



Password Superhero Training!

Welcome, future Password Superheroes! Get ready to learn how to protect your digital world with super-strong passwords. Let's start your amazing adventure!

LEVEL 1

Why Are Passwords So Important?



Protect Your Stuff

Passwords keep your games, photos, and messages safe from strangers.



Guard Your Treasures

Just like a superhero protects their secret base, passwords protect everything special to you online!



Keep Family Safe

Strong passwords help protect your whole family's information and keep everyone secure.

Good Passwords vs. Bad Passwords

😞 Bad Password Examples

📄 Never use these!

- "password" or "123456"
- Your name or birthday
- Simple words like "cat" or "fun"
- Same password everywhere

Bad guys can guess these in seconds! They're too easy and not safe at all.

😊 Good Password Examples

📄 Much better choices!

- "BlueDino\$Jumps47!"
- "Pizza@Rocket*Moon9"
- "Super#Tiger!Fly23"
- Different for each account

These are strong, unique, and super hard to guess. You're already thinking like a superhero!

🌟 LEVEL 3

The Secret Recipe for Super-Strong Passwords

01

Make it LONG

At least 10-12 characters - longer is stronger!

02

Mix it UP

Use big letters (A-Z), small letters (a-z), numbers (0-9), and symbols (!@#\$)

03

Get CREATIVE

Combine random fun things you love:
"Purple7Unicorns!Dance"

04

Keep it SECRET

Don't use words people can easily guess about you

05

Make it UNIQUE

Every account needs its own special password - never share!

 LEVEL 4

Practice Time: Create Your Own!



Pick 2 Fun Things

Choose two things you love: animals, colors, foods, or hobbies. Example: "Robot" + "Pizza"



Sprinkle Symbols

Add special symbols like ! @ # \$ *. Now: "Robot42@Pizza!"



Add Some Numbers

Mix in your favorite numbers or random ones. Now it's "Robot42Pizza"



Mix Up the Letters

Make some letters big and small: "RoBOt42@PiZZa!" - Perfect!

Try it yourself! Write down your practice password on paper, then keep it in a safe place only you know about.

Password Safety Rules: The Superhero Code

Never Share

Never tell ANYONE your password - not even your best friend. Real friends won't ask!

Keep it Hidden

Don't write passwords where others can see them. Keep them secret and safe!

Tell a Grown-Up

Parents or teachers can help keep your passwords safe. They're on your superhero team!

Change When Needed

If something feels wrong or someone might know your password, change it right away!

 **Remember:** A real superhero never gives away their secret identity - and you should never give away your password!

You Did It!



Official Password Superhero

You've completed your training and earned your superhero status!



Super Skills Unlocked

You now know how to create strong passwords and keep them safe



Digital Defender

You're ready to protect yourself and help others stay safe online

Congratulations, Password Superhero! Keep using what you learned to stay safe online every day. The internet is lucky to have you protecting it!



About Cybersecurity Non-Profit (CSNP)

"Making cybersecurity knowledge accessible to everyone through education, community, and practical resources."

Our Free Programs for Everyone

- **Business & Non-Profit Security** - Protecting organizations of all sizes
- **Family Cybersecurity** - Keeping your whole family safe online
- **Kids Safety** - Fun learning for young digital citizens
- **Senior Digital Safety** - Technology confidence for older adults
- **Women's Security** - Empowering digital safety and privacy
- **Parents & Educators** - Tools to teach and protect children

Learn more: Visit csnp.org or explore our free resources at csnp.org/resources