

Identifying Yourself



LESSON PLAN

	Time	Slide
Learning objectives <ul style="list-style-type: none">• An understanding of the security aspects of authentication and passwords• An understanding of how to choose a good password• Ability to create a strong password	— : —	0
1. Authentication (Who am I?)	2 : 00	1
Passwords help to prove your identity online. Good passwords make it possible to uniquely prove who you are, without someone else being able to pretend to be you. They are unique, random, long and secret but still memorable.	— : —	
DO consider two-factor authentication. DO make conscious decisions about security when choosing passwords.		
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	Time	Slide
2. Mnemonic Passwords	2 : 00	2
Phrases can be easier to remember than complex passwords. Take advantage of this by using a phrase to remember a password.	_ : _	
DO use mnemonics to make passwords that both memorable and strong.		
Notes: _____ _____ _____ _____ _____		
3. The Diceware Method	2 : 00	3
The Diceware Method can create a password that is random, unique, long and memorable by using dice rolls to choose words from a list make a password.	_ : _	
DO use the Diceware Method to create passwords that are long and memorable.		
Notes: _____ _____ _____ _____ _____		



	Time	Slide
4. Password Managers	2 : 00	4
Password managers are programs that remember passwords for you.	_ : _	
DO consider password managers if you access many accounts frequently.		
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Practice

Discussion Questions:

- > What methods of authentication have you used (smart card, licence, passport, password, PIN, etc.)?
- > Have you used two factor authentication anywhere?
- > Has anyone discussed how they make passwords before?
- > Does anyone reuse their passwords, why?
- > Does anyone write their passwords down?

Practicing the Mnemonic Method and the Diceware method is recommended after this session. The practice of creating a few passwords using each method illustrates the benefit of both. Participants with a pen and paper can perform the exercise. It is better to use a dice, but online dice websites are available, which is acceptable for a demonstration.



Glossary of Terms

Diceware method	A method of creating long random passphrases using dice and a word list.
Encryption	A process of converting information to a form unreadable to untrusted parties that still contains the original information and is able to be read by the intended recipient.
Mnemonic	A system or pattern of ideas or associations which assists in remembering something.
Passphrase	A phrase used to identify a person as it is only known to them.
Password	A word used to identify a person as it is only known to them.
Password manager	An application that assists in managing passwords.
Phishing	A fraudulent practice or pretending to be a from a reputable company in order to induce people to give their personal information (a contraction of Phone fishing).
PIN	A Personal Identification Number, a secret code used to identify a person, usually for a bank transaction.
Smart card	A card with an integrated computer chip in it.
SMS code	A code is sent to your mobile device as a text message (SMS – Short Message Service) as part of an identification process.
Two-factor authentication	A system for identifying a person that uses two components that operate independently and avoid a common point of compromise.
Username	A unique name given to a computer system or service user. Used together with a password it can identify an individual.