Shielding your online presence: protect your digital identity

The most common passwords in use are still “123456” and “password”, the average person has over 100 passwords, but uses only 12 of them.

In today’s digital age, we have many sets of login credentials set up throughout the wilderness of the internet. If that information gets compromised, the ripple effects can be astounding.

This is why identity management is incredibly important.

According to a study by the National Cyber Security Centre (NCSC), “123456” was the most commonly breached password in 2020, used by 23.6 million accounts worldwide.

This shows the importance of choosing strong, unique passwords and not reusing them across multiple accounts.

In fact, using strong passwords and two-factor authentication can prevent up to 99.9% of account hacks.

Defend your digital life. Follow these tips to ensure you are taking the right steps to protect your digital identity.

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Steps to protect your digital identity

Configure your security settings

Every time you sign up for a new account, download a new app, or get a new device, immediately configure the privacy and security settings to your comfort level.

Don't take the bait

If you receive an enticing offer via email or text, don't be so quick to reply. Take a moment to verify that the message is legitimate. If you don't believe it is, delete it or report it.

Share with care

Think before posting about yourself; consider what a post reveals to potential hackers. Personal information can be used by attackers to impersonate you or even guess your usernames and passwords.

Shield your password with MFA

Multi-factor authentication (MFA), such as biometrics or a unique one-time code sent to your device, will fortify your online accounts.

Use a password manager

Duplicating passwords or using common passwords is a gift to hackers. If one account is compromised, a hacker will typically try the same username and password combination against other websites. Use password managers to generate and remember different, complex passwords for each of your accounts.

Turn on automatic updates

Keep all software on internet connected devices current to reduce risk of infection from ransomware. Configure your devices to automatically update or to notify you when an update is available.

Top tips for creating and maintaining strong passwords

Use three random words

To create a strong password that can resist hacking attempts, use three random words combined together. A weak password can be easily cracked within seconds, whereas a longer and more unconventional password can be difficult to break for cybercriminals. Combining three random words such as "HorseStapleBattery" is a smart way to create a password that is difficult to crack.

Change passwords frequently

Change passwords periodically to prevent unauthorized access.

Use unique passwords

Never use the same password for multiple accounts, especially for personal (social media, banking, email, etc).

Avoid sharing passwords

Never share passwords, even with trusted colleagues or family members.

Change passwords frequently

Change passwords periodically to prevent unauthorized access.

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