

Identifying Yourself



CHEAT SHEET

1. Authentication (Who am I?)

Passwords help to prove your identity online. Good passwords make it possible to uniquely prove who you are, without someone else being able to pretend to be you. They are unique, random, long and secret but still memorable.

- DO consider two-factor authentication.
- DO make conscious decisions about security when choosing passwords.

2. Mnemonic Passwords

Phrases can be easier to remember than complex passwords. Take advantage of this by using a phrase to remember a password.

- DO use mnemonics to make passwords that are both memorable and strong.

3. The Diceware Method

The Diceware method can create a password that is random unique, long and memorable by using dice rolls to choose words from a list to make a password.

- DO use the Diceware method to create passwords that are long and memorable.

4. Password Managers

Password managers are programs that remember passwords for you.

- DO consider password managers if you access many accounts frequently.



Glossary of Terms

Diceware method	A method of creating long random passphrases using dice and a word list.
Encryption	A process of converting information to a form unreadable to untrusted parties that still contains the original information and is able to be read by the intended recipient.
Mnemonic	A system or pattern of ideas or associations which assists in remembering something.
Passphrase	A phrase used to identify a person as it is only known to them.
Password	A word used to identify a person as it is only known to them.
Password manager	An application that assists in managing passwords.
Phishing	A fraudulent practice or pretending to be a from a reputable company in order to induce people to give their personal information (a contraction of Phone fishing).
PIN	A Personal Identification Number, a secret code used to identify a person, usually for a bank transaction.
Smart card	A card with an integrated computer chip in it.
SMS code	A code is sent to your mobile device as a text message (SMS – Short Message Service) as part of an identification process.
Two-factor authentication	A system for identifying a person that uses two components that operate independently and avoid a common point of compromise.
Username	A unique name given to a computer system or service user. Used together with a password it can identify an individual.