



# How Protected are You?

Objective: To learn what a password is and practice creating strong passwords to protect your information and data

## What is a Password?



## What makes a strong password and why is it important?

### Definition: Password

A protected/private string of letters, numbers, and/or special characters used to authenticate an identity or to authorize access to data.

A strong password is one that is known only to the account holder, and is not likely to be guessed by any impersonator. Adding Complexity such as special characters, Capital letters, or numbers can make this more secure. This is important as it increases security of the "front door" to someone's identity and reputation and sensitive information.

## Activity

1. Think about the complexity of the passwords for your various sites and accounts.
2. Explore the Password Strength Meter by visiting: [www.passwordmonster.com](http://www.passwordmonster.com)
3. Make up a few passwords to test... you can even test your current one.
4. Discuss with others why it is important to have a strong password.
5. Consider updating your passwords to increase their security.



How complex is your Password? How long did it take to crack? What is the strongest password you are able to remember and type? How many years did you come up with?

