

Password Hygiene

TOPIC: ONLINE SAFETY AND SECURITY

GRADES: 6-8

SOFT SKILLS: CRITICAL THINKING, COMMUNICATION

Learning Outcomes:

- Students will explain and then demonstrate the ability to develop a strong password.
- Students will understand why password hygiene is important.

Materials:

- [Password Tip Sheet](#)

Activities:

1. The teacher should begin with a review of the term cybersecurity.
2. Today's topic is a skill that allows students to have some ownership over their own online safety. Through the use of strong passwords, students are less likely to be victimized by online criminals.
3. Ask students what types of online information they would want protected with a password. In other words, if someone knows their password, what information can they find?
4. Begin the lesson by showing the video found on NOVA. Link: http://www.pbs.org/wgbh/nova/labs/video_popup/5/31/
5. After having students watch the video, place them in small groups and allow them to brainstorm ways in which they can protect themselves online. Have the groups share their lists with the class.
6. Explain that today they will expand on the topic of safe passwords.
7. Working individually, have students develop a list of 6 passwords and write them down for this activity only. These should not be their current passwords. Once complete, have the students check their passwords on <https://howsecureismypassword.net> and write down how long it would take for each one to be cracked.
8. As a class, develop a list for safe password traits (10+ characters, no dictionary words, passphrases, numbers and letters, special characters, change it often, don't reuse, keep track of passwords, don't share, etc).
9. Now have students develop three more passwords based on the rules above. Have them check and record the time it would take to crack the code, using the same website link.
10. As a wrap-up remind students that they would never readily hand someone the key to their home so they shouldn't share their passwords. Protecting our information is just like protecting our property and we need to be vigilant in our habits. Ask again for the types of information that can be taken when a password is compromised. Wrap it up by reviewing key aspects of a password. Feel free to share the Password Tip Sheet.

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Assessment/Enrichment:

1. Have students complete an exit ticket in which they list three traits of a secure password and two reasons as to why they need a secure password.
2. Students can work in groups to develop a school-wide PSA on utilizing secure passwords or present information to staff members on the need to develop safe passwords.

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