

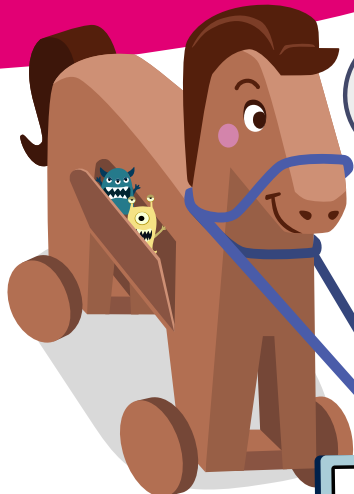
AwareNessi

The fantastic security
activity book
for children and adults



What are viruses and Trojans?

Fake horses, infected computers,
and little pests



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EVERYONE'S ONLINE!
IS EVERYONE SAFE?
CHILD'S PLAY!



Dear kids and adults,

The internet makes many things easier and can be a lot of fun. But beware: There are many dangers on the internet, too. What are the dangers of viruses and Trojans and how can you get out of their way? AwareNessi tells you about it in this issue. We hope you enjoy exploring the world of the internet.

By the way: We sometimes use male pronouns and professions in this book, but everyone – young and old – should feel included.

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Have you noticed the icons next to some chapters? They show you where you'll find fun, exciting, and relaxing activities for you to do.

A click with a nasty trick



It was a Wednesday afternoon and fat raindrops had been pattering against the windows for hours. “It’s been like that all day,” said Danica to her brother Finn, “and it doesn’t look like it’s going to stop anytime soon.” She had finished her homework a while ago and the two of them were looking forward to meeting their friends at the playground. “Can’t you look that up on the internet? I mean, when the rain will stop,” Finn asked his older sister. “You’re right, good idea!” she answered.

They wasted no time before asking their mom for permission and sitting down in front of the computer. Danica entered the following in the search engine: “When will it stop raining today?” The site displayed a long list of results. Danica clicked the most promising link. But another window also popped up on

the screen in addition to the requested page. Danica read the window text out loud to her brother: “Do you always want the latest weather report? Then download this program!” “That sounds pretty good,” said Finn. “Yeah, right?” Danica clicked the window. Suddenly, everything on the computer got very slow. The cursor hardly moved at all and then froze completely. Danica pressed a few keys on the keyboard, but nothing happened then, either. “Oh no! What’s gone wrong now?” Finn whimpered, staring at his sister with his eyes wide open. Fortunately, AwareNessi was on the spot immediately.

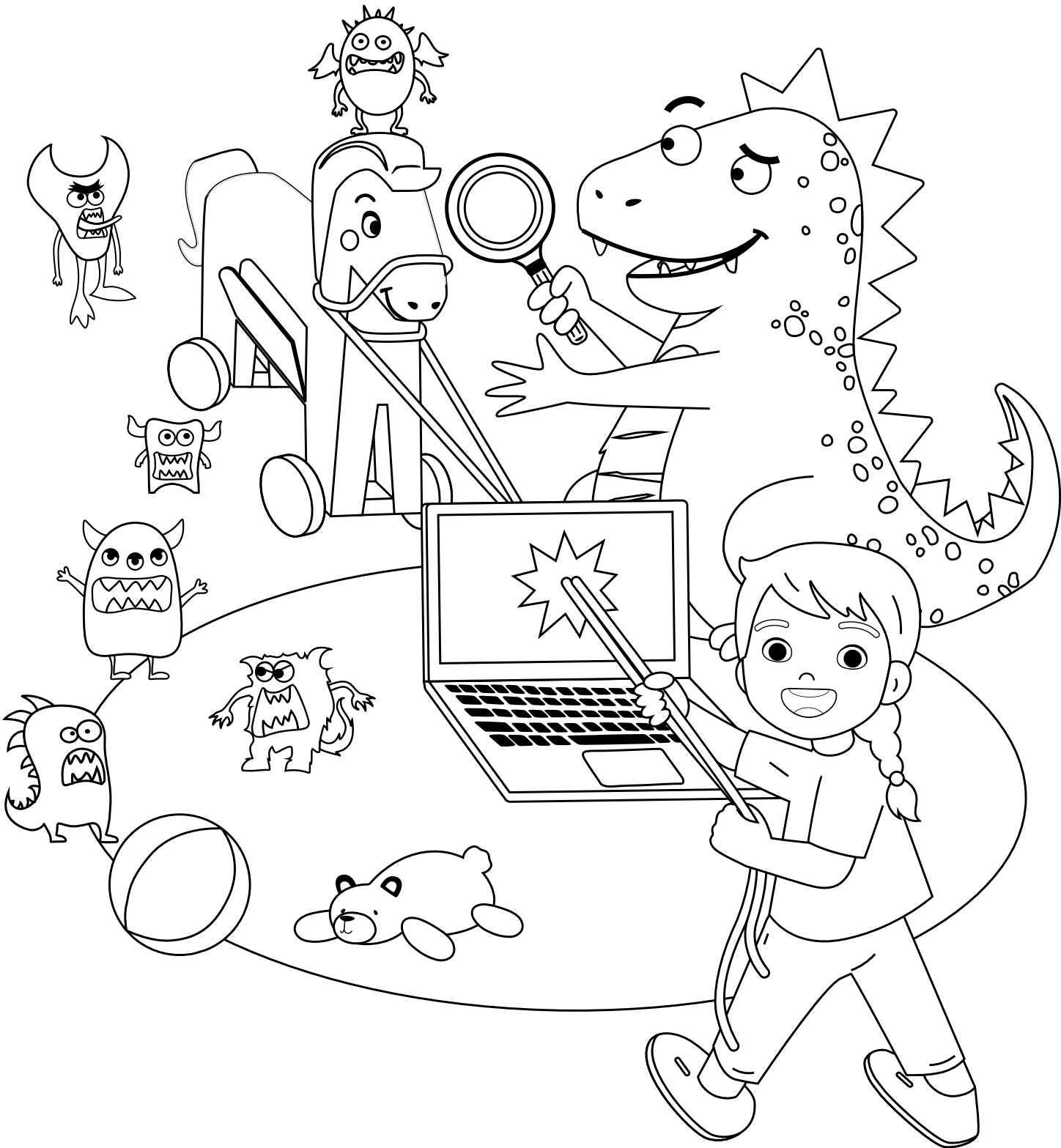
Hi, kids! Oh dear, that doesn't look good at all. I think your computer has caught a virus.



“A virus?” asked the siblings in one voice. “I thought they only gave you a cold,” said Danica. “Yes, it’s actually a little bit like that. Computer viruses make your computer sick, so it no longer works properly. Then your screen can freeze – that’s what we call what happened to you – or files can disappear. But like with colds, there is medicine against computer viruses. Don’t worry, I’ll take care of your sick computer.”



Viruses are nasty!
Give these bad guys a little color - then they
won't look as threatening.



Little pests called "viruses"

There's a lot to discover on the internet, but unfortunately, not all of it is good – like computer viruses. They're nasty little programs that can sneak into your computer, often unnoticed. They hide in email attachments or links, for example. Some viruses are especially smart: They download themselves to your computer unnoticed when you only open a website.



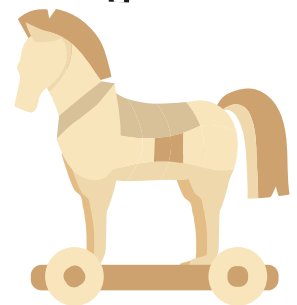
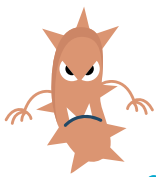
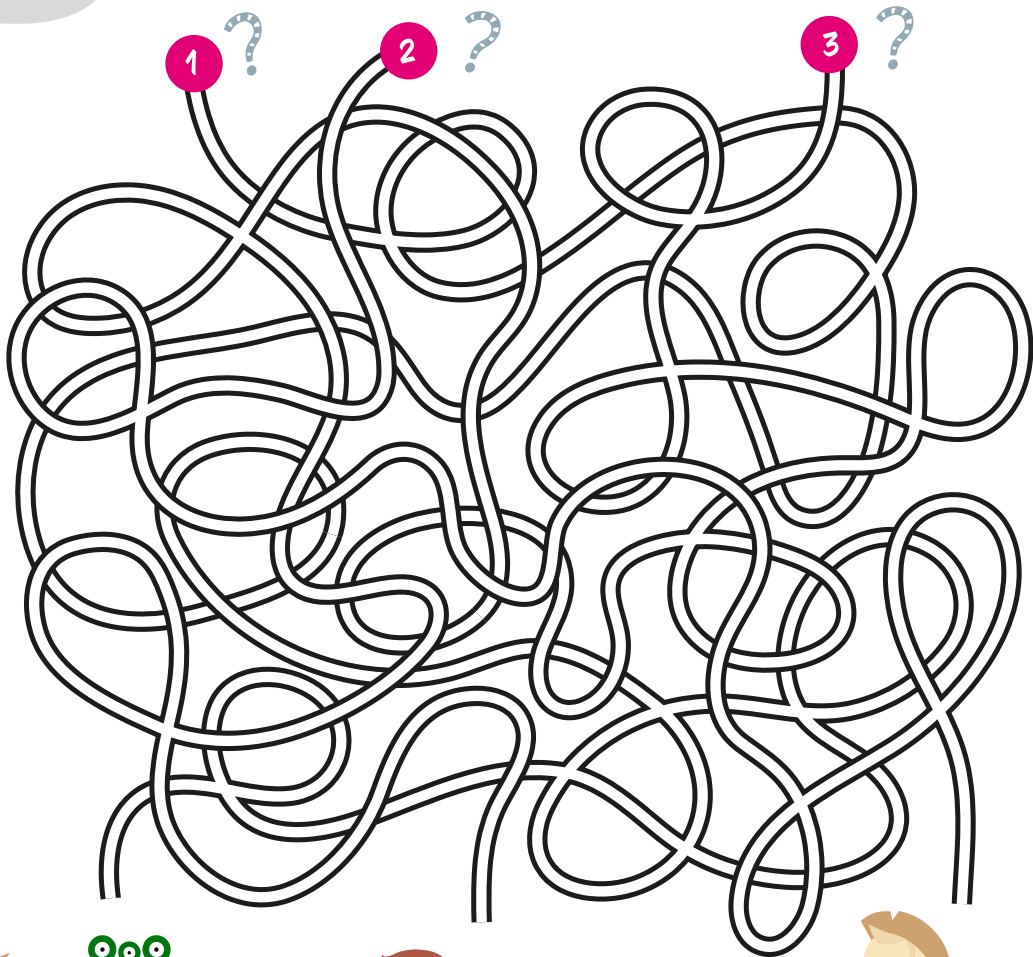
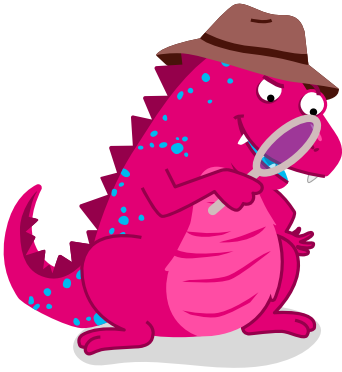
Computer viruses are almost as old as computers themselves. Smart people have been thinking about the potential dangers of harmful programs for a long time, but computer viruses only started spreading in the 1980s. Since then, they've become increasingly nasty and clever. New ones are spreading constantly.

A Trojan, or Trojan horse, is a frequent, especially sneaky kind of virus. It pretends to be something it isn't: for instance, a harmless email with an apparently benign attachment. You'll learn more about computer viruses and how you can protect yourself from them later.

Keep your eyes open on the internet



When you're on the internet, it's important to always pay very close attention – just like in this game. Can you help me get to Danica and Finn?



When computers get infected

Computers can get sick. Not like people, of course, but when a computer catches a virus, it gets weaker and doesn't work as well anymore – just like us.



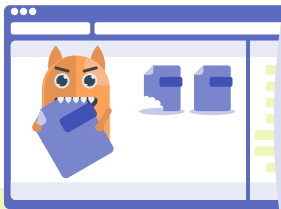
Where do viruses come from

Computer viruses are programmed by bad people. Some of them do it simply because they enjoy irritating other people. But many have even worse intentions: They want to spy on you, steal your data, or force you to give them money.



What do viruses do with my computer

Not every virus breaks everything on the computer right away. Some viruses remain undetected for a long time, slowing your computer down more and more. Other viruses work very quickly, and suddenly you can't even open a file. Criminals often use dangerous viruses like this. They want you to give them money in exchange for making your computer work again.

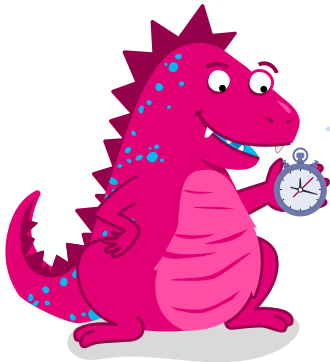


How can we protect ourselves against computer viruses

There are programs that protect you against viruses, called “antivirus software” (“anti” means “against”). They keep these nasty pests away from your computer. And if one does sneak in, the software finds it and hunts it down. In addition, you should save your important files regularly on a USB stick. Then you'll have everything twice, just to be on the safe side. That's why it's called a “backup copy”.



Where are the viruses?



If you hope to have a chance against viruses, you have to find them fast. Can you find all nine viruses that are hiding in this picture?



Golden dragon wisdom:

1. Be alert: Viruses are experts at hiding!
2. Every computer needs antivirus software – it tracks down the little pests.
3. The faster you find and remove a virus, the less damage it can do.

A horse in your computer

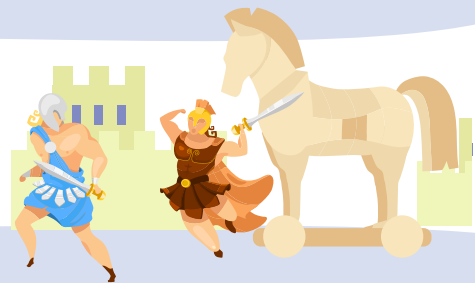
There are many different viruses in nature and computer viruses are no different. One type of virus that is often found is a Trojan.



What is a „Trojan“

A Trojan pretends to be something it isn't. Imagine you get an email, for instance. It looks like your school is sending you pictures from your last field trip. But in reality, the email is a fake and a Trojan is hidden in the pictures. When you open the alleged photos, you open the door to your computer to the Trojan and let it spread on your hard drive.

Why are they called "Trojans"



Trojans are much, much older than any computer. More than 3,000 years ago, Homer – a poet – wrote a story about King Odysseus. He had an ingenious idea for capturing the city of Troy: He gave the city's residents a giant horse made of wood on wheels – allegedly as an apology for the long siege. The Trojans accepted the gift and took it into their city. But they didn't realize that King Odysseus' soldiers were hiding in the horse. After nightfall, they climbed out, secretly opened the city gates, and let the other soldiers in. A Trojan virus tries to make you think it's harmless, too. But in reality, it can break everything when it's on your computer.

What can we do against „Trojans“

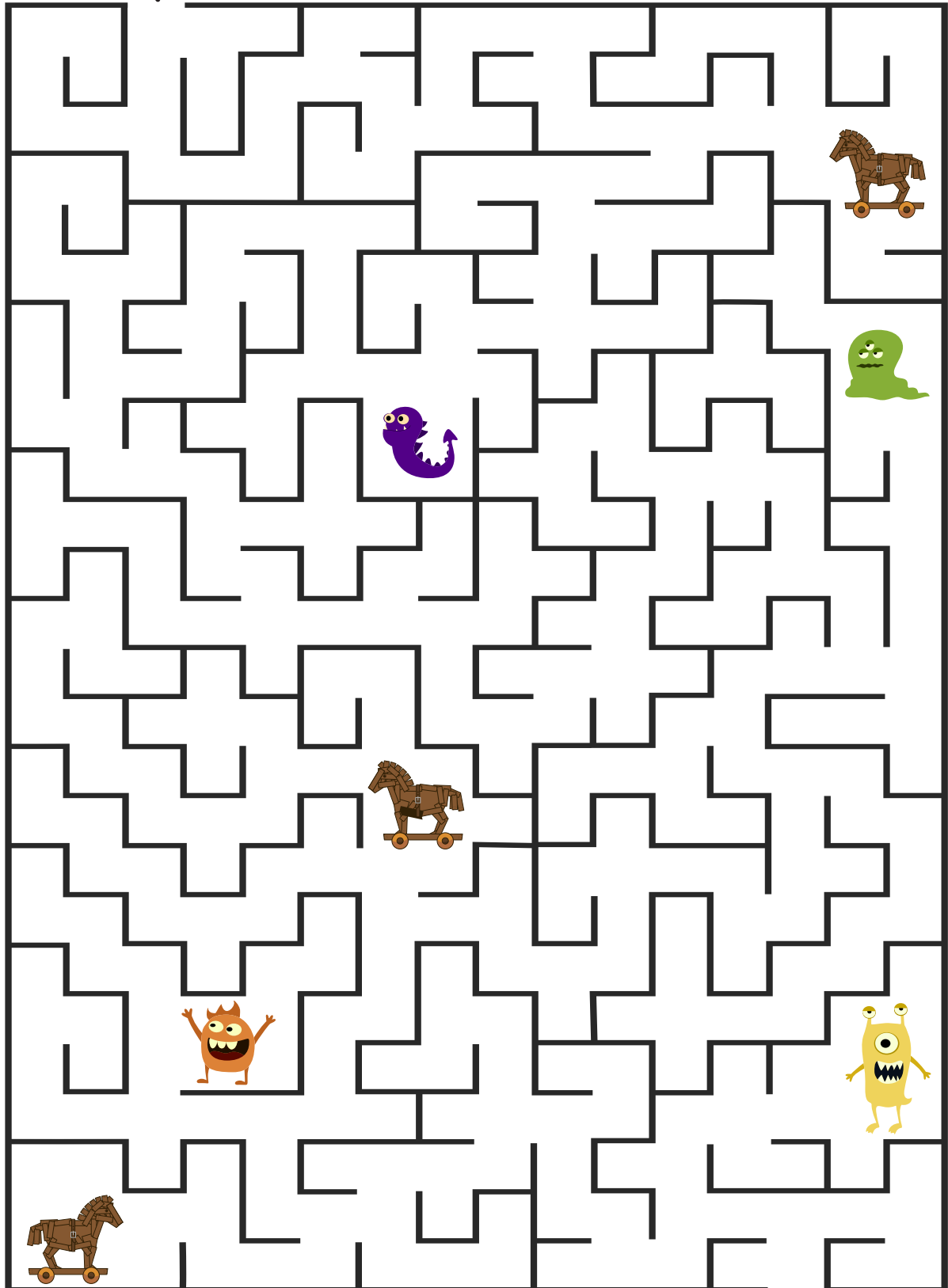


Be attentive when you're on the internet and only click links and files that you trust. Pay close attention to emails with attachments, even if they seem to come from someone you know. Remember that fraudsters can use the names of your friends to trick you. Therefore, call the sender first and ask them if they sent you an email. That will keep the Trojan horse in the stable!

Evasive maneuvers



It's best to stay out of the way of viruses. Do you know where I need to go to reach the exit?



Done!

Action is the best medicine

“Sooo, everything should be working again now.” AwareNessi spent a whole hour getting the computer back in shape. To do so, the clever dragon even had to completely reinstall a few programs. That virus was pretty stubborn. “Is the computer healthy again?” asked Finn. “Yes,” answered AwareNessi, “you don’t have to worry anymore. That virus was a real pain in the neck, but fortunately not one of the really nasty ones.”

“What would have happened then?” Danica wanted to know

“A really mean virus can make everything on the computer completely unusable. Then all your great pictures from the last vacation would be gone. Or to make matters worse, imagine that the virus invited all of its friends over. Viruses can download other viruses from the internet and you can’t do anything about it. But the worst possible outcome is that the virus opens up your computer to criminals.”



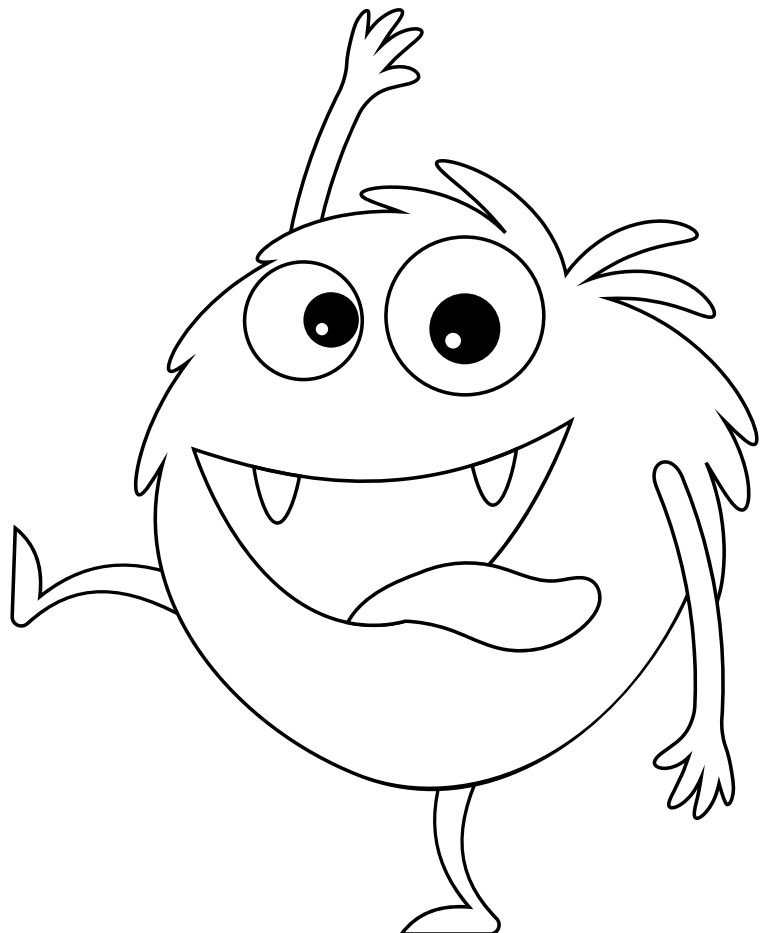
“Oh dear,” sighed Finn, “that wouldn’t have been good at all.” But AwareNessi encouraged him: “Luckily things didn’t get that far. You’ll know better next time. And look:”, said AwareNessi and pointed at the window, “in the meantime, it’s stopped raining. So let the computer be and go outside and have fun with your friends.”

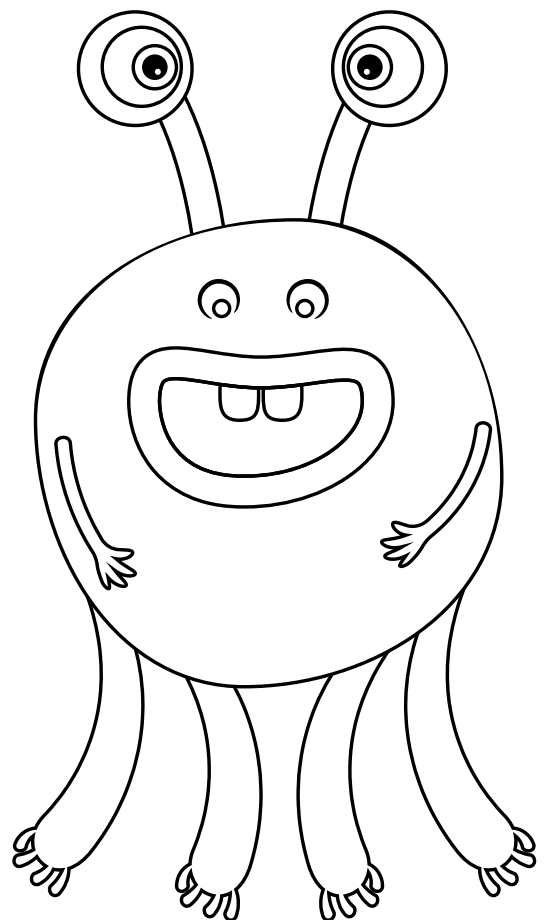
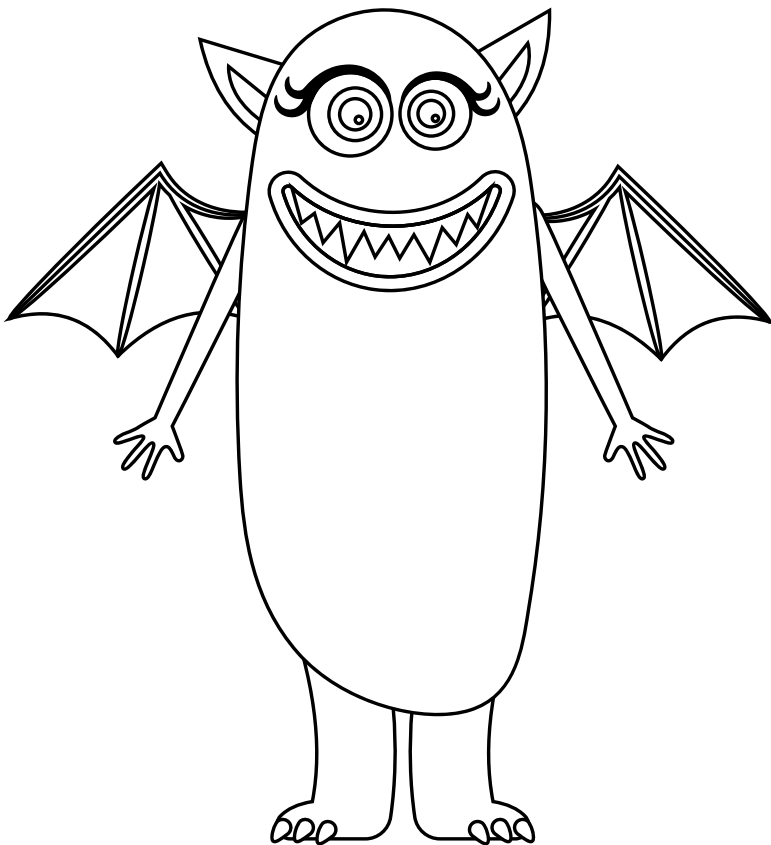
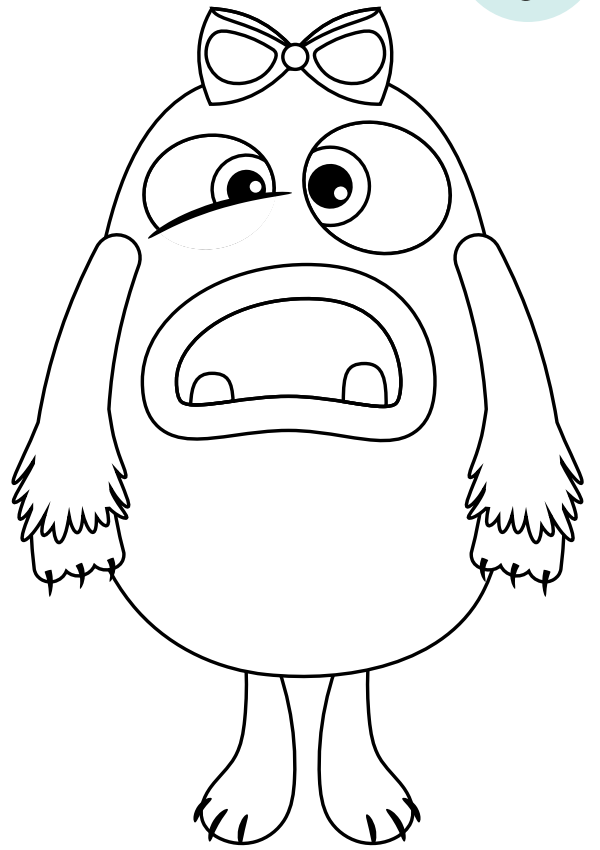
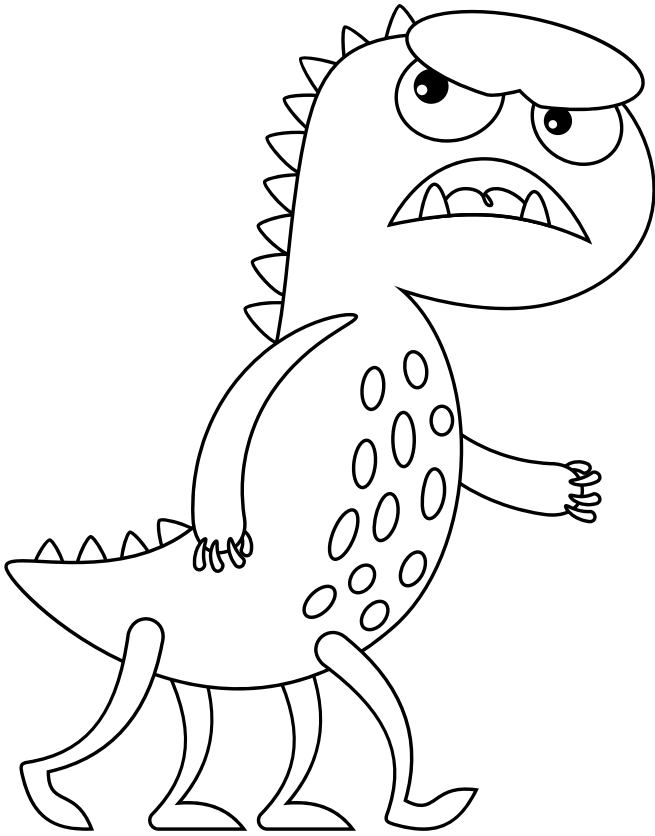


Little pests to cut out and hang up



Viruses aren't good for anything! Well, maybe for one thing: If you cut them out and color them, they can be funny decorations. So grab your scissors and colored pencils!

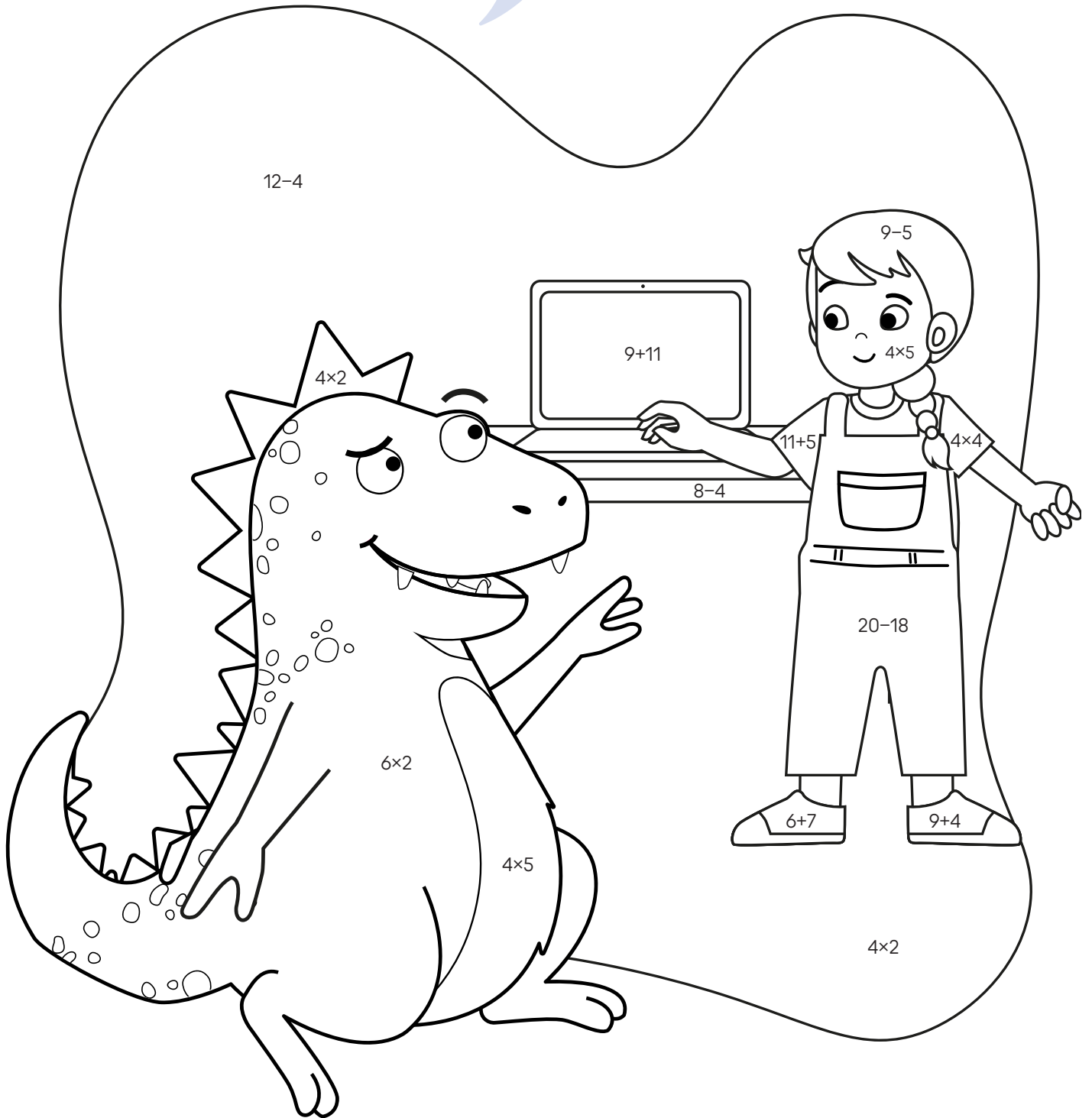




Safe on the computer, confident in math



Are you as confident in math as you are on the internet?
Let's try it out: Every sum has its own color. So you know
how you need to color in the fields.



8 = 

14 = 

5 = 

12 = 

20 = 

4 = 

16 = 

2 = 

13 = 

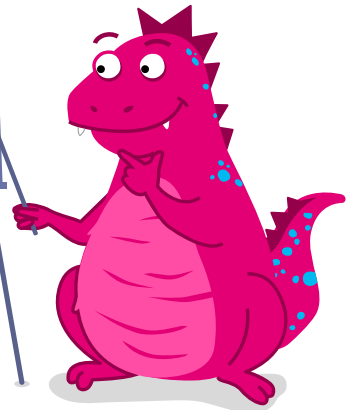
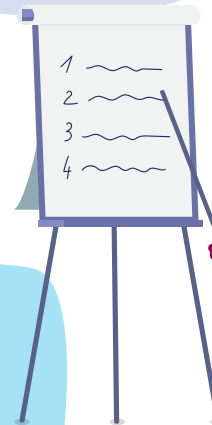
How much do you know about viruses and Trojans?



Now you've learned everything about viruses and Trojans. Put your knowledge to the test with this quiz. Take it together with your parents and then talk about it.

Be attentive and clever: Don't let any troublemakers in!

BTW: You'll find the answers on Page 21.



1

What exactly are computer viruses?

- A:** Apps for opening emails.
- B:** Software to protect my computer.
- C:** Small programs that harm my computer.

2

Where did Trojans get their name?

- A:** From an ancient Greek saga about King Odysseus.
- B:** They are named after their inventor, Thorsten Tristan Trojan.
- C:** The name is an old English word for "swindler".

3

What DOESN'T help against viruses and Trojans?

- A:** Antivirus programs.
- B:** Cough syrup for the computer.
- C:** Making backup copies.

4

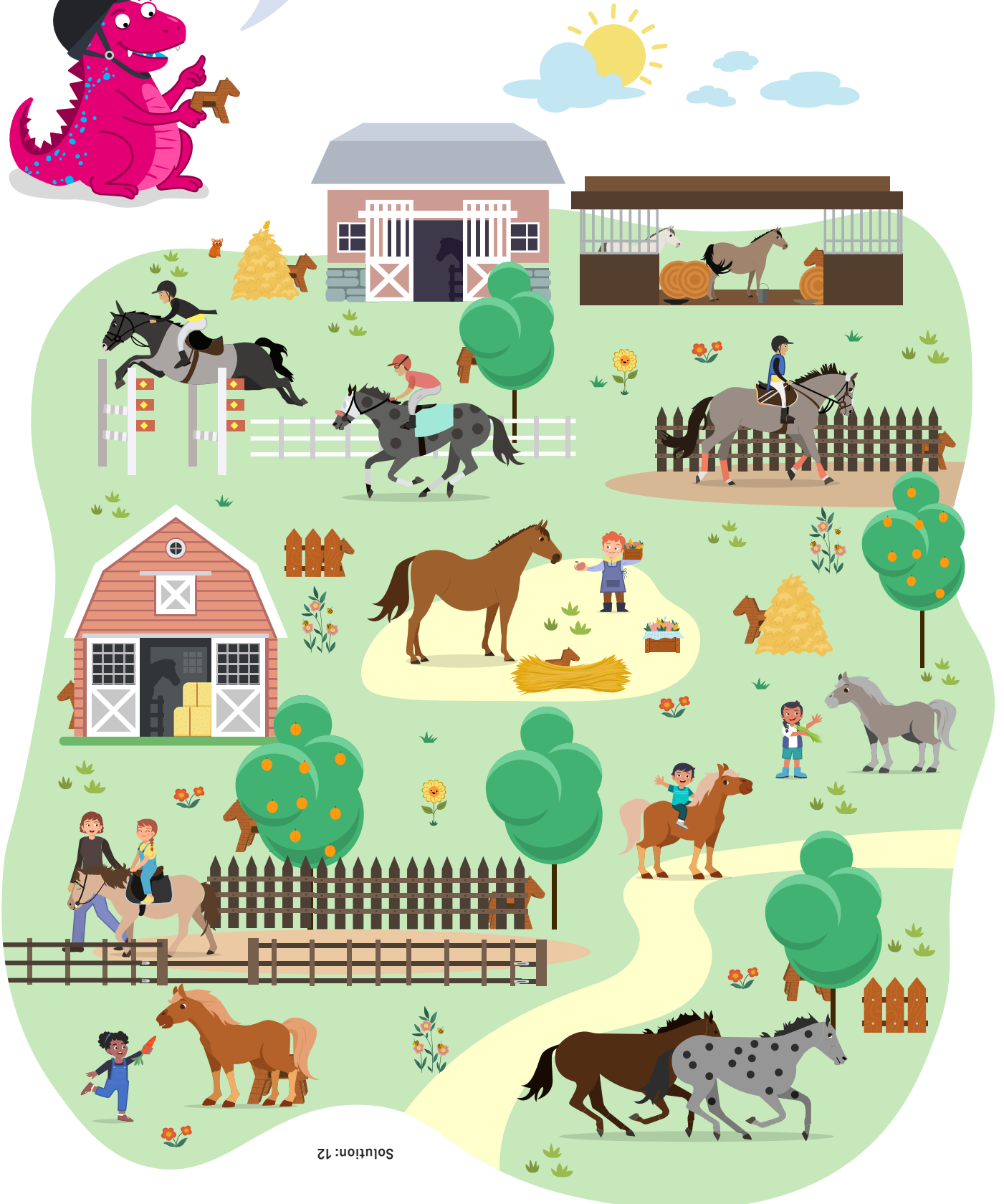
What can viruses do to my computer?

- A:** Delete and block files.
- B:** Download funny videos to my computer.
- C:** Make sure that it works better.

Fake horses, wrong track



Trojans are really good at sneaking into places stealthily. So they can remain unnoticed for a long time. How many Trojan horses can you spot here? The solution is listed below.



Solution: 12

Cake pops with chocolate coating



What you need



- 300 g light or dark cake base
(ready-made product or make it yourself)
- 60 g soft butter
- 70 g powdered sugar
- 40 g double cream cheese
- 150 g chocolate glaze
(any brand)
- 18 longish wooden skewers
- Decoration, such as sugar pearls

Fun for the whole family: This easy recipe lets you bake 18 cake pops. Try it out together!



What to do



1

Crumble the cake base.

2

Make a cream cheese mixture by putting the butter, powdered sugar, and cream cheese in a bowl and mixing it thoroughly with a hand mixer for around 3 minutes.

3

Use a spoon to add the cream cheese mixture to the cake crumbs incrementally, stirring regularly until the mixture is easy to shape. But make sure it isn't too moist – it shouldn't stick to your hands when you're shaping it.

4

Divide the mixture into 18 portions and roll them into round balls. Chill the cake balls for around 30 minutes.

5

While the cake balls are chilling, chop up the chocolate glaze and melt it over a warm water bath.

6

Now dip the wooden skewers around 1 cm into the chocolate glaze and then stick them into the cake balls. Put the cake pops on a plate and let them cool for another 15 minutes.

7

Do you like your cake pops with lots of chocolate? If you do, warm up the chocolate glaze again and dip the cake pops in them at a slight angle. Spin the cake pops slowly until they are covered with the glaze. Tap each skewer gently against the edge of the bowl to shake off excess glaze. Rotate the cake pop while doing so, to avoid nib formation.

Decorate the cake pops with the sugar pearls and let them dry.



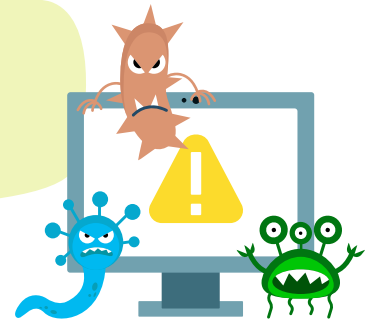
Done !

Everything about viruses and Trojans at a glance



➔ Viruses are ...

- small programs that can harm my computer – for example, by making it slower or destroying my files.



➔ Trojans are ...

- special viruses that disguise themselves, to enter my computer unnoticed. To do so, Trojans can hide in email attachments or links, for example.



➔ Watch out for ...

- suspicious web pages – particularly if they encourage you to download something.
- emails with attachments (even if you think you know the sender).
- files of unknown origin



➔ Protect yourself and ...

- use an antivirus program.
- when you receive emails with attachments or links, ask the sender if they really sent you something.
- only visit websites that you can really trust. when in doubt, talk with your parents or older siblings first.



You have a safe space here



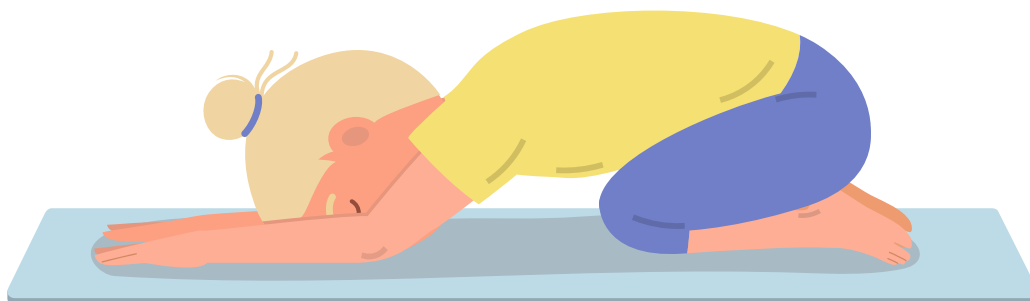
When you realize that your computer has caught a virus, it can be a real shock at first. But the important thing is that you remain calm and relaxed. You need to have a clear head to fight the little pests.

To help you keep calm, try this simple, relaxing yoga exercise: the child's pose. It's called that because it makes you look a little bit like a baby in the womb. This pose gives you a feeling of safety and can help you with pains in your back, neck, and shoulders.



Here's how:

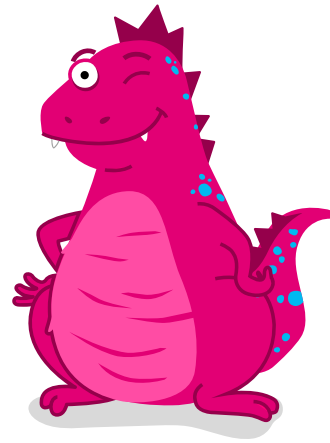
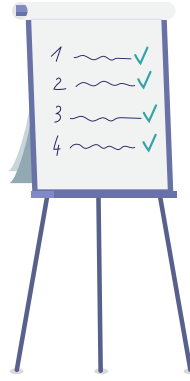
1. Sit down on your heels with your knees and feet together on a mat or carpet.
2. Breathe out and lean forward while doing so – so far that you can touch your forehead to the mat or carpet. If it's uncomfortable, you can also sit on a pillow.
3. Let your arms lie next to your body with your palms facing upward. Lower your shoulders to the floor while spreading your shoulder blades at the same time.
4. If you want, you can also reach forward with your arms instead of keeping them next to your body.
5. Hold the pose for at least 30 seconds, breathing calmly, and enjoy the relaxation.



**Have fun
trying it out!**

Your family and friends might also enjoy it. It's best if mom or dad read the instructions while you're doing the exercise.

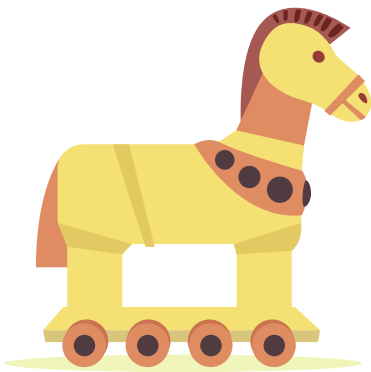
Quiz answers



1

What exactly are computer viruses?

C: Small programs that harm my computer.



2

Where did Trojans get their name?

A: From an ancient Greek saga about King Odysseus.

3

What DOESN'T help against viruses and Trojans?

B: Cough syrup for the computer.



4

What can viruses do to my computer?

A: Delete and block files.

TELEKOM SECURITY

DEUTSCHE TELEKOM SECURITY GMBH

Security Awareness and Communication Chapter

Bonner Talweg 100, 53113 Bonn, Germany

Contact: Security-Awareness@telekom.de

Now you know how to protect yourself from viruses and Trojans.
Be smart and always look closely.



Please feel free to distribute our fantastic Security Activity Book to new AwareNessi fans for private, non-commercial purposes!

If you're interested in commercial use, please send an email to the above-mentioned email address.

