The video demonstrates the program running. First, it starts off with the program running and displaying the start function, which gives the user three options—exit, encrypt, or decrypt. If the user chooses exit, the program breaks out of the while loop and ends. If the user selects encrypt, it brings them through the encryption function, asking for numerical values for the key and the message to be encrypted. It spits out the encrypted message at the end, and vice-versa for the decryption function. You also have the option to rechoose what you want to do at the end of each option, including exit.