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Ladies and gentlemen, today we live in two worlds simultaneously. The one we are most familiar with is the physical one we interact with at every moment, the other is more subtle but just as important and it is the online world of the internet. Just as we protect ourselves in the physical world, we as a community need to come together to protect ourselves online. The easiest way we can educate and strengthen our online presence is through our passwords and updating them frequently! Your password is the key to all your data and privacy in the online world so it is important we keep up constantly with the tactics and defense for our online lives. Attached below is a graph we can use to understand how weak our current passwords are and strong they can become.

umber of haracters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	1 sec	5 secs
7	Instantly	Instantly	25 secs	1 min	6 mins
8	Instantly	5 secs	22 mins	1 hour	8 hours
9	Instantly	2 mins	19 hours	3 days	3 weeks
10	Instantly	58 mins	1 month		5 years
11	2 secs	1 day	5 years		
12	25 secs	3 weeks			
13	4 mins	1 year		100k years	2m years
14	41 mins	51 years		9m years	200m years
15	6 hours	1k years	43m years	600m years	15 bn years
16	2 days		2bn years	37bn years	1tn years
17	4 weeks	800k years	100bn years	2tn years	93tn years
18	9 months	23m years	6tn years	100 tn years	7qd years

As we can see it can take even an apprentice level hacker minutes to crack seemingly sophisticated passwords. These are the same passwords protecting your bank information, credit cards, social media accounts, and devices. It is paramount that we begin to treat the safety of our passwords as we would the safety of our homes and protect our livelihoods. I understand it may be easy to forget long passwords, but there are ways to secure our memories such as private notes, written passwords, and security applications. You have every right as American citizens to protect yourselves both physically and metaphysically, it's time we took our data seriously.

Sources:

Fripp, C. (2021, March 22). *Use this chart to see how long it'll take hackers to Crack Your Passwords*. Komando.com. Retrieved April 4, 2023, from

https://www.komando.com/security-privacy/check-your-password-strength/783192/