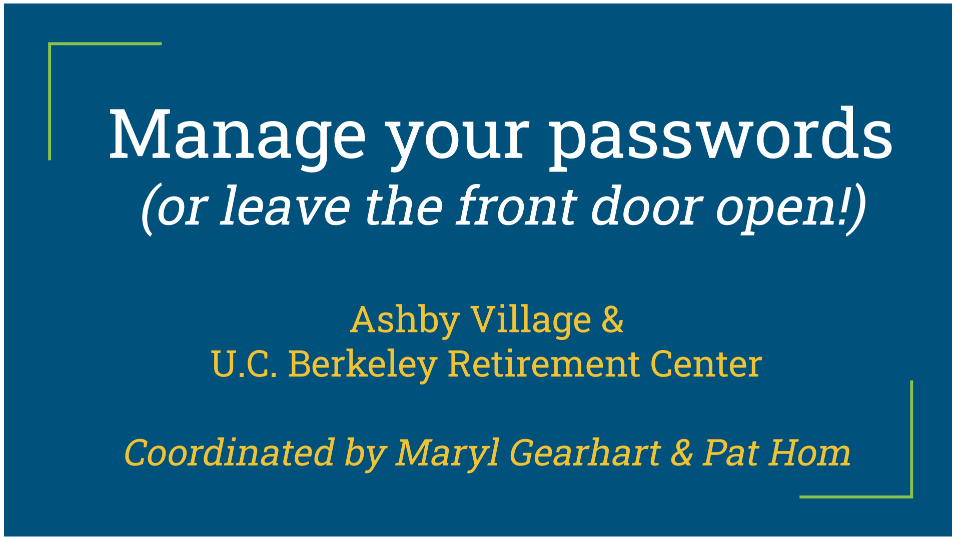
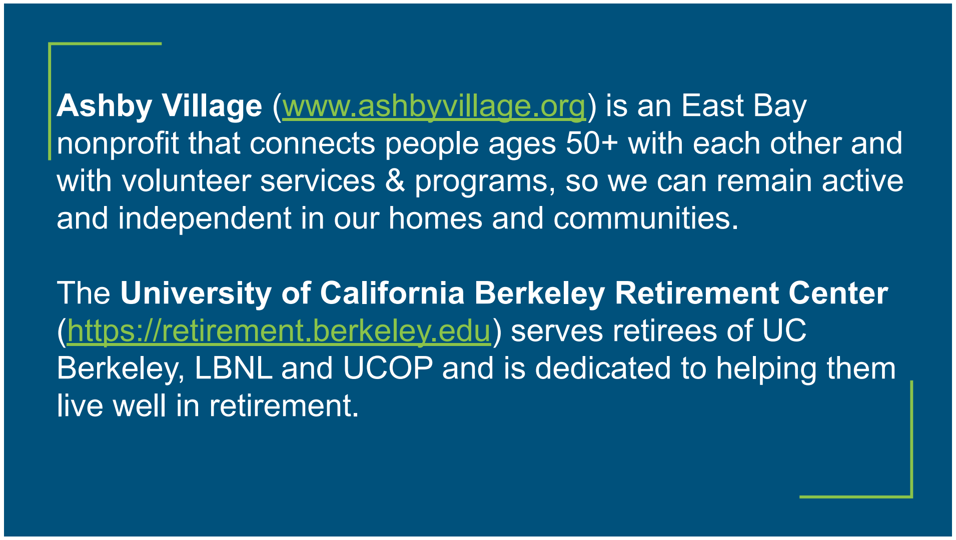


Manage your passwords
(or leave the front door open!)

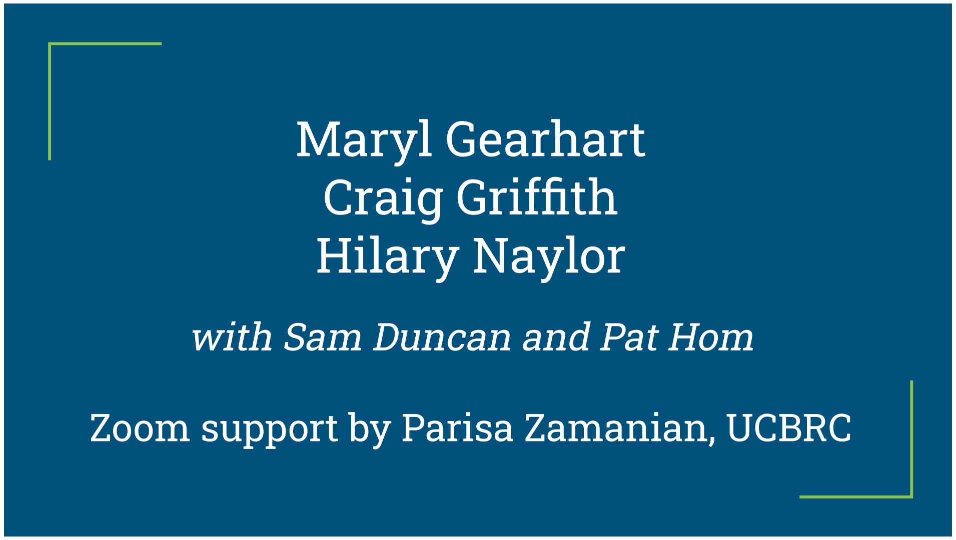
Ashby Village &
U.C. Berkeley Retirement Center

Coordinated by Maryl Gearhart & Pat Hom



Ashby Village (www.ashbyvillage.org) is an East Bay nonprofit that connects people ages 50+ with each other and with volunteer services & programs, so we can remain active and independent in our homes and communities.

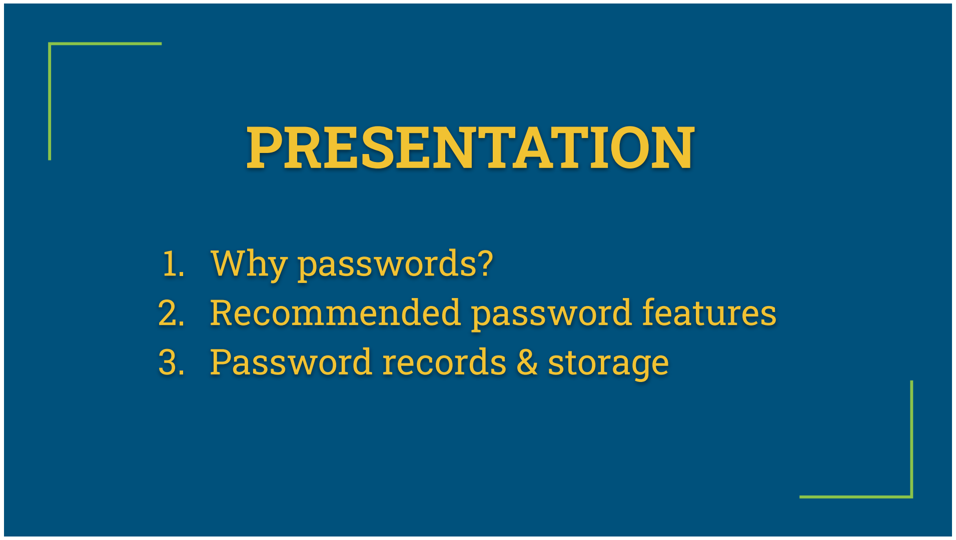
The **University of California Berkeley Retirement Center** (https://retirement.berkeley.edu) serves retirees of UC Berkeley, LBNL and UCOP and is dedicated to helping them live well in retirement.



Maryl Gearhart
Craig Griffith
Hilary Naylor

with Sam Duncan and Pat Hom

Zoom support by Parisa Zamanian, UCBRC



PRESENTATION

1. Why passwords?
2. Recommended password features
3. Password records & storage

1. Why passwords?

The most common cause of being "caught" by an Internet scam or phishing attack is a weak password!

Minimizing risks

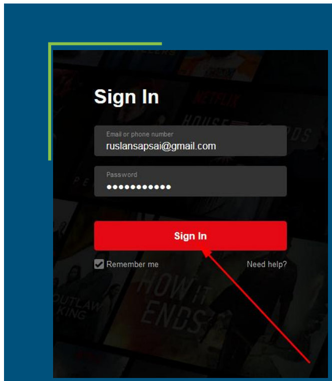
- Use complex passwords, and different passwords for each account.
- Update regularly your OS, browser, apps.
- Back up regularly.
- Mark suspicious emails as junk/spam.
- Block pop-ups on browsers.

Interview with Bill Budington

Introduce Bill Budington

Bill is a staff member at the Electronic Frontier Foundation (www.eff.org), a San Francisco organization providing expert advice on security and safety online.

What is a Strong password?



Sign In

Email or phone number
ruslansapsai@gmail.com

Password
••••••••••••

Typical Sign In:

- enter your username and password
- used to build your digital profile
- connected to all information about you that the site holds: address, credit card, shopping habits, etc.

A simple or commonly used password creates risk of fraud and/or identity threat.!

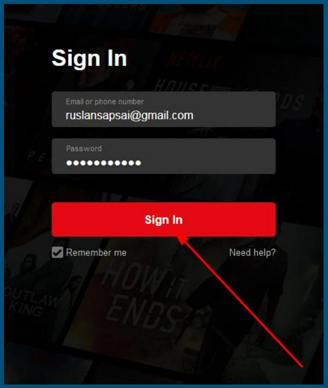
But creating a strong password AND remembering it can be difficult!

Humor always helps

SENIOR TRYING TO SET A PASSWORD

WINDOWS: Please enter your new password.
USER: cabbage
WINDOWS: Sorry, the password must be more than 8 characters.
USER: boiled cabbage
WINDOWS: Sorry, the password must contain 1 numerical character.
USER: 1 boiled cabbage
WINDOWS: Sorry, the password cannot have blank spaces.
USER: 50damnboiledcabbages
WINDOWS: Sorry, the password must contain at least one upper case character.
USER: 50DAMNboiledcabbages
WINDOWS: Sorry, the password cannot use more than one upper case character consecutively.
USER: 50damnBoiledCabbagesTippedOnYourHead!
WINDOWS: Sorry, the password cannot contain punctuation.
USER: ReallyTickedOff50DamnBoiledCabbagesTippedOnYourHeadIfYouDontGiveMeAccessNow
WINDOWS: Sorry, that password is already in use.

2. Recommended password features



Sign In

Email or phone number
ruslansapsai@gmail.com

Password
•••••••••••

Recommended password features

- complex
- no personal information
- unique for each website

Interview with Bill Budington

Story about a friend who was hacked

Paths to improvement …

- create more complex passwords
- delete personal information from passwords
- create unique password for each website

Interview with Bill Budington

Ideas for creating a password

Online Tips & Tools

Tips for generating passwords - e.g.,

Secure Password Generator

Hugh's Password Generator

Tools for evaluating passwords - e.g.,

How Secure Is My Password? Try “Fidodog” “F1d0d0g” “Fidoprintertape “

3. Password records & storage

Password storage options

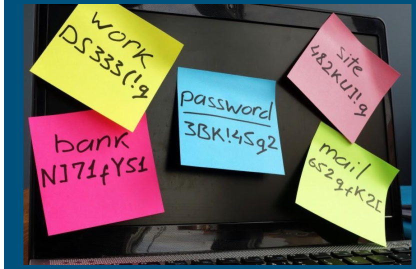
Sticky notes

Written list

Browsers and smart devices

Password manager

Sticky Notes



Advantages:

- Easily accessible record
- Very easy

Disadvantages:

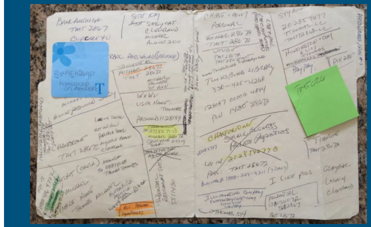
- Hard to organize
- Handwritten
- Can't be stored
- Not easily shareable

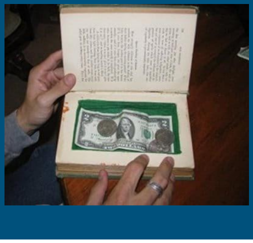
Written List

Types

- *Handwritten list*
- *Handwritten logbook*
- *Typed - can be alphabetized*

Handwritten list





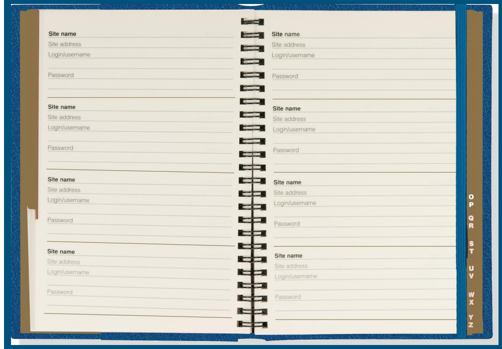
Advantages:

- Easily accessible record
- Can be hidden

Disadvantages:

- Hard to organize or reorganize
- Might be misplaced
- Not easily shareable

Handwritten logbook

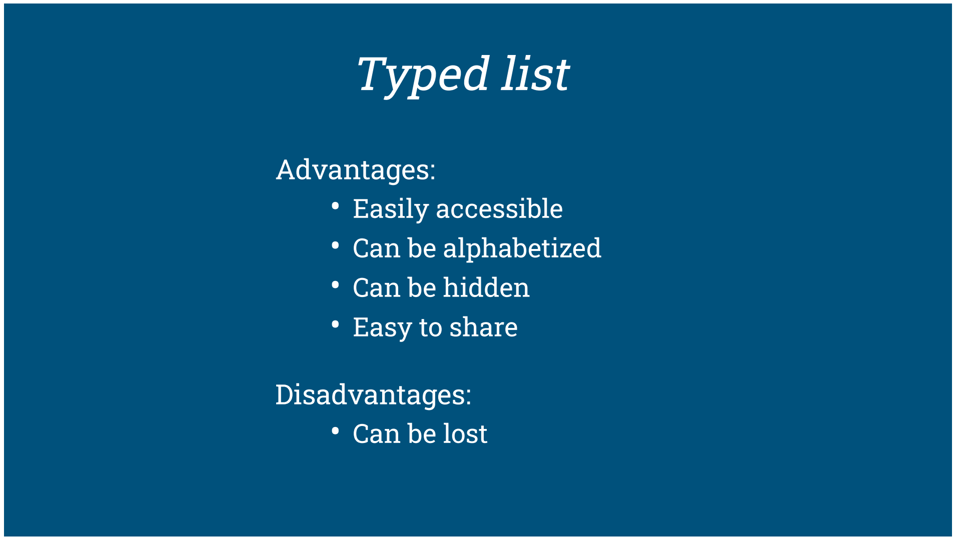


Advantages:

- Easily accessible record
- Self organizing
- Can be hidden
- Can be shared

Disadvantages:

- Can't be easily copied



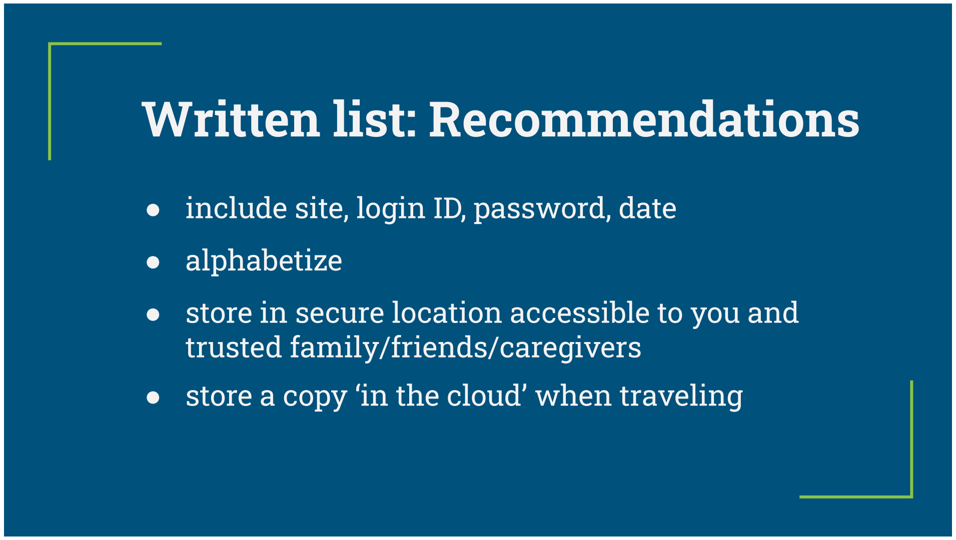
Typed list

Advantages:

- Easily accessible
- Can be alphabetized
- Can be hidden
- Easy to share

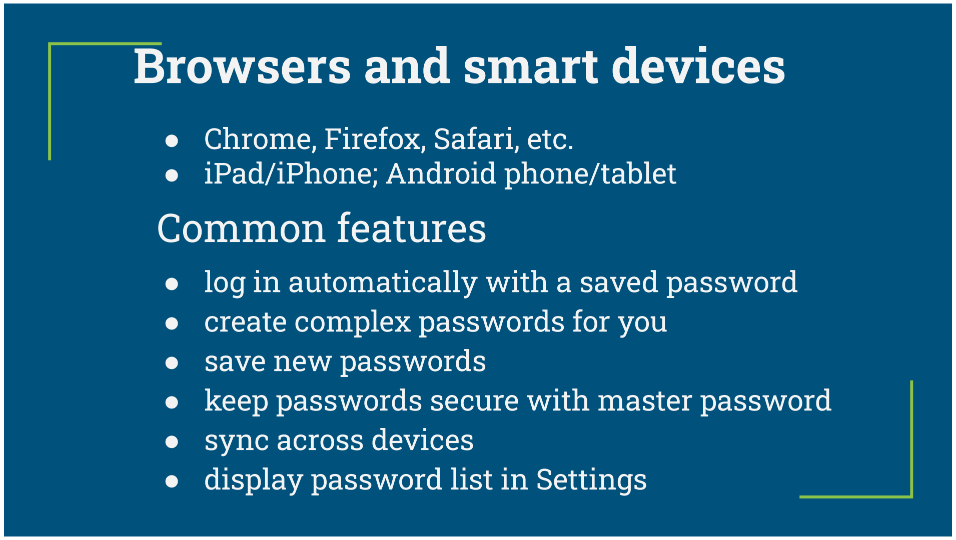
Disadvantages:

- Can be lost



Written list: Recommendations

- include site, login ID, password, date
- alphabetize
- store in secure location accessible to you and trusted family/friends/caregivers
- store a copy 'in the cloud' when traveling

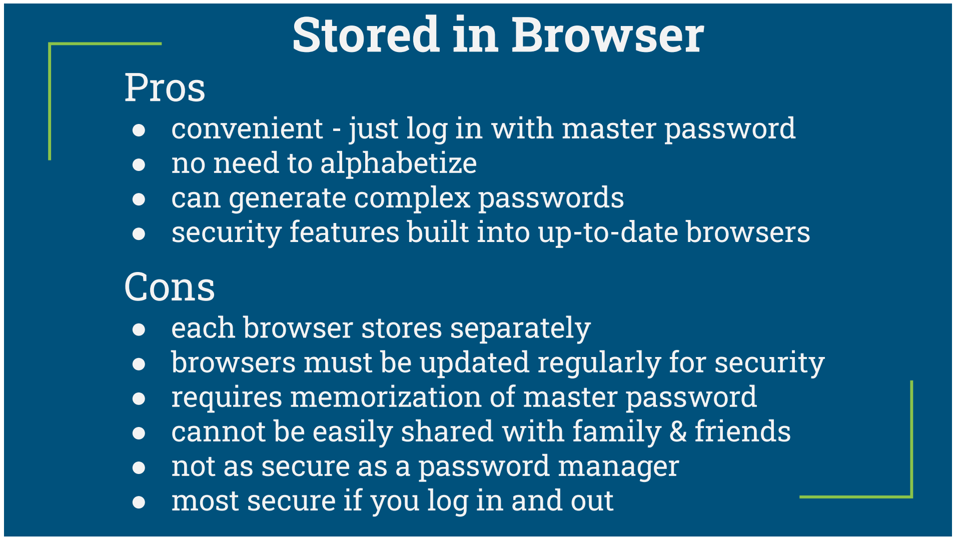


Browsers and smart devices

- Chrome, Firefox, Safari, etc.
- iPad/iPhone; Android phone/tablet

Common features

- log in automatically with a saved password
- create complex passwords for you
- save new passwords
- keep passwords secure with master password
- sync across devices
- display password list in Settings



Stored in Browser

Pros

- convenient - just log in with master password
- no need to alphabetize
- can generate complex passwords
- security features built into up-to-date browsers

Cons

- each browser stores separately
- browsers must be updated regularly for security
- requires memorization of master password
- cannot be easily shared with family & friends
- not as secure as a password manager
- most secure if you log in and out

Stored in Browser: Tips

- Secure with a master password
  - Chrome: your Google password
  - Firefox: a unique master password
  - Safari: your device & your iCloud passwords
- Log in and out
  - browser & websites
  - your device
  - with two-factor authentication

Password Manager

A 3rd party Password Manager is similar to browser storage: You use one master password to store & access all your passwords.

But your passwords are available in *any* browser.

Interview with Bill Budington

Password Manager

Password Manager

Creating the repository

a. From your hand-written list or computer document

b. From the passwords saved in your browser

Password Manager

Lastpass
KeyPass
Avast

All are free. All have consistently positive reviews. The free versions are fully functional.

We are not making product recommendations. *The best one for you is the one used by someone you trust!*

Example: LastPass features

- free with option to pay for Pro
    - Pro adds family sharing, emergency access, tech support
- master password
- online “vault”
- generates good passwords
- includes saved addresses, secure notes, credit cards
- available for all devices

Example: LastPass ‘how to’

- install as an extension to your browser
- import any passwords you’ve saved in your browser, or, type in passwords one by one
- save passwords for new sites
- edit logins and passwords in your “Vault”

Interview with Bill Budington

Remembering Master Password

Bill describes his favorite technique for remembering a new Master Password.

Password Manager

Pros

- works with all major browsers and devices
- encrypted & thus highly secure
- can generate complex passwords
- can share login ID & master password w/ family
- option to store secure notes
- option to fill in forms, including credit card #s

Cons

- requires memorization of the master password
- advanced features require paid subscription
- steep learning curve

Password Manager: Recommendations

The best one for you is the one used by someone you trust!