

AwareNessi

The fantastic
security activity book

for children and adults

What is
cyberbullying?

Friends, bullies
and meanness on the internet



Contents

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. In this issue, AwareNessi will explain what cyberbullying is and tell you why you need to be especially careful about it. 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.


Story (part 1) 03
Fake claims and real meanness

 **Coloring picture** 04


AwareNessi explains 05
Internet bullies

 **Handicrafts** 06
Greeting cards


AwareNessi explains 08
Fight meanness together


 **Game idea** 09
Can you spot the insults?

AwareNessi explains 10
3 words of dragon wisdom for dealing with cyberbullying


 **Connect the dots** 11
Special connections

Story (part 2) 12
Class against cyberbullying


 **Handicrafts** 13
Shield and sword


 **Quiz** 15
What do you know about cyberbullying?

 **Baking recipe** 16
Power snacks

 **Coloring picture** 18

AwareNessi summarizes 19
Everything about cyberbullying at a glance

 **Security yoga** 20
Everything's easier with a little help

 **Quiz – The answers** 21

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.

Fake claims and real meanness

It's 2:00 p.m. School is over and the whole family is sitting at the dining room table. Danica and Finn are in a really good mood, because Dad has made potato pancakes with stewed apples – their favorite meal. Only their older brother Noah is strangely quiet. Something seems to be bothering him. When mom asks him about it, the 13-year-old breaks out in tears, explaining:

“I signed up on Facebook. It was a lot of fun at first, but for the past few days, someone has constantly been writing mean things about me that aren't even true!”

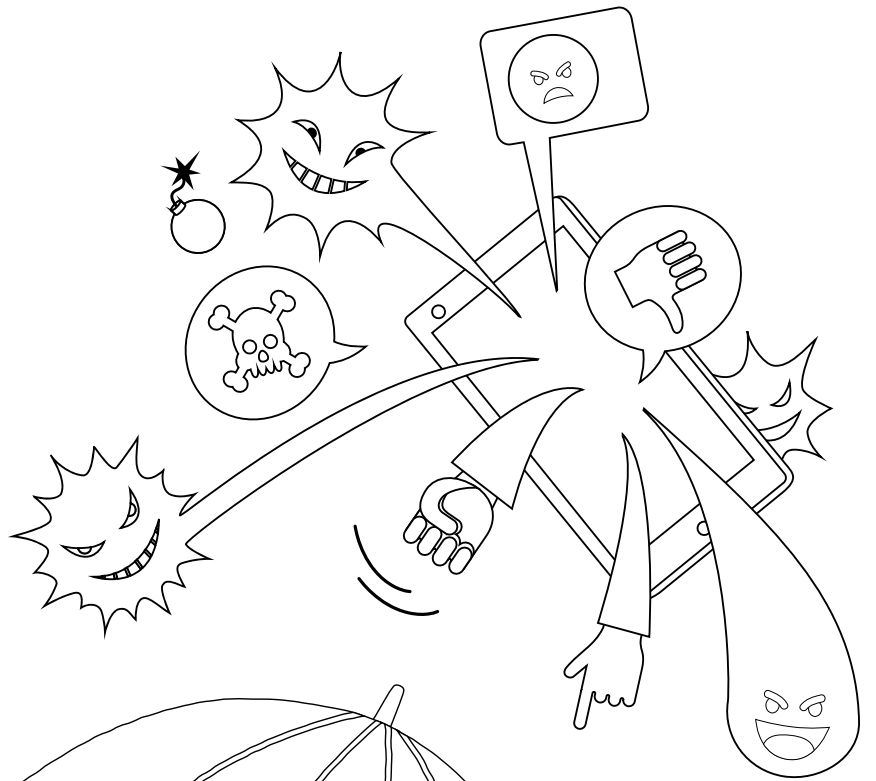
“There must be something you can do about it,” hopes Danica. “Yeah, there must be,” answers Noah, “but the dumb thing in my case is that the person registered under a fake name, so I don't know who they are.”



After the meal, Danica and Finn tell their friend AwareNessi about Noah's problem. “Oh, dear,” sighs the clever dragon. “It sounds like Noah is being cyberbullied.” “Cyber-what?” The two kids look baffled and curious at the same time.

Cyberbullying is when someone constantly harasses you on the internet – on social networks like Facebook, for instance. There are websites where people can meet up and interact online. Come here and I'll tell you about it.



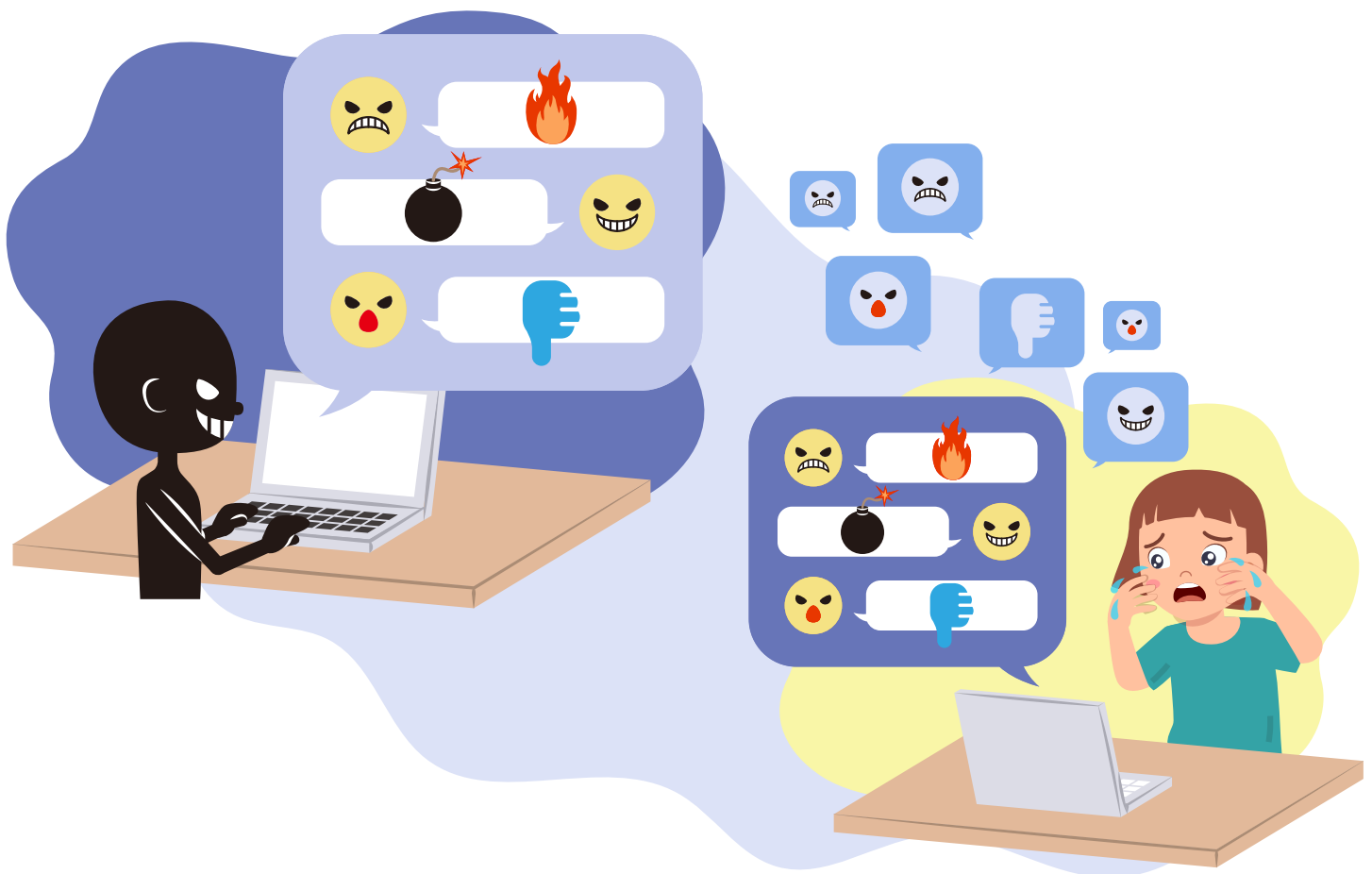


When insults start raining down on you, an umbrella won't help. But good friends make the world look much more colorful – just like this picture when you color it in!



Internet bullies

Bullies harass and insult others – constantly and deliberately. This is called “bullying”. Cyberbullying means that the harassment happens on the internet. With the specific intention of harming others, bullies post nasty messages on social networks like Instagram and Facebook, or embarrassing videos on platforms like TikTok and YouTube. They reveal secrets, spread rumors, or even create fake pictures.



Why do bullies do this? There are many different reasons. Some of them are dissatisfied with their own lives and think they'd feel better when they make others feel worse. Some of them have been victims of bullies themselves and want to escape that role – and some people just join in due to peer pressure.

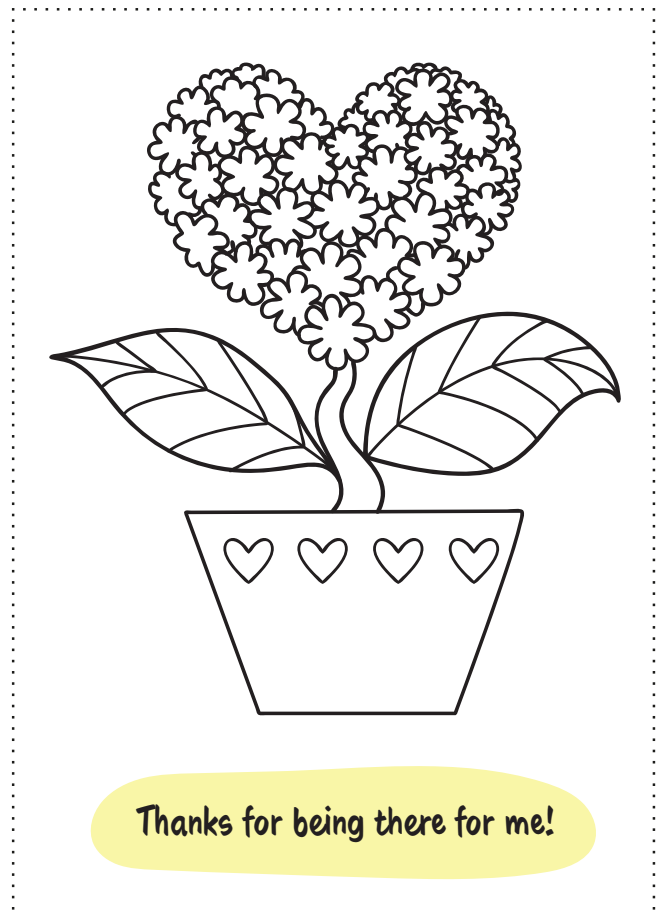
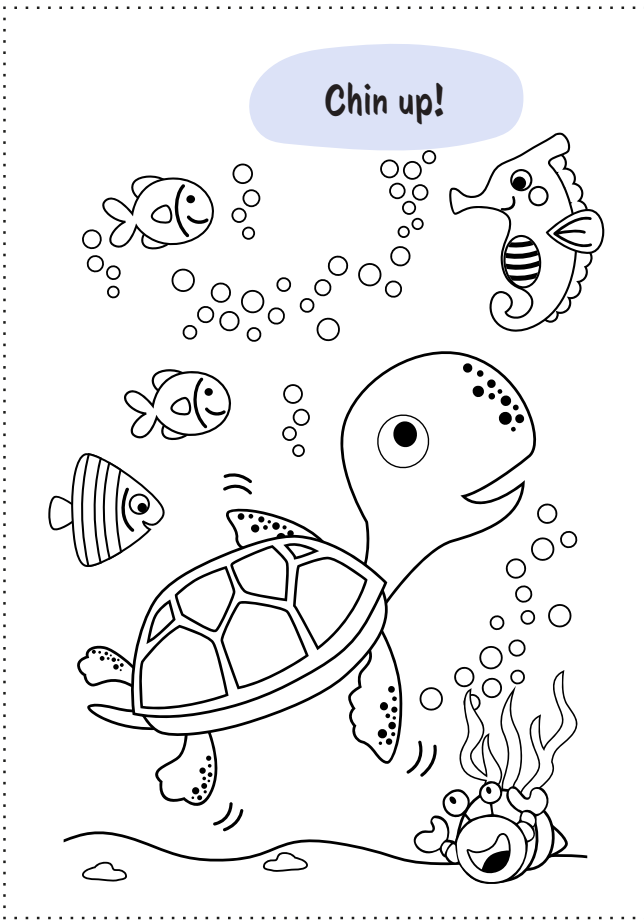
What characterizes cyberbullying (and bullying in general): the insults continue over a longer period and are always directed at the

same person. But what makes cyberbullying so dangerous is that the bullies can remain anonymous on the internet. And many, many more people see the insults on the internet. That's why it's important for you to be very cautious. In a minute, I'll tell you what you can do when you notice cyberbullying – or fall victim to it.

Greeting cards



A card is worth a thousand words. Is there someone who has helped you before? Do you want to encourage someone? Then give them one of these nice cards - just print them out, cut them out, and color them in.

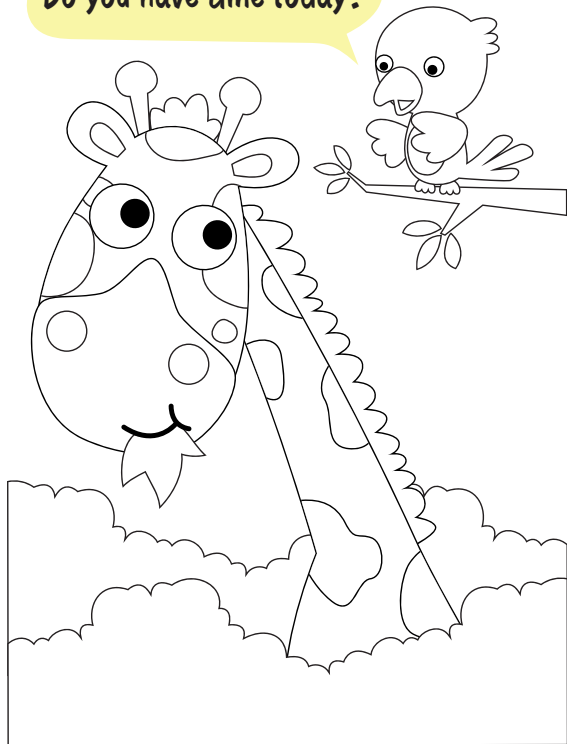




Let's stay friends forever!



Do you have time today?



You're great!



I'll stick with you!



Fight meanness together



Bullies don't directly see how sad they make their victims or how badly they hurt them. That makes the bullying easier. After all, it's quick and easy to type mean things.

What you should do about cyberbullying

It doesn't matter whether you're the victim of cyberbullying or if you just notice it as an outsider: Talk about it with your parents, teachers, or older siblings immediately. You should also collect evidence of the cyberbullying. Save insulting comments and messages, for instance, or take pictures of them. You can then show them to your parents and teachers.

In serious cases and when threats are made, you can even go to the police. That doesn't have anything to do with being a tattletale. Cyberbullying not only hurts people; it's also bad for the victims' physical and mental health. You can help the victims simply by being there for them. Good friends are the best support.



How can cyberbullying be stopped

Cyberbullying only works when a lot of people attack one individual. That's why it's especially important to support the victims, so they know they're not alone. You should also discuss cyberbullying in large groups, such as your school class. Make sure that outsiders don't condone cyberbullying either. about cyberbullying, but don't do anything about it, you're only helping the bullies.



Can you spot the insults?



Can you tell which of the following statements are bullying and which ones fight bullying? Connect the mean statements with the trash can and the good ones with the cell phone. You'll find the solution at the bottom of the page.

A. Harassing others isn't okay.

B. Noah never showers and he stinks.

C. Danica steals money from school.

D. Bullying is hurtful.

E. Anyone who plays with Finn is a dork.

F. Be nice and people will be nice to you.



Answers: B, C, and E are bullying; A, D, and F are anti-bullying messages.

3 words of dragon wisdom for dealing with cyberbullying



Keep cool!

- 1 No one can simply ignore insults and ridicule. But the more you react to attempted bullying, the more power you give the bullies. So try not to respond to bullying.

Report bullying!

- 2 Have you noticed cyberbullying or even been a victim of it? Talk about it with your friends, parents, and teachers immediately. When the bullying is happening on a social network, you can also report insults and threats to the employees of the social network.

Block bullies!

- 3 You can block other users on social networks. When you do, they can still write things to you, but you won't see their messages or comments. If anyone threatens, hassles, or insults you, be sure to block them. You can also block phone numbers and email addresses on computers and smartphones.

Dear parents,

if you discover that your child is being bullied, act quickly. Show a willingness to communicate and broach the subject, but don't force your child to talk. Then contact your child's school and, if necessary, the local school board or your school's counselor.

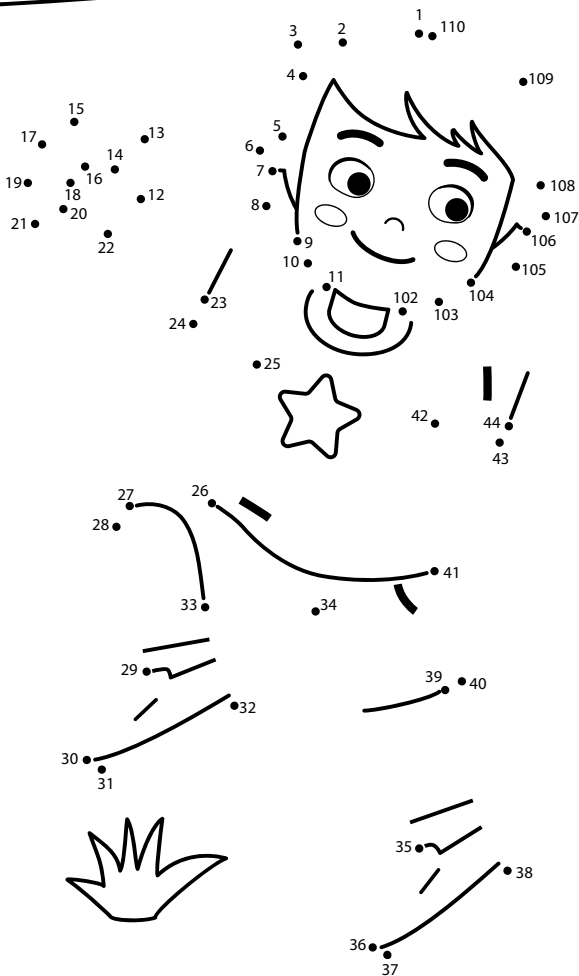
The most important thing is to always give you child advice and support.



Special connections



Friendship is the best thing and a very special connection between people. And since we're on the topic: Connect these dots in the right order and then color in the picture.



Class against cyberbullying

“For Noah, talking about the cyberbullying was an important first step. Many people don’t have the confidence to do so – for instance, because they’re ashamed or afraid that the cyberbullying will only get worse,” says AwareNessi to Danica and Finn.



As the next step, your parents should go with Noah to his class teacher and talk about it with her. She can then address the subject with the full class.



“And what if it wasn’t anyone from Noah’s class?” asks Danica. “Then Noah’s teacher will at least get the class to think and talk about cyberbullying. The whole class can get behind Noah and support him. That’s very important when it comes to dealing with the bullying.” Danica and Finn are relieved. AwareNessi has at least calmed their fears about their brother a little. The clever dragon teaches them a lot about the internet above all, but now they know one thing for sure: Nothing is as important as having good friends.

Shield and sword



When it comes to bullying, don't let the insults affect you. You need something like an inner shield. You can start off with a shield and sword made of cardboard. They won't help with cyberbullying, but they're fun to make.

What you need ↪

- Scissors
- Glue
- Cardboard
- Colored pencils



Here's how it's done:

1

Print out the templates on the next page and glue them to a piece of cardboard.

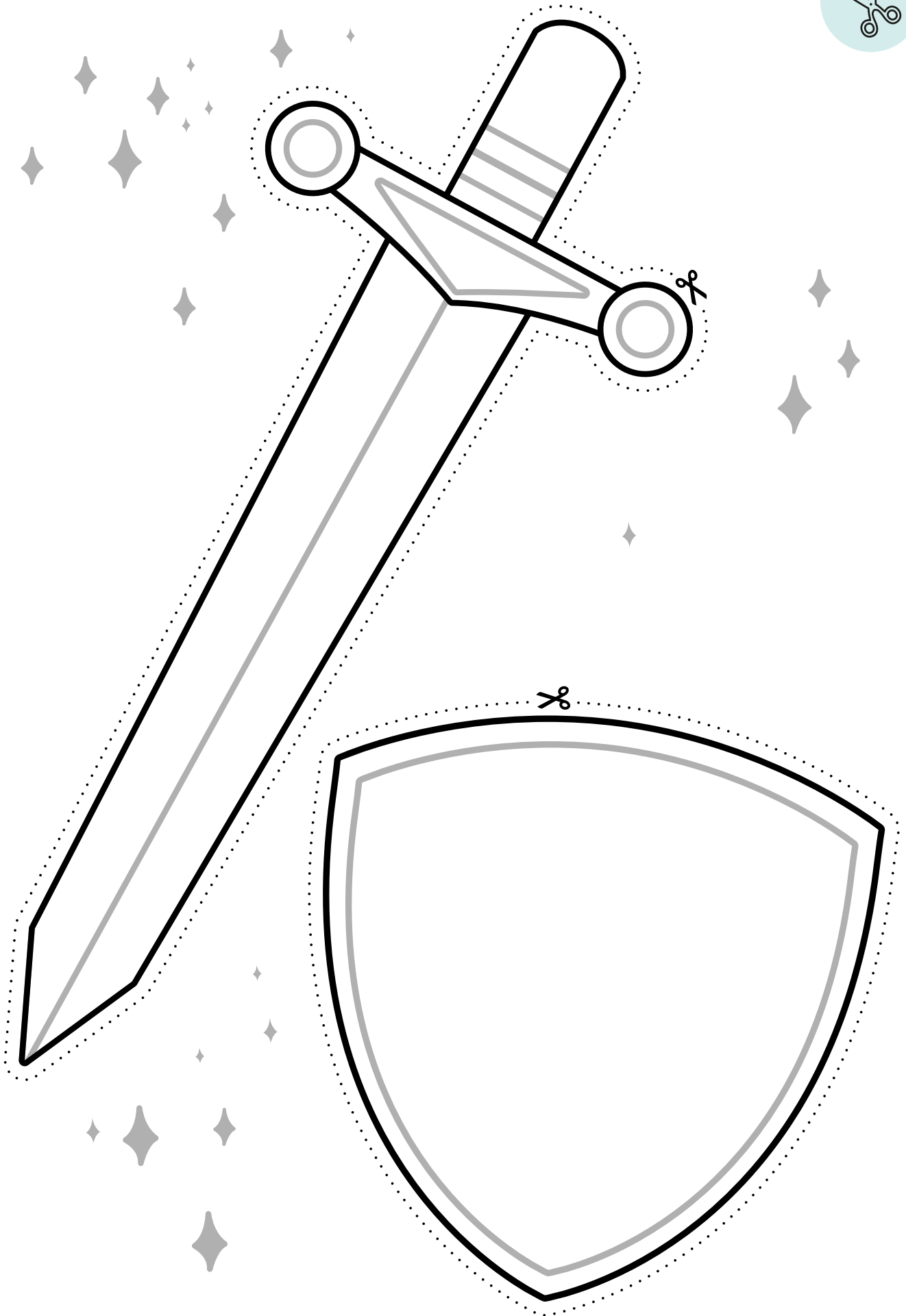
2

Cut out the shield and the sword.

3

Then color them however you like. You could create your own coat of arms for the shield, for example. You can also use watercolor paints, crayons, or felt-tip pens instead of colored pencils.





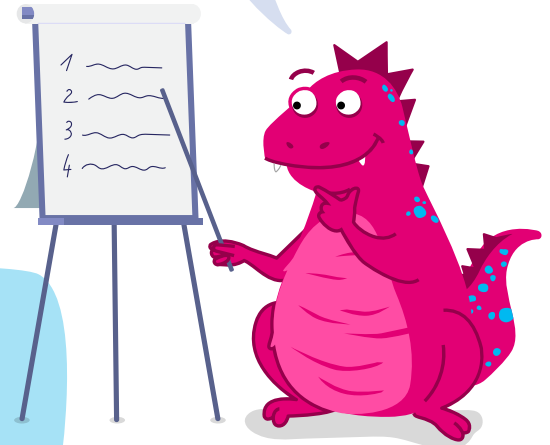
What do you know about cyberbullying?



Put your knowledge to the test with this quiz. Take it together with your parents and then talk about it.

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

Cyberbullying makes you lonely, but true friends are your one and only!



1

What's so special about cyberbullying?

- A: It happens on the internet.
- B: It happens non-verbally.
- C: They're only joking.

2

What does cyberbullying consist of?

- A: Insults and threats.
- B: Funny jokes and stories.
- C: Well-meant advice and pointers.

3

Who can you turn to if you're being bullied?

- A: Your building superintendent.
- B: Strangers on the street.
- C: Your parents and teachers.

4

What do victims of cyberbullying need?

- A: A new computer.
- B: Friends and support.
- C: Help with their homework.

Power snacks



What you need ↪

Putting up with cyberbullying and fighting against it takes a lot of power. These yummy power snacks will help you recharge your batteries and give you strength. And they're delicious, too!

- 100 g almonds
- 100 g nuts of your choice
- 150 g dried dates
- 150 g dried apricots
(or a different type of fruit)
- 1 tbsp. coconut oil
- Cocoa powder
- Amaranth (puffed)
- Coconut flakes
- Strawberry powder



What to do



1

Chop up the almonds, nuts, dates, and apricots and put them all in a bowl, together with the coconut oil.

2

Now puree the mixture with a food processor, a submersible blender, or similar tool.

3

Roll the mixture into small balls.

4

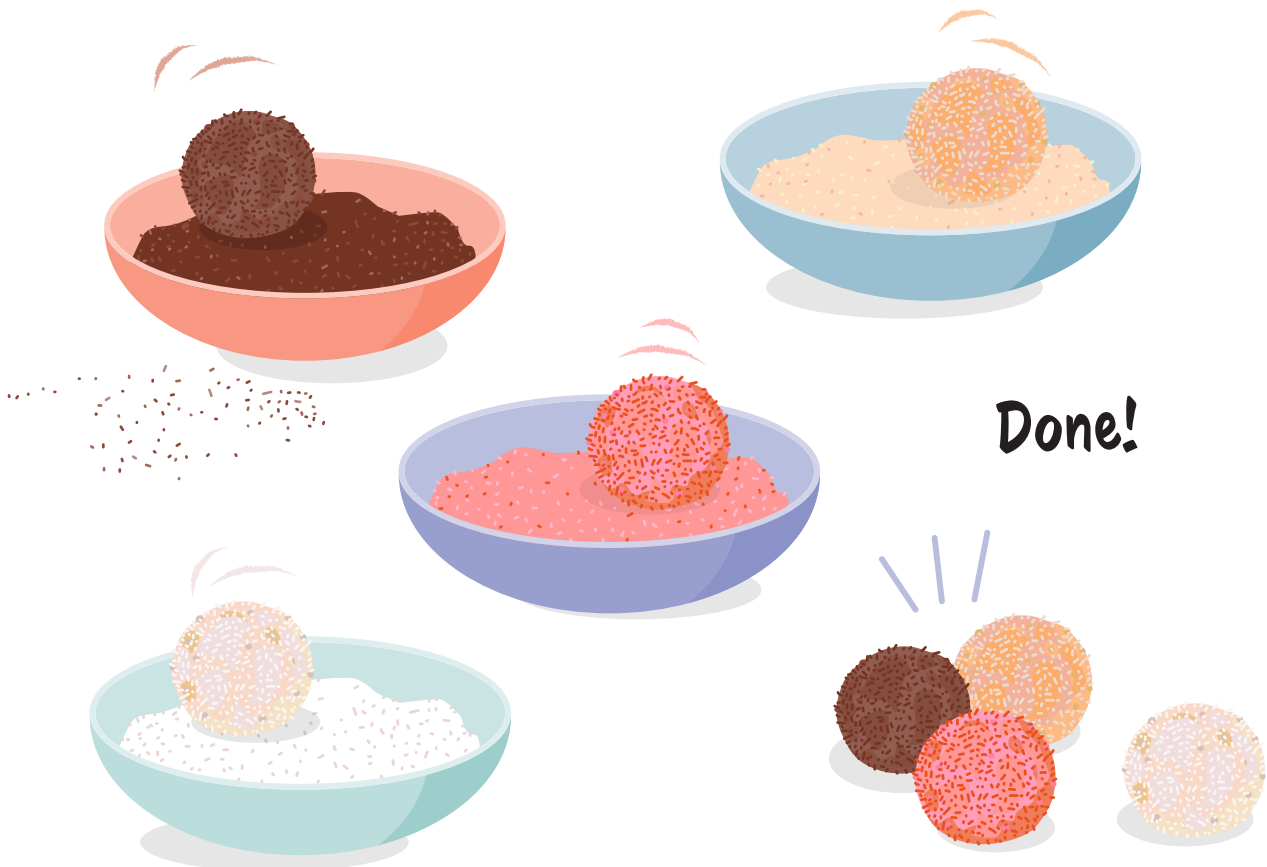
Now put the cocoa powder, amaranth, coconut flakes, and strawberry powder on separate plates.

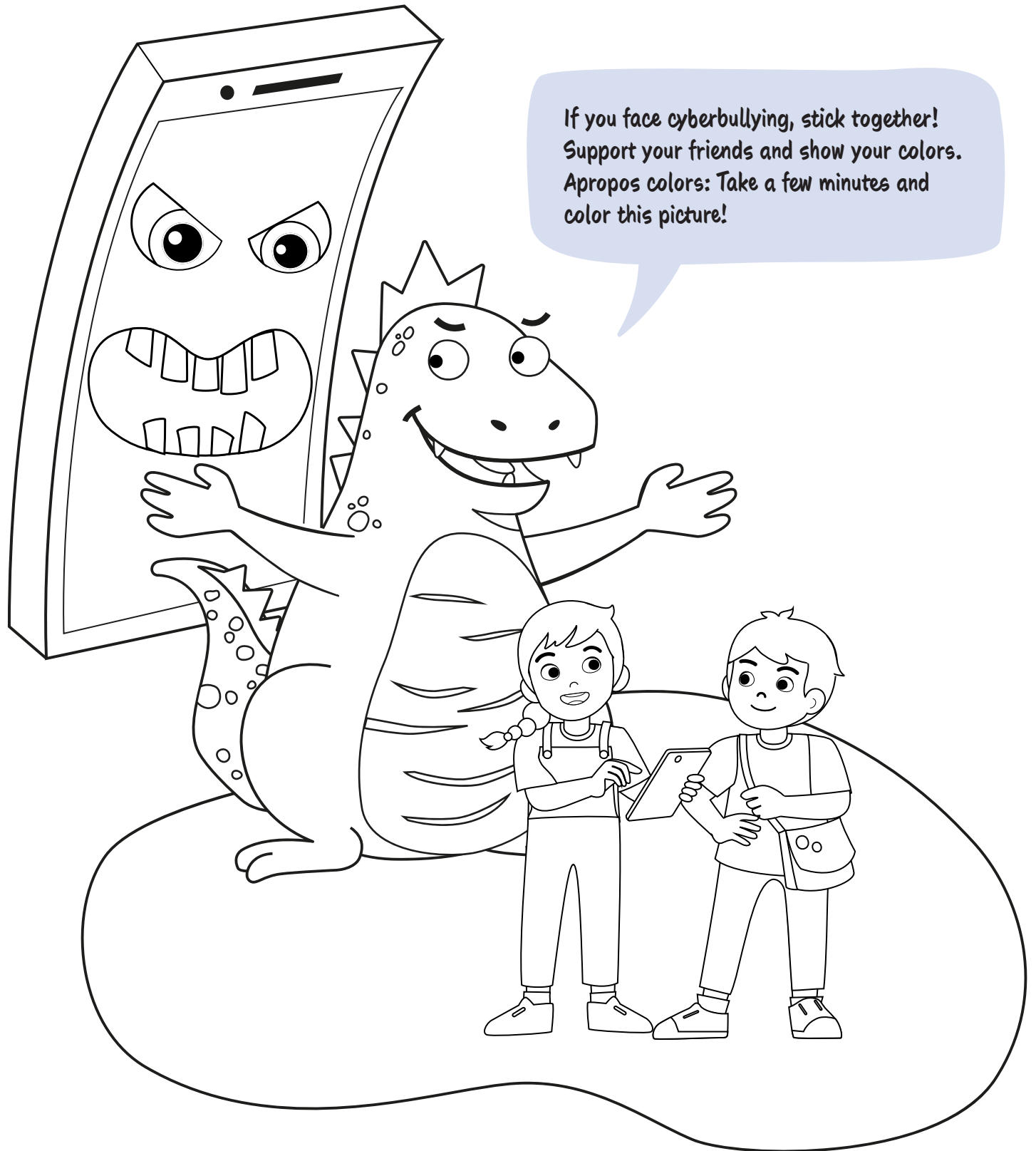
5

Roll the balls around the different plates however you like. Experiment and find out which mixture you like best.

6

You can then eat the power snacks right away, save them in a box in the fridge, or give them to people you like.





If you face cyberbullying, stick together!
Support your friends and show your colors.
Apropos colors: Take a few minutes and
color this picture!

Everything about cyberbullying at a glance



➔ Cyberbullying is ...



- a kind of bullying that happens on the internet – for example, on social networks, smartphone messages, or emails.
- a real threat to physical and mental health. Victims of cyberbullying really suffer when they receive deliberately insulting messages.

➔ Watch out for ...

- messages, videos, and pictures with mean content. This includes insults and threats, as well as rumors or secrets that people divulge.



➔ Protect yourself and ...



- talk with your parents, teachers, or siblings if you spot others being cyberbullied or if it happens to you.
- save insulting and threatening content as evidence of cyberbullying. You can show them to your parents and teachers or, in very bad cases, the police.
- others: Good friends are the best weapon against all kinds of bullying. So stick together!

Everything's easier with a little help

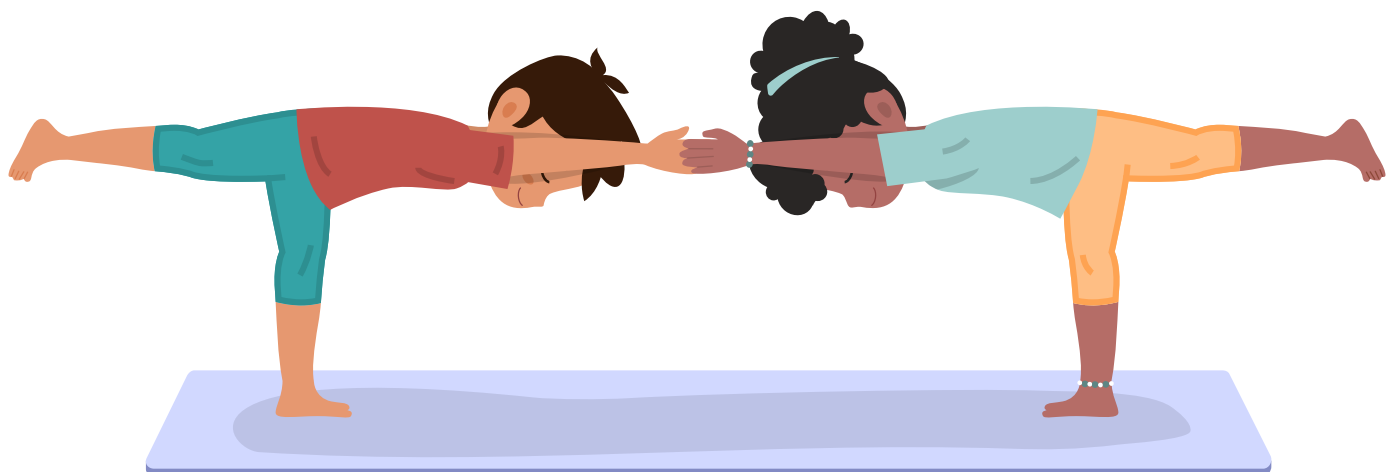


Everything is easier when you're with friends or other kind people. This applies to difficult situations like cyberbullying, as well as to yoga. The "Warrior 3" pose is a great one to do in pairs. It also strengthens the muscles in your back, legs, shoulders, and arms and also calms and improves your sense of balance and your concentration.



Here's how:

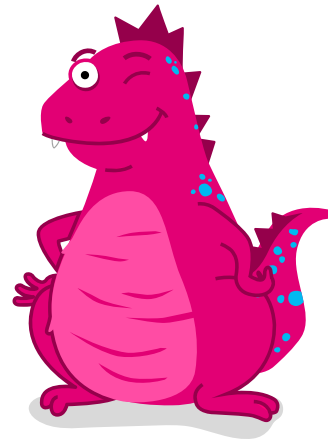
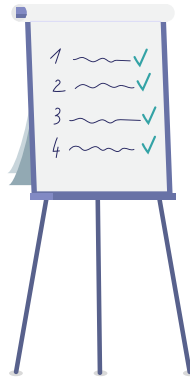
1. Stand up straight, facing one another. The distance between you should be the length of your arms plus the length of your upper body (of both people).
2. Shift your weight to your right foot and lift up your left knee in front of you.
3. Now extend your left leg behind you and stretch it out while leaning forwards.
4. Reach out forwards with your arms and grasp your helper's hands.
5. Keep this pose for a few seconds. Then let go, lower your left foot to the floor, and stand up straight again.
6. Repeat the exercise with your right leg.



**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.

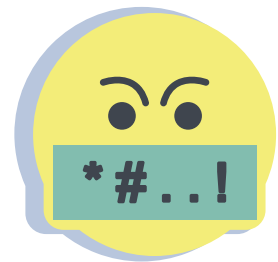
Quiz answers



1

What's so special about cyberbullying?

A: It happens on the internet.



2

What does cyberbullying consist of?

A: Insults and threats.

3

Who can you turn to if you're being bullied?

C: Your parents and teachers.



4

What do victims of cyberbullying need?

B: Friends and support.

TELEKOM SECURITY

DEUTSCHE TELEKOM SECURITY GMBH

Chapter Security Awareness and Communication

Bonner Talweg 100, 53113 Bonn, Germany

Contact: Security-Awareness@telekom.de

Now you know how to protect yourself
and others from cyberbullying.
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.

