

# Parent Guide

## CyberSmart Kids — Lesson 4: Passwords Are Like Toothbrushes

The Safe Click Project • thesafeclickproject.com

---

### What this lesson covers

Password basics in age-appropriate language using the toothbrush metaphor (you don't share). Covers three properties of a strong password — long, different per account, secret — and frames passwords as something parent and child set up together. Reassures the child that forgetting a password is normal.

### Conversation starters

- Can you remember the password to any of your accounts? Should you?
- Has anyone ever asked you for your password — even a friend?
- What's a silly four-word password we could use together?

### What to watch for

Watch for shared passwords with friends or siblings, especially for games — kids often share account passwords as a sign of friendship. Watch for password reuse: if your child uses the same password for school, games, and email, a single leak compromises all three.

### Follow-up activity

Set up a password manager together. Bitwarden has a free family plan that is an excellent introduction. Walk your child through how the one "main password" works and how the manager remembers the rest. For school accounts they must type themselves, write the password on paper and keep it safe at home.

---

*You will never get in trouble for telling. That is the rule, always. — The Safe Click Project*