

# PASSWORDS

Cecilia Maundu

# What is a password?

A password is a secret code or phrase used to gain access to something

A unique string of characters that allows you access to a computer or system.

A secret word or combination of letters used to communicate with another person.

# Why are passwords important?

- Protect security and identity
- Keeps data safer/ confidentiality
- Provides access to information
- Protects personal info
- To reduce the chances of viruses attacking your computer/phones.
- Protect hackers from accessing your computer to get into other computers.
- Protect yourself from hackers using your addresses to send malicious messages
- Staying safe from cyber criminals



# Ways in which accounts can be compromised

- Through social engineering
- Through phishing/spams
- When using public wifi
- Via brute-force attacks (guessing)
- Writing down passwords
- Sharing passwords with others
- Public working stations
- Key loggers that may watch you type your password and send it to the hacker

# How can we protect our passwords then?

1

Do not share  
you password

2

Do not write  
down your  
passwords in a  
book/sticky  
notes e.t.c

3

Do not say it out  
loud

4

Do not mail it to  
your co-worker

5

Do not give  
hints about your  
password

6

Avoid repeating  
your password

7

Make it strong  
enough

## *How to create strong passwords*

The rule of the thumb is, harder to guess,  
easy to remember i.e strong-memorable

Creating strong passwords is based on 2  
things which are mainly;

# Complexity in characters

- Mix letters with numbers and symbols e.g.  
LovERoVlife26, drEAMcha\$\$er, p@ssWorD55!!

# Length

- At least 8 characters or more. The longer, the better.
- Use of a passphrase
- Enable two-factor (2FA) or multi-factor authentication (MFA).
- Create a password manager policy.



# *How to remember these passwords*

- Use memorable phrases e.g. ILoveIceCREam22!!, IloVEMybeerKold!!,
- Use password manager that can help you store your passwords in one place . Hassle free! E.g. KeePassx, mSecure Password manager, robot form. e.t.c

# What is a password manager

- A password manager is as “a software application designed to store and manage online credentials. It also generates passwords. Usually, these passwords are stored in an encrypted database and locked behind a master password.”
- Most popular password vaults function as cloud applications that can be accessed through a browser. Regardless of your password manager of choice, you’ll have to create one strong master password that will protect all your stored credentials used to access the different services you use; so be very careful about your choice. In the case of a cloud-based manager, this is part of creating an account.

# Password Managers

- A great password manager can be a game-changer. Most of us have scores of online accounts, and it's all too easy to fall into the habit of reusing the same password for multiple different sites. It might be convenient, but it also leaves us in real danger; if just one of those sites is compromised, all your accounts will be at risk.
- A password manager will not only save you the effort of remembering dozens of different logins for all your online accounts, it will also help keep them secure by generating strong passwords that are impossible to guess, and storing them all safely in an encrypted vault.

# Benefits of a password manager

- You don't have to memorize all your passwords anymore.
- They can auto-generate highly secure passwords for you.
- They can alert you to a phishing site.
- Many password managers sync across different operating systems (OSes)
- They help protect your identity.

# Examples of password managers

- Choosing a password manager is an important decision to make.
  1. Dashlane
  2. Last pass
  3. Keeper
  4. RoboForm
  5. logMeOnce
  6. Nordpass
  7. mSecure
  8. 1Password



# QUOTE:



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



Thank you! <3

Understand **PASSWORDS** better:



# World password day

- Each year on the *first Thursday in May*, World Password Day promotes better password habits. Passwords are critical gatekeepers to our digital identities, allowing us to access online shopping, dating, banking, social media, private work, and life communications. In a cyber world, secure passwords are important.



# Resources

- <https://onlineharassmentfieldmanual.pen.org/>
- <https://internews.org/resource/safe-sisters-toolkit>

# Contacts

Cecilia Maundu  
DIGITAL SECURITY EXPERT  
Tel: +254721231249  
Email: [Cmaundu@gmail.com](mailto:Cmaundu@gmail.com)