In the past year, 21% of people use passwords that are over 21 years old. This means you created your password when Brad Pitt and Jennifer Aniston were still together.

47% of people use passwords that are at least 47 years old. This means you created your password before the first iPad came out.

73% of online accounts are guarded by duplicated passwords. To illustrate the sad state of affairs, the five most popular passwords in 2014 were: 123456, password, 12345, 12345678, and qwerty.

Despite worries about online security and password strength, many people are still using weak, old or repeated passwords that are easily hacked. Your own worst enemy is the domino effect. I've been using my birthday as my password for years!

As if insufficient passwords weren't enough, using the same password on multiple accounts – another common mistake – can create a 'domino effect' that allows hackers to take down multiple accounts by just cracking a single password.

The protection you need is two-factor authentication (2FA). Without proper protection, this freedom comes with risks. Passwords are easy to steal or hack, but 2FA can help protect you from a potentially devastating account breach. The protection you need is to protect your sensitive accounts.

Luckily, it already exists. Over 68% of people who use 2FA feel their accounts are more secure.

Join the conversation: #TurnOn2FA

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