



# Password Management

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# Why Password Management?



The risks of weak or repeated passwords



Identity theft



Data breaches



Unauthorized access to personal or sensitive data



The role of passwords in digital security

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## Creating Strong Passwords

- Guidelines for creating a strong password:
- Length: The longer the password, the better
- Complexity: Mix up letters, numbers, and symbols
- Variety of characters: Use both upper and lower case letters
- Avoid personal information: Never include easily accessible personal info (like birthdays or names)
- Importance of having unique passwords for each account



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# Password Managers

- What is a password manager?
- Benefits of using a password manager:
  - Helps store and manage passwords securely
  - Can generate strong, unique passwords
  - One master password to remember
- Examples of password managers: LastPass, 1Password, Bitwarden, etc.
- Two-Factor Authentication:
  - Explanation of two-factor authentication (2FA)
  - How 2FA provides an extra layer of security
- Examples of 2FA: Text message codes, biometric verification, authentication apps