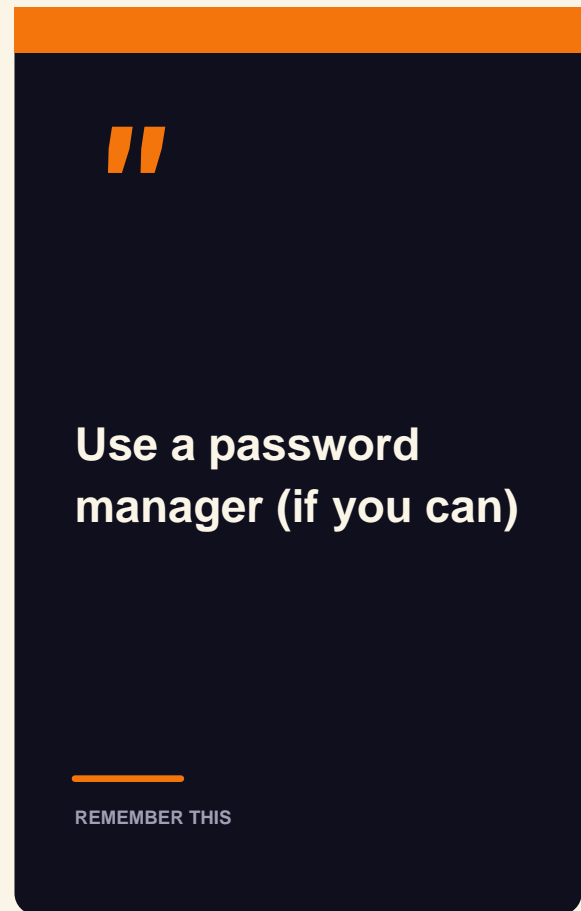
Password manager apps remember everything for you:

- Google Password Manager (free, on every Android)
- Apple Keychain (free, on iPhone)
- Bitwarden (free, more advanced)

You only need to remember ONE master password. The app fills in everything else automatically.

TIP

Google Password Manager is already on your phone. Just turn it on. Saves passwords as you log in. Works automatically.





6

STEP 6 OF 6

Change passwords if you suspect anything

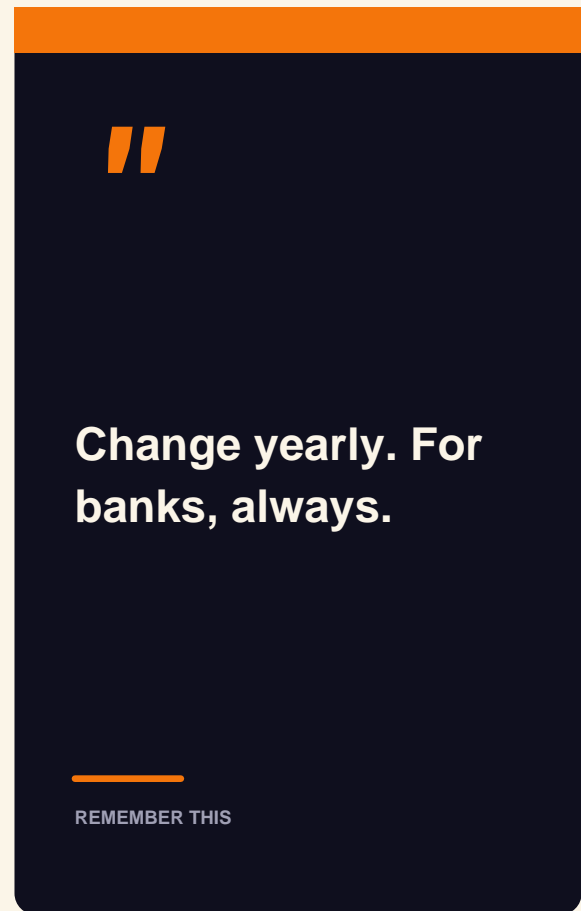
Change a password if:

- You see a strange login alert by SMS
- Someone asks you to share it
- You typed it on a website that turned out fake
- You used an internet cafe or shared computer

Otherwise, change banking passwords once a year. Other passwords every 2-3 years.

TIP

When changing, make a small change — like Mango#Blue#Hyderabad42 → Mango#Blue#Hyderabad43. Easy to remember.





SAFETY RULES

Strong passwords.

1 Names and birthdays = weak

Don't use your name, family names, birthdays, or 123456. These break in seconds. Use random words instead.

2 Three random words formula

Pick three favorites — a food, a place, a color. Combine. Add # and a number. Strong + memorable.

3 Different password for bank

Banking password should be UNIQUE. Different from any other password. Strongest you have.

4 Write in a safe notebook

Better to write strong passwords in a home notebook than reuse weak ones. The notebook stays at home.

5 Change after anything strange

Strange SMS, fake website, shared computer use — change password immediately. Don't wait.



School of *Elderly*

You did it.

We're proud of you.

Learning new things at any age takes courage. Tell your family what you learned today — they'll be proud too.

WANT MORE LIKE THIS?

We have 38 free guides.

Smartphone basics, UPI, cabs, food delivery, online safety — all free.

schoolofelderly.com →