THE IMPORTANCE OF A STRONG PASSWORD

A strong password is an important part of protecting the information which the BLDSA stores on your account with us. A strong password helps to:

1. Keep your personal information safe
2. Protect our website from malicious attacks
3. Prevent someone from breaking into your account and accessing your personal data

STEPS TO CREATING A STRONG PASSWORD

There are a few simple rules you can follow for creating a password that meets our requirements for setting up an account with us.

STEP 1 – Make sure your password contains 8 characters or more and uses a combination of letters, numbers and symbols.

> You can't use passwords that (1) have been used by many other accounts and (2) you've used before on your account (if you must reset your password).

STEP 2 – Use the following hints and tips for a strong password

Combine different types of characters

Use a mix of alphanumeric characters (letters and numbers) and symbols:

*   Uppercase (capital) letters. Examples: A, E, R
*   Lowercase (small) letters. Examples: a, e, r
*   Numbers. Examples: 2, 6, 7
*   Symbols and special characters. Examples: ! @ & *

Recommendations & examples

Replace letters with numbers & symbols: Choose a word or phrase and use numbers and symbols instead of some letters. Examples:

*   "Spooky Halloween" becomes "sPo0kyH@ll0w3En"
*   "Later gator" becomes "L8rg@+0R"

Abbreviate a sentence: Come up with a sentence and use the first letter of each word. Example:

- "Uncle Peter always ate chocolate-covered everything" becomes "uP@8cCe!"

Use long passwords: Long passwords are stronger. Since spaces are allowed, you can use memorable phrases or words from your favorite songs, poetry, or quotes. Example:

- "an 0pen <3 = an 0pen MIND"
- "It's a long way 2 the ^ if U wanna Rock&Roll"
- "From time to time, The clouds give rest To the moon-beholders"

What to avoid

Avoid using a password which contains information people may know about you, for example;

- A pet's name
- Your nickname
- The street you live on

Avoid simple words, phrases, and patterns that are easy to guess. Examples:

- Obvious words and phrases like "password" or "letmein"
- Sequences like "abcd" or "1234"
- Keyboard patterns like "qwerty" or "qazwsx"
- Any examples in this article, like "sPo0kyH@ll0w3En" or "uP@8cCe!"

STEP 3 – Keep your passwords secure

Don't display passwords e.g. on sticky notes etc, people can easily use this to gain access to your account

If you have trouble remembering your passwords, there are trusted password managers available. But take time to research these thoroughly before choosing which one to use.

What if I forget my password

If you ever forget your password, please either get in touch with us via email (shown below) or use the 'Forget Password' option on the sign in page.

And if you're in any doubt, please don't hesitate to contact us.

Email: webmaster@bldsa.org.uk
Website: www.bldsa.org.uk