

Strong vs. Weak Passwords

40 minutes

Cyber Safety

WHAT THIS LESSON DOES

In this lesson, you will explore what passwords are and why they matter for keeping your accounts safe. Learn to spot weak passwords that are easy to guess, and create strong ones that mix uppercase and lowercase letters, numbers, and symbols. Practise with quizzes, tools, and reflections to build secure habits.

WHAT STUDENTS SHOULD BE ABLE TO DO

- Understand the purpose and importance of passwords in protecting online accounts.
- Identify characteristics and examples of weak passwords that are easy to guess.
- Recognise features and examples of strong passwords that enhance security.
- Differentiate between strong and weak passwords through practical assessment.
- Apply principles to create and evaluate secure passwords using length and character variety.

Strong vs. Weak Passwords

HOW THE LESSON RUNS
Introduction
Weak Passwords
Strong Passwords
Strong vs Weak Passwords
Most Commonly Used Passwords
Understanding Password Length and Security
Comparing Password Strength
Create Your Strong Password
Password Power Playground
Reflection