

# PASSWORD PROTECTION

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TIPS TO CREATE & MANAGE

2022

“

Treat your password like your toothbrush. Don't let anybody else use it, and get a new one every six months.

”

– Clifford Stoll



# DID YOU KNOW?

**51%**  
of people use  
the same  
passwords for  
work and  
personal  
accounts

**23M**  
account  
holders still  
use the  
password  
"123456"

**555M**  
stolen  
passwords  
can be  
found on the  
dark web



# PASSWORD123\*\*\*|

- Most user passwords are 8 characters, 1 numeric character and 1 symbol.
- Users create simple passwords to make it easier for us to remember, but simple translates to **weak**.
- People often secure their most valuable data with passwords that may not be easy to guess by humans, but **easy to crack by computers**.
- 50% chance that a password has at least one vowel.
- Numbers are most often placed at the end of the password.
- Statistics show females use personal names (family, friends, pets, etc.) Males use their hobbies (sports team, favorite player, etc.)
- Most common symbols used are: !?@\$%&#~

## IF WE KNOW THIS...THEN HACKERS KNOW THIS!

### TOP 5 PASSWORDS FROM 2022

- 1. 123456** (2.5M exposed, cracked in less than a second)
- 2. 123456789** (960K exposed, cracked in less than a second)
- 3. Picture1** (362K exposed, cracked in 3 hours)
- 4. Password** (360K exposed, cracked in less than a second)
- 5. 12345678** (322K exposed, cracked in less than a second)

Source: NordPass

### BREACHED PASSWORDS IN 2022

- 1. Qwerty** (157K exposed, cracked in less than a second)
- 2. Pokemon** (37K exposed, cracked in less than a second)
- 3. Trustno1** (18K exposed, cracked in 3 hours)
- 4. Letmein** (17K exposed, cracked in less than a second)
- 5. Passw0rd** (16K exposed, cracked in less than a second)

Source: NordPass



# WHAT YOU CAN DO TO PROTECT YOUR PASSWORDS

- Do not share your password, even with family members.
- Do not use same password across multiple sites.
- Do not save your password to your browser.
- Do not write down your password or store passwords in a document.
- Make passwords easy to remember but hard to guess.
- Use phrases, such as, idoNOTlikegreenEGGS@ndh@m
- Use a Password Manager tool.
- Activate Multi-factor Authentication wherever possible

# CREATE A PASSPHRASE

## WHY A PASSPHRASE?

Automated password-cracking botnets can crack:

- 8 letter passwords in about 30 minutes
- 10 characters in less than 3 months
- 10-character passwords with a couple of symbols and numbers, will take years to crack.



## WHAT'S A PASSPHRASE?

- A passphrase is a series of words, letters, symbols and numbers that references the lyrics to a song, poem, or easy to remember phrase that is 10 or more digits long.
- You can use the first letter of each word with a combination of numbers and symbols to make it even harder to guess.



THANK YOU



Stay Cyber Safe.