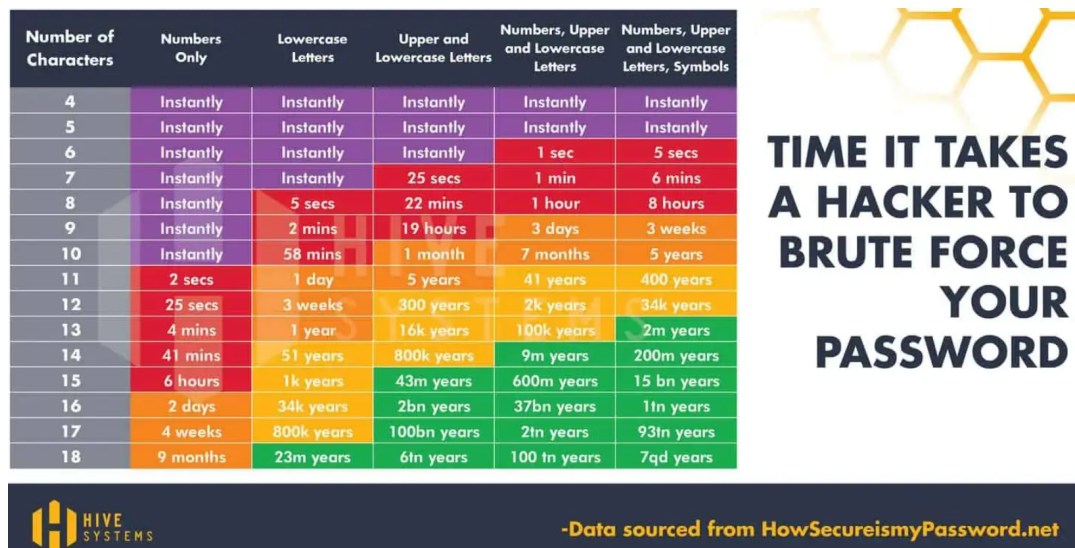


Raymond Pichardo

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.



As we can see it can take even an apprentice level hacker minutes to crack seemingly sophisticated passwords. Not only is it important that we create strong passwords but that we also revise them often as to always be safe. This adds another layer of protection onto your already better 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/>