

CYBER HOUSE ROCK

Teacher Guide

1. Lesson Overview

Lesson Title: I'm Just a Password

Cyber House Rock Video: <https://cyberhouserock.info/video/im-just-a-password/>

Topic Category: Password Safety

Grade Band: 5-8

Estimated Time: 45 minutes per session

Lesson Type: Core

Materials Needed:

- Video access to cyberhouserock.info
- Projector or screen
- Printed activity sheets
- Tip Sheet
- Internet access
- Whiteboard / chart paper

2. Learning Objectives

By the end of this lesson, students will be able to:

1. Explain why passwords are important, and what makes a strong one.
2. Identify the five key strategies on the tip sheet (Complex, no reuse, MFA, Password manager, Caution on public wifi).
3. Apply the strategies by turning weak passwords into strong ones.

3. Key Vocabulary

Strong Password – A password that is long, uses different kinds of characters and is hard to guess.

Reuse – Using the same password for many accounts.

MFA – Multi-Factor Authentication, an extra check after you type a password to login.

Password manager – A safe app that remembers all your different password for you.

4. Background for the Teacher (1 Page Max)

“I’m Just a Password” teaches that passwords are the first line of defense for your online accounts. The tip sheet gives five simple ways to make passwords stronger and secure: Make them complex, never reuse them, turn on MFA, use a password manager and be careful on public Wi-Fi.

In real life weak or reused passwords are often the easiest ways hackers get into accounts. A common misconception is that a “password is fine since it meets requirements”, when in reality if it is reused for accounts and it gets leaked it can be devastating. The truth is, reusing passwords is one of the most common ways people get their accounts hacked.

Students need to understand these smart habits and how to protect their online accounts in an ever-growing online world. These password tips are lifelong skills to stay safe online.

5. Lesson Flow (Step-by-Step Plan)

A. Hook (5 minutes)

Ask the students to consider how many of their passwords have a birthday, or a pet's name in it. The estimate is ~82% of the population uses easily guessable passwords. Do not ask the students what their password is.

B. Watch the Video (3–5 minutes)

Before watching:

- Ask students to listen for strategies to keep passwords secure/safe.

After watching:

- What message did you hear?
- What surprised you?
- What would you tell a friend about passwords?

C. Guided Discussion (10 minutes)

1. Why do we need strong passwords?
2. What makes a password “complex”?
3. Why is it dangerous to reuse the same password multiple times?
4. What is MFA? Why is it useful?
5. How does a password manager help?
6. What can be a danger of public Wi-Fi?

D. Interactive Activity (15–20 minutes)

Activity Name: Password Strength Sort

Purpose:

Students apply the concept by looking at passwords and choosing if they are Weak or Strong. Then if it is a Weak password they will fix it to make it stronger.

Instructions (Teacher Script-Friendly):

1. Divide students into groups of 3-4
2. Give each group:
 1. Printed copy of the “I’m Just a Password” tip sheet.
 2. Printed copy of the Password Strength Sort.
3. Ask them to follow the directions on the sheet
4. Debrief with the whole class, going through each question asking students to share.

E. Reflection / Exit Ticket (5 minutes)

Students respond:

- The password habit I will start this week is _____.

Can be paper, Google Form, or verbal.

6. Assessment Options**Formative:**

- Discussion participation
- Activity responses
- Group reasoning

Summative (Optional):

- Short paragraph response
 - If you gave a friend one tip about password security, what would it be and why?

7. Extension Activities

For teachers who want more:

- Family conversation prompt:
 - Ask students to have their parents, siblings or friends look at the tip sheet and discuss it with them.

8. Real-World Connection

Include:

- How this applies
 - This applies to legitimately every online account, whether it's a bank account, social media, school, gaming, etc.