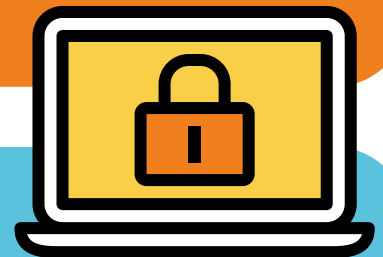# Passwords and Cyber Resilience

Watch the above video

This video shows a young person creating a very simple password which can be easily guessed. They then write it down for others to see. Once Learners have watched the video discuss the following question:

Question: Is John cyber resilient?

Answer: No – John used a password that is very easy to guess by using his name and date of birth. He also wrote it down where others could see, making it easy for anyone to steal. Discuss what might make a password more secure and other options John may have used.