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Speaker 1 ([00:00](#)):

Three, two, one, zero.

Speaker 2 ([00:01](#)):

Educationality.

Monica Mobley ([00:06](#)):

Welcome to Educationality where we explore all things education. I'm your host, Monica Mobley, and this is my co-host...

Sadie Jenkins ([00:13](#)):

Sadie Jenkins. Welcome back everybody. We are here for our third teacher tip of the day in celebration of International Podcast Day.

Monica Mobley ([00:22](#)):

International Podcast Day. We love that. This tip addresses a very underappreciated but extremely important area of advice for school, cyber security. Most people don't know it, but schools are the number one target for cyber security attacks.

Sadie Jenkins ([00:37](#)):

That's right. And there's so much student data in relatively unused social security numbers that schools are a hot spot for hackers.

Monica Mobley ([00:48](#)):

Yeah, that's pretty scary. For that reason, we asked for a tip from our behind the scenes technology support coordinator, Alan Floyd. He kindly agreed to record some important tips to help teachers be cyber safe.

Sadie Jenkins ([00:58](#)):

We bring you Alan Floyd, everyone.

Alan Floyd ([01:01](#)):

Today. I'd like to share a cyber security tip, the importance of passwords. Passwords provide the first line of defense that gets unauthorized access to your computer and personal information. The stronger your password, the more protected your computer will be from hackers and malicious software. You should maintain strong passwords for all accounts on your computer. Here's some useful tips for creating strong passwords and keeping your information secure.

Alan Floyd ([01:26](#)):

Use a unique password for each of your important accounts, i.e email and online banking. Do not use the same passwords across multiple accounts. Your passwords should be at least eight characters long, passwords should consist of lowercase and uppercase letters, numbers, and symbols. A long password will offer more protection than a short password if it's properly constructed. Do not use personal

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information such as your name, age, date of birth, child's name, Pat's name, or favorite color or song when constructing your password. Always log off or sign out if you leave your device for the day. It just takes a few seconds to do so, and it'll have to ensure that no one uses your system for malicious purposes.

Alan Floyd ([02:09](#)):

If possible, avoid entering passwords when connected to unsecured wifi connections, like if you're in an airport or coffee shop. Hackers can intercept your passwords and data over unsecured connections. Never, ever tell your password to anyone most importantly. Change your passwords regularly and avoid using same passwords over and over again. Never write down your passwords, especially on a sticky paper hidden underneath your workstation or telephone. Someone will find it. Always select never when your internet browser asks for your permission to remember your passwords. We all have a responsibility to keep our information secure. These guidelines will help you avoid most of the pitfalls you may encounter along the way.

Monica Mobley ([02:55](#)):

Very good advice. I think we're all guilty of at least one of those cyber sins.

Sadie Jenkins ([03:00](#)):

I'm sure we are. But let's move past our guilt and get into some trivia.

Monica Mobley ([03:05](#)):

Let's do it. But first, how do our listeners reply with their trivia answers.

Sadie Jenkins ([03:09](#)):

Listeners text your answer with your name and school to 870 569 6789. Again, that's three things. Your name, your school, and answer text to 870 569 6789.

Monica Mobley ([03:31](#)):

Thanks, Sadie. We will repeat that number again after the question, but meanwhile, here we go. Third question of the day. What was the most downloaded podcast ever? Again, what was the most downloaded podcast ever?

Sadie Jenkins ([03:49](#)):

Okay, Text your answer, your name, and your school to 870 569 6789. Good luck.

Monica Mobley ([03:58](#)):

And let's remind our listeners of the prize they could win.

Sadie Jenkins ([04:00](#)):

Yes, so the listener who submits the most correct responses to the questions...

Monica Mobley ([04:06](#)):

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One submission per question, please.

Sadie Jenkins ([04:08](#)):

... will be entered to win an Educationality gift bag and one free registration to see Marcia Tate in person this summer. You have until midnight Sunday, October 2nd to get your submissions in.

Monica Mobley ([04:23](#)):

All right, well, that's our third episode of International Podcast Day. We will catch you again at 10:00 AM. Have a great morning.

Sadie Jenkins ([04:29](#)):

Goodbye

Speaker 2 ([04:29](#)):

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