



## LESSON 4

# Passwords Are Like Toothbrushes

For kids — read this together with a grown-up.

## WHAT TO REMEMBER ABOUT PASSWORDS

- 1 You don't share them**  
A password is like a toothbrush — it's just yours. Not for friends, not for anyone.
- 2 They keep your account yours**  
Whoever has your password can pretend to be you, read your messages, and lock you out.
- 3 Strong passwords are long**  
The best passwords are long, different from each other, and secret. Four silly words make a great one.
- 4 Grown-ups help you set them up**  
A grown-up can help, sometimes with a password manager — an app that remembers passwords so you don't have to.
- 5 If you forget, just ask**  
Forgetting is normal. Tell a grown-up and they'll help you reset it. Never type your password into an email that asks you to "verify" — that's a trick.

### IF YOU TAKE ONE THING FROM THIS LESSON

With your grown-up, pick a four-word password together. Make it silly. Make it long. Make it yours.