THE FOSI GUIDE to Cybersecurity
with 1Password

This resource will guide you through a few simple, practical ways to help your child stay safe online, starting with one of the most valuable tools you can give them: a password manager.

1   **Why is cybersecurity important?**

Most cyberattacks are linked back to **weak passwords**, so the easiest way to stay protected online is to download a password manager. With a password manager, all of your important data will sync seamlessly between devices – regardless of the operating system or browser you're using.

Children, like adults, are at risk of being targeted for **phishing**, where they might be asked to click a link that looks real to steal their information. Discuss with them how to identify scams and phishing attempts. If your child isn't sure exactly who or where a message came from, they shouldn't respond, download any attachments, or click on any links. They should be particularly skeptical of any language that urges them to act quickly. It's a common red flag and could indicate a phishing attack.

Computer viruses are another threat to your device. Antivirus software is a good starting point, but it's not perfect. The more that our personal information is requested (or required) around the web, the more cybercriminals have more ways to steal it. Your children must understand they should only share personal details with trustworthy sites or apps.

2 What are the benefits of using a password manager?

You can help everyone in your household reduce their risk by embracing a password manager. Using a password manager can help you:

- **Maintain good password hygiene** and stay secure by teaching your child to use strong, unique passwords for every login.

- **Give your child access to logins and passwords for the services they're interested in** (and that you approve of), as well as shared passwords for family accounts like Netflix.

- **Protect your kids from phishing scams** by only letting them autofill credentials on legitimate websites.

- **Set up and manage two-factor authentication (2FA)** whenever possible. It's an extra step, like a code sent to your phone, that helps keep accounts safer.

- **Teach safe sharing practices.** Securely sharing files and other information will ensure that your child doesn't share sensitive details via insecure methods, such as messaging apps or public forums.

3   What is 1Password?

1Password Families offers a password manager for up to five family members. It helps you:

- Manage your family's shared passwords and control who has access to them
- Help your kids regain access to 1Password if they're ever locked out
- Quickly update any passwords that have appeared in data breaches

You can also share emergency credit cards, secure notes, important phone numbers, and any other information that would be great to have in one easily accessible place.

1Password Watchtower also has your family's back. It will tell your kids when a site they use has been compromised so they can update any affected passwords. 1Password also features a built-in password generator, allowing everyone to create and automatically save strong, unique passwords for these accounts.
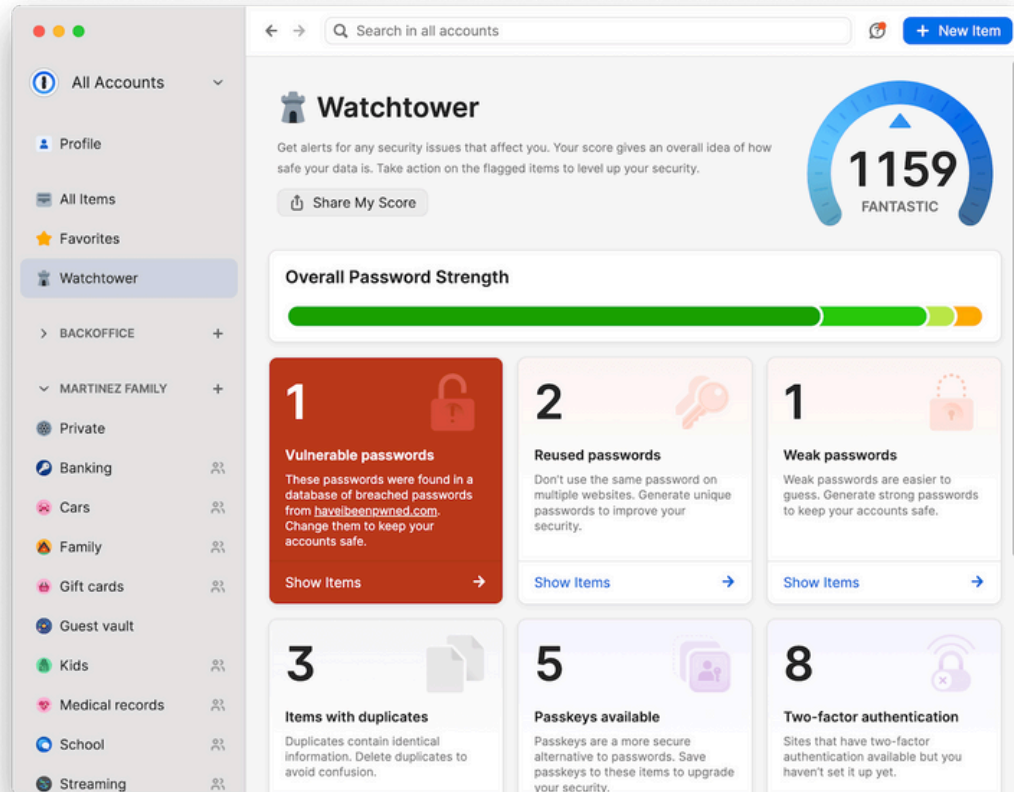
Cybersecurity Best Practices for Families

Encourage your child to lock the device when they aren't using it:
Show your child how to secure their new device with a strong PIN or
biometric authentication, such as FaceID. You can store their PIN or
password in a password manager like 1Password in case they forget it.
And remind them that they should never leave a device unattended,
especially if it's unlocked.

***Use a password manager to generate unique, long, and random
passwords:***
We know it's tempting, but don't reuse passwords! Use a <u>password
generator</u> to easily create strong, random passwords that are at least 16
characters long.
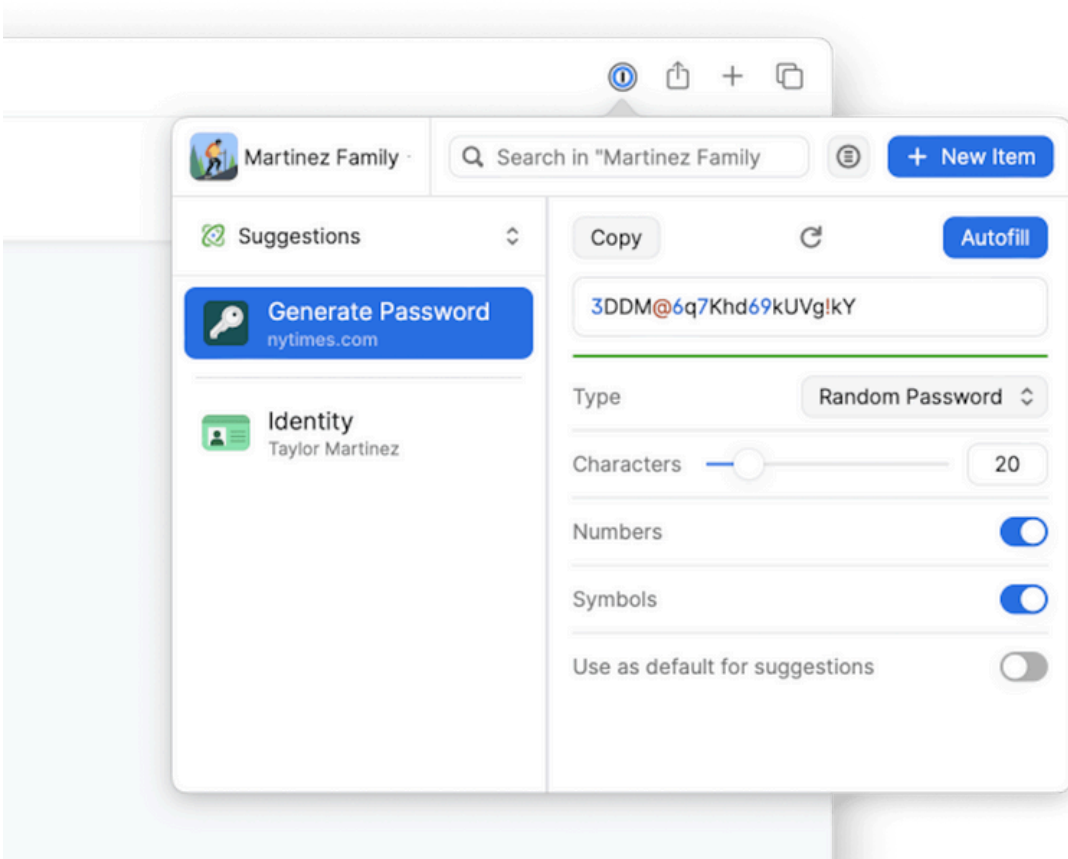
Save and share passwords in secure vaults:
A password manager gives you a safe and simple way to share passwords. These credentials will sync automatically across devices, letting you instantly share any new accounts or password updates with everyone who needs them. That makes it easier to log in to shared services like school portals or online banking, and it prevents you from having to keep the Wi-Fi password on the fridge.
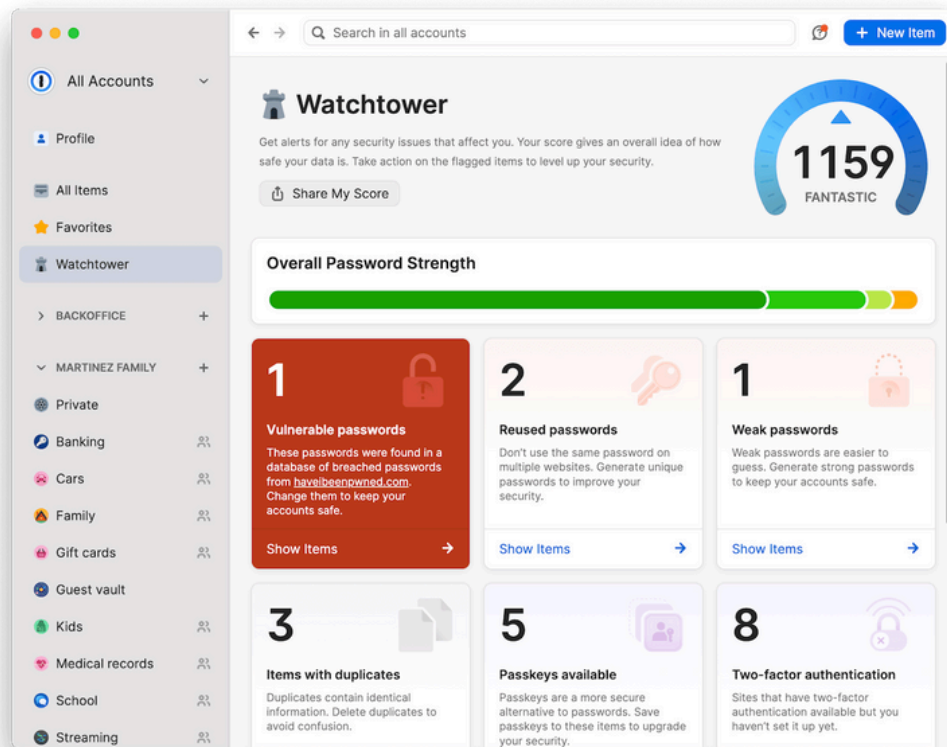
Organize logins in and control who can access them:
Every item you save in 1Password is stored in a vault, which you can use to keep track of different items:
- Create a school and extracurriculars vault to store any school-related logins.
- Create a streaming vault to store all your passwords for streaming services.
- Create a gaming vault to store logins for titles like Roblox and Fortnite, as well as video game platforms such as Steam and the Nintendo eShop.

You can set permissions at the vault level to easily share specific accounts with external parties, such as babysitters, while keeping your personal accounts private.

Remind your child not to share passwords with anyone who doesn't need access:
Go over who, if anyone, should have access to your child's accounts, like parents, siblings, or teachers. Remind them to never share their passwords with anyone, even friends, unless they've checked with you first.

Turn on two-factor authentication (2FA) wherever you can:
Two-factor authentication (2FA) gives you an extra layer of security if someone obtains one of your or your child's passwords. You can store your 2FA codes safely in 1Password.

Keep your apps and software up to date:
Not updating software is like leaving your front door open for anyone to wander in. Updates fix security holes. Don't ignore them!

5 Cybersecurity Best Practices for Families

Here are some other resources where you can learn about using 1Password and keeping your children safe online.

- **Getting started with 1Password Families**

- Watch: **Storing your passwords and more in 1Password**

- **Talking to your kids about online safety | 1Password**

- **[Checklist] How to make back-to-school (and family life) easier with a password manager**

- **1Password's back-to-school tips for parents in a digital world**

FOSI

Family Online Safety Institute

1Password