

Secure Our World Animation: Strong Passwords—Audio Description

“Keep your accounts safe with strong passwords and password managers.”

A laptop opens with a lock image on the screen.

“If a criminal gets into your online accounts, they can steal data, money or even your identity.”

A login screen appears with “123456” typed into the password field.

“Do you know the number one way these criminals get in? It’s via weak passwords! Strong passwords are your first line of defense! Here’s how to strengthen your passwords. One, make them LONG—at least 16 characters!”

The password field zooms in to show a new, long password typed in.

“Two, make them RANDOM. That means no personal info someone could find like your favorite team or pet’s name.”

A “Hawks_Fido” password is typed into the password field and a “No” symbol is stamped on top of it.

“Three, make them UNIQUE. That means each one is different.”

Several examples of unique passwords pop up on screen, such as “cXmnZK65rf*&DaaD.”

“Now, here’s a trick to remember all those strong passwords: DON’T. Instead, use a password manager, an easy-to-use program that maintains your passwords.”

A phone appears on screen with a password manager download button on the screen.

“Search a trusted source for a password manager that’s right for you. Put it on all your devices.”

More examples of long, unique passwords pop up on screen around the cell phone.

“A password manager will create strong passwords using random strings of letters, numbers, and symbols, store them, and automatically fill them on each site or app.”

The password pop-ups fade away leaving the cell phone with a login screen and a password manager logo above it.

“You just make up one strong password to get into the password manager. To make one that you can remember, use five to seven unrelated words that paint a memorable picture, like: ‘Horse purple hat run bacon shoes.’ Use creative spelling to make it even better!”

“H0rsPerpleHatRunB@yconShoos” is typed into the password field on the login screen.

“Start upgrading your passwords today and make it much harder for someone to steal your valuable information!”

The CISA Secure Our World logo flies on screen.

“Using strong passwords is one way to Secure Our World. Share these tips and help a friend stay safer too. For more, go to cisa.gov/SecureOurWorld.”