



# DAV SCHOOL SAMANA

(SENIOR SECONDARY), CBSE AFFILIATED  
UNDER DAV COLLEGE MANAGING COMMITTEE

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## #CYBER SAFETY AWARENESS

## #PASSWORD SAFETY

### TIPS:

- Try using a slogan as a password to avoid forgetting. One may also use a goal as password.
- Use a password of minimum 8 characters which are a combination of uppercase and lowercase letters, numbers and special characters.
- DON'T share your password and secret question with anyone. Your trusted friend now might not be your friend in the future.
- Use a different password for each account.
- Be sure no one watches when you enter your password.
- Strong passwords are easy to remember but hard to guess. **lam:)2b29!** — This has 10 characters and says "I am happy to be 29!" .
- Don't post your password/send it to others.
- Download software and shop online from genuine/secure websites. Some sites/programs may steal your password while you type.
- Carefully check the Domain Name/URL address of the website. Some websites disguise the look of others and may rob the user of his personal information, money etc.
- Use an updated Anti-virus on your device.
- Treat your password like your tooth-brush. Keep changing it periodically.
- Always **LOG OFF** before leaving your computer.

**"CYBERSECURITY IS A SHARED RESPONSIBILITY AND IT BOILS DOWN TO THIS: IN CYBERSECURITY THE MORE SYSTEMS WE SECURE, THE MORE SECURE WE ALL ARE"**

### #AVOID THESE PASSWORDS

- Your username, actual name or business name.
- Family members' or pets' names.
- Your or family birthdays.
- Favorite football or F1 team or other words easy to work out with a little background knowledge.
- The word "password" or "qwerty".
- Numerical sequences such as phone number.
- A single commonplace dictionary word, which could be cracked by common hacking programs.
- When choosing numerical passcodes or PINs, do not use ascending or descending numbers (for example 4321 or 12345), duplicated numbers (such as 1111) or easily recognizable keypad patterns (such as 14789 or 2580).

### #USE SPECIAL CHARACTERS

- The following special characters can be used in place of alphabets
  - ⇒ ^ in place of V
  - ⇒ @ in place of a
  - ⇒ ! in place of i
  - ⇒ \$ in place of s
- You may change some alphabets to numbers.. Example: 0 in place of O, 3 in place of E, 2 in place of Z.  
Don't be evil can be written as D0n'tB3^!!

## ADVISORY ON “MOMO CHALLENGE GAME”

There is a new online challenge game called “The Momo Challenge” which started on Facebook where members are “challenged” to communicate with unknown contacts. It went viral on social media platforms, especially WhatsApp.

The Momo Challenge consists of a variety of self harming dares and violent acts which become increasingly risky as the game progresses and it finally ends with suicide challenge. The game inspires users to add unknown contacts on WhatsApp by the name of ‘Momo’.

The game controller then entices players to threaten with violent images, audios or videos, if players do not follow instructions.

### LOOK FOR THESE SIGN AND SYMPTOMS IN YOUR CHILD

- Becoming withdrawn from friends and family
- Persistent low mood and unhappiness
- Looking worried that stops him/her from carrying out day to day tasks
- Sudden outbursts of anger directed at themselves or others
- Loss of interest in activities that they used to enjoy
- Visible marks like deep cuts or wounds on any part of the body of the child.

Advisory Source: [www.infosecawareness.in](http://www.infosecawareness.in)

## PROTECT YOUR CHILD

- Monitor your child’s online activity.
- Don’t discuss about the game on your own.
- Keep your eyes open for:
  - ⇒ Unusually secretive behaviour, mostly related to their online activity
  - ⇒ A sudden increase in the time they spend online, especially social media
  - ⇒ They seem to change screens on their device when approached.
  - ⇒ They become withdrawn or angry, after using the internet or sending text messages
  - ⇒ Their device suddenly has many new phone numbers and email contacts
- Install a good cyber/mobile parenting software which helps in monitoring your children.
- Parents should take reports from child counsellor present in the school at regular intervals.
- Remind your child that you are there and will support them as they face life challenges.



Image Source: [www.indianexpress.com](http://www.indianexpress.com)