



Digital hygiene guidelines

- **Category:** Protect one's self and others

- **Activity Description:**

Check if your email account is compromised

- **Aims (What are you going to learn?):**

At the end of this lesson you will be able to:

- Be aware of any risks relating to the confidentiality of your password
- Appreciate the need to regularly change your password

- **What are you going to need?**

Software:

- Web browser
- Email account

- **Audience/target group:** Adults

- **Time needed:** 3 minutes

- **Level of difficulty:**



1



2



3



4



5

- **Before we start we need to ensure that the user has:**

- basic skills of web navigation
- an email account

- **Related platforms:**

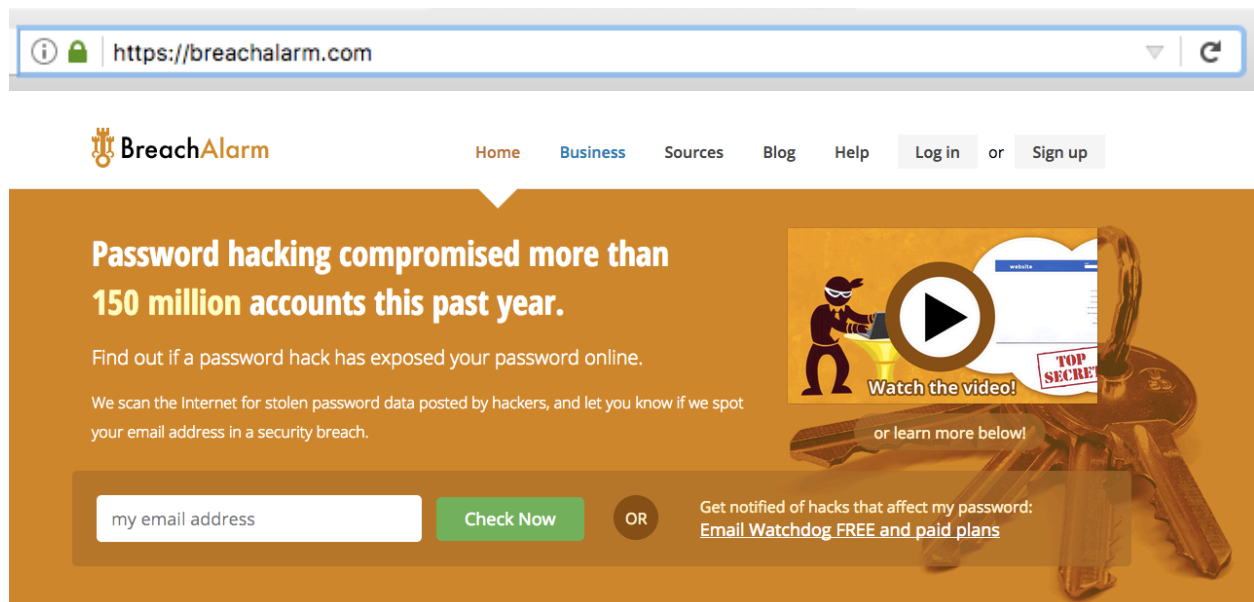
- Haveibeenpwned.com

';--have i been pwned?

STEPS TO CHECK THE CONFIDENTIALITY OF YOUR EMAIL PASSWORD

Literally millions of passwords of email accounts are stolen and are sold to the black market. These simple actions will give you an idea on whether your email and password appeared in known black markets.

1. Open a web browser, e.g. [Google Chrome](#) and type the web address (link) breachalarm.com to go to the website, as shown in the image below



2. Type your email on the “**my email address**” box and click on **Check Now**.

The following image uses the email test@gmail.com as an example:

test@gmail.com

Check Now

- 3.** You may get the following message asking you to confirm that you are a real person (don't worry about this, it is only to limit stuff bad guys do).

Tick the

 I'm not a robot

box , and **I Understand** button:



Does this address belong to you?



BreachAlarm will email the results to **test@gmail.com**.

Your IP address, , **.68.183** will be recorded.

You may only check addresses for which you are responsible. By continuing, you agree that this address belongs to you, or you are responsible for it in an administrative capacity.

I'm not a robot



I Understand



4. If you get the following message, then your password was compromised. **DO NOT PANIC!** This is your email password and you should change it immediately.

✘ Password compromised!

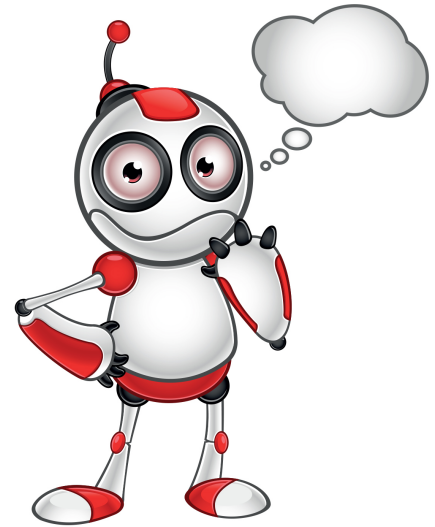
A password associated with your email address has been compromised at least 1011 time(s). The most recent recorded incident is June 23, 2018.

You should change any of your passwords that you created before this date as soon as possible. Do not reuse the same password across multiple sites!

Get more detail and notifications of future breaches!

BreachAlarm's Email Watchdog will let you know if your email address appears in any future breaches.

[Activate Email Watchdog for FREE](#)



5. If you get the following message, then your email is probably secure, but **change the password anyway**, especially if you haven't done this for a while.

✔ It looks like your passwords may be safe.

No password hacks recorded in this database have included your email address; however, it's good practice to change your critical passwords regularly and ensure they are not reused across multiple sites.

Online Dangers

- Never give your password to another person and always keep it in a secure place, i.e. in your head!
- Do not use the same password on multiple sites
- Do not click on the “Remember Password” option on your browser, especially if you are using a public or someone else’s computer.
- Change your password regularly, say every 6 months.



Lesson Assessment

Aims	Yes	No		
Can I check whether my email password was potentially for sale in the black market?				
Do I understand that I need to change my password regularly?				
Can I use confidently the breachalarm service?				