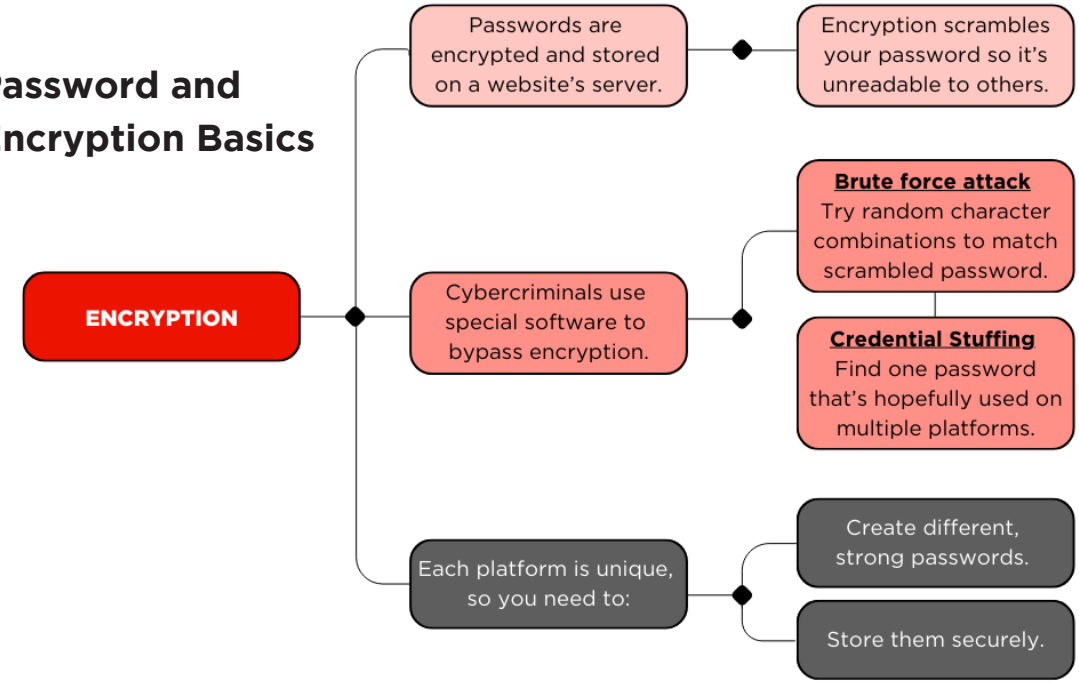
Passwords, Passkeys, and More

Password and Encryption Basics



Creating and Managing Passwords Securely

Method	Important Details
Single Sign-On (SSO)	• Create and manage one strong, complex password. • If password is breached all linked accounts are at risk.
Two-Factor Authentication (2FA)	• Log in with username and a code sent to your device.
Multi-Factor Authentication (MFA)	• Log in with your username, password, and a code sent to your device or a fingerprint or face scan.
Passkeys	• No passwords to remember, safest from cybercriminals • Device-specific; difficult to recover if device is lost/stolen.
Password Managers	• Generates and securely stores your passwords for you. • Device-based (Passwords app for iOS, Safari or Google Password Manager feature in the browser) • Third-party apps/browser extensions like the ones below

1Password bitwarden DASHLANE NordPass

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