

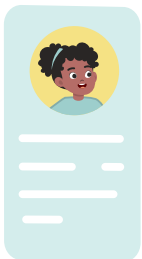
AwareNessi



What is social media?

Online playgrounds, rotten apples, and digital locations to chat

The fantastic security activity book for children and adults



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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. In this issue, AwareNessi will explain what social media 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.

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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.

Who would write such a thing?

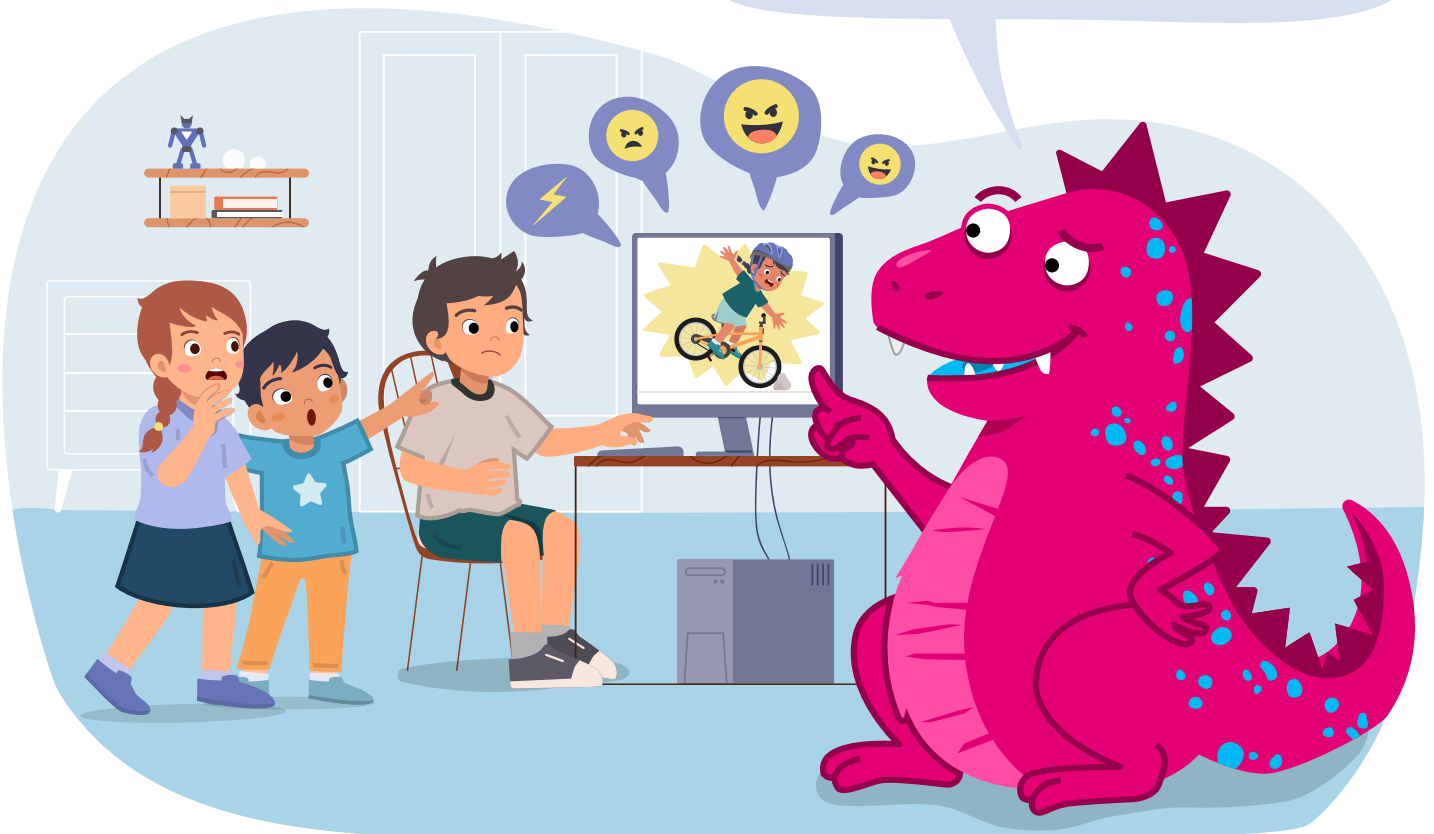
Danika and Finn are playing “Mensch, ärgere dich nicht” (a game similar to “Ludo”) at the living room table. However, Finn is finding it difficult to keep calm. “Oh man, you’ve won again,” he complains after Danika beats him for the third time. “I bet you’ll win this time,” says Danika, trying to encourage her brother. But he doesn’t want to play any more: “Let’s go and see what Noah’s up to.”

Their older brother is on the computer. “Hey Noah, what are you watching?” “It’s an internet site where I can chat to my friends,” he replies. He scrolls up and down the page to show it to his siblings. Finn notices something in a video: “Look, it’s Saira!” Noah plays the video. The video shows her friend Saira falling off her bike. There are horrible comments beneath the video where people are making fun of her. “How

mean! Why would they write such things?” The children are shocked. “Isn’t something we can do?”

As is so often the case, they look to AwareN-essi for help. The clever dragon explains to the children:

The internet site that Noah was on is called a social network. It’s actually a great thing that connects people. Unfortunately, there are rotten apples here who prefer to cause trouble instead of having fun and spreading joy.



Can you find the rotten apples?



There are also some rotten apples on social networks. Can you find them all in this picture?



In good company

You will have surely heard of Facebook, TikTok, or Instagram. They are social networks – digital spaces where you can meet and chat with other people, even if they live very far away. The term “social” is always used to describe something that relates to the coexistence of people. The term “network” refers to people being able to connect there. Social networks are also called social media.

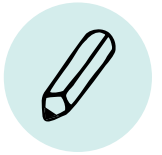


When registering on social media, you create a profile. It’s a page that only belongs to you. Here you can provide information about yourself such as your hobbies or you can upload photos or videos. Your friends can see all of this and have the chance to react with emojis or write comments.

However, this is also the problem with social media: Anyone can create a profile and they don’t even need to give their real name. Mean people can then write horrible things and nobody knows who is really behind the profile. Sometimes these rotten apples also upload videos and photos of other people without them knowing – just like the video of Saira.



BTW: Most social media sites have a minimum age. However, there are extra networks for children but you do need permission from your parents.



Die meisten Menschen in den sozialen Netzwerken sind nett und wollen nur Spaß. Es gibt jedoch auch solche, die nicht so nett sind. Malt das Bild aus, um Engelchen und Teufelchen noch besser unterscheiden zu können.



Important points



Don't provide too much information about yourself on social media and keep some information private in a cloak of secrecy. Connect the dots in the right order and find who is hiding under the cloak.



Areas and digital locations to chat

Social media sites are a little bit like online play areas: Here you can meet up with your friends and chat. On some social media sites, you can even play together and be creative. And just like in play areas, there are many opportunities to talk with each other via chat.



What is a chat?

The word “chat” can be used when conversing or talking to others. When you are in a chat, you and your friends send and receive text messages. This is called “chatting”. Imagine you’re sending each other brief letters but online. Most of the social network sites offer a chat and messaging function. However, you can also use a specific program for this – a messenger program.



What is a messenger?

A messenger is a program specifically used for chatting. The word “messenger” is another word for a “courier”. Just like a courier, the messenger delivers messages to your friends. In addition to sending text, you can also send pictures, videos, music, and voice messages. The most popular messenger services are WhatsApp and Facebook Messenger.

Can I write that?



Whether on your profile, in a chat, or via messenger: Think carefully what you write. Which of the following sentences can you write without any thought? You'll find the solution at the bottom of the page.

A) I went to eat ice cream today. Yes No

B) You're stupid and nobody likes you. Yes No

C) I live at 12 Dragon Street. Yes No

D) I really love my parents. Yes No

E) Have you heard what everyone's saying about Saira? Yes No

Solution: A) You can write A) and not B), C), and E).

5 dragon wisdoms for chatting and social media



Be nice and considerate at all times.

- 1 Words can hurt. They can sometimes be read by other people on social media. Therefore, be friendly towards and respectful of others. Only write what you would be happy to read about yourself.

Speak up if something bothers you.

- 2 Do you feel hassled, threatened, or uncomfortable? Are other people bothering you, writing mean things, or uploading photos of you? Don't keep it to yourself and make sure you speak about it with your parents.

Be careful about what you publish.

- 3 Don't forget: Not everybody on the internet is who they say they are. Only give personal information to people that you really know and preferably don't do this online. Never publish information such as your address or telephone number on social media.

Be careful what you share with friends.

- 4 You want to share a funny comment, an amusing picture, or an embarrassing video with your friends? Think very carefully whether you would hurt or bother somebody by doing so.

Don't believe everything you read right away.

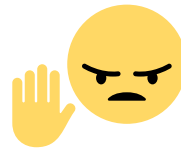
- 5 Anyone can register on social media or messenger platforms. This leads to some people thinking they can write any fictional nonsense.



The huge amount of information on social media can make your head spin. Maybe this mandala will help you to relax. Color it in and clear your mind.



Something to report



After AwareNessi explains social media to the children, he shows them a further important function. “Can you see this field?” The dragon points to a button called “Report” next to the video of Saira.

We’re going to do this right away for the video of Saira. “I cannot imagine that she wants everybody in the world to see her falling off her bicycle.” “And the comments beneath the video are also really insulting,” adds Noah. “Correct,” says AwareNessi. “At the end of the day, social networks are supposed to allow people to understand one another and have fun online.”

If you click on this option, you can report mean and dangerous content to the owner. They will then ensure that the content is deleted.



Finn feels like his head is about to burst with all of this information: “I cannot remember all of this,” he says. But AwareNessi reassures him: “You don’t need to worry about any of this right now. You’re still a bit too young for social media. Until you’re old enough, you can meet up with your friends for real at the playground. And you don’t even need to create a profile to do so.

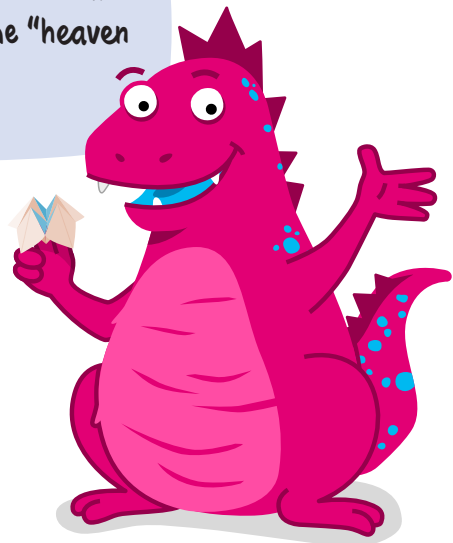
Heaven and hell



- piece of paper (cut into a square)
- 2 felt-tip pens (in red and blue for example)

What you need

Social media sites have many nice sides to them: You can see what your friends are up to, look at photos, and have fun. But there are sides that aren't so nice. It's almost like the classic game "heaven and hell". And you can easily make one yourself.



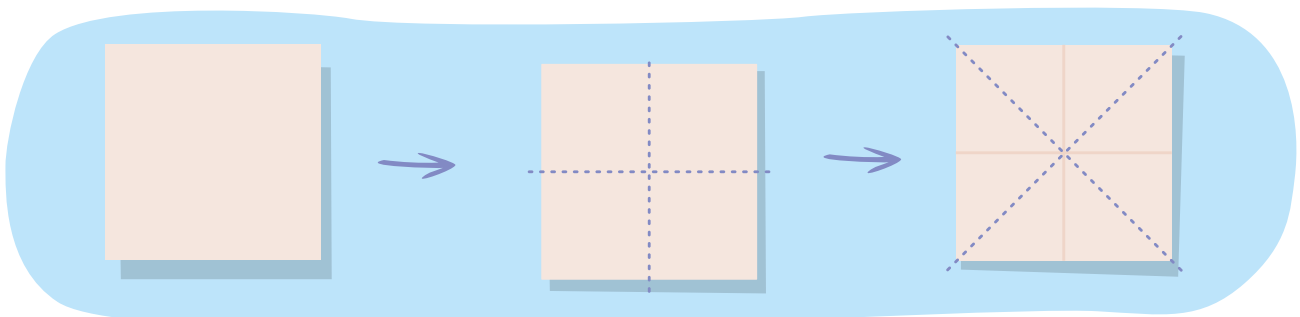
Here's how it's done

1

Fold the paper in half from left to right, open it up again and then fold it in half again from top to bottom.

2

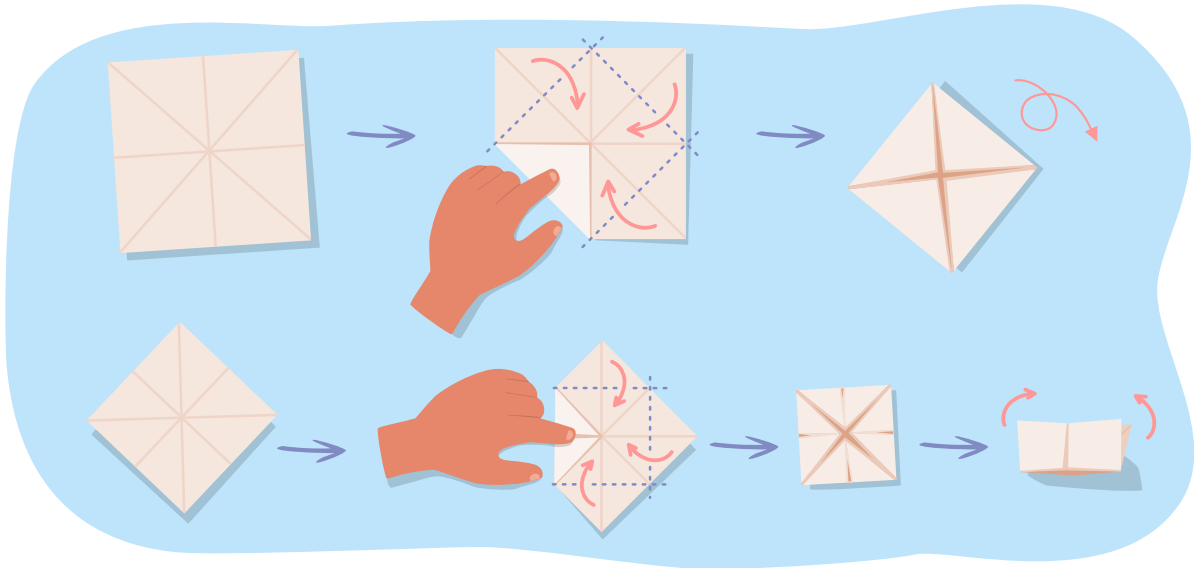
Open the paper up again and then fold it again diagonally in both directions.





3

Then fold all corners to the center point. Turn the paper over and then fold all corners again to the center point.

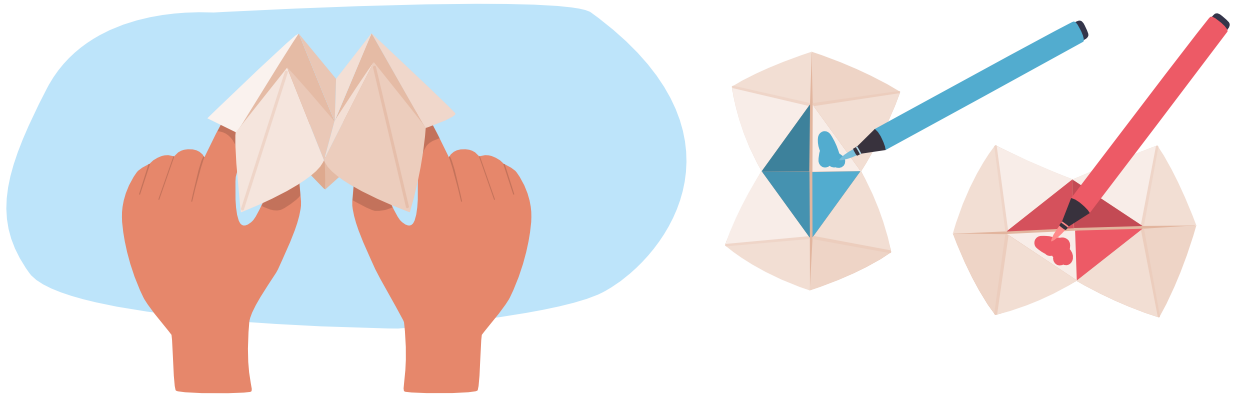


4

Four points are created by doing so. From below, reach into these points using four fingers.

5

Different surfaces will become visible on the inside depending on how you move your fingers. Color the respectively opposing inner surfaces blue (for heaven) and then do the same in red (for hell).



6

Done! Now you can start to play: Push the points together so that they meet in the middle and the colors on the inside cannot be seen.

7

Ask the other player “heaven or hell?”. They must choose one and also a direction (horizontal or vertical) in which you should open the game. If their answer was correct (they said “heaven” and the visible inner color is blue), they get a point.



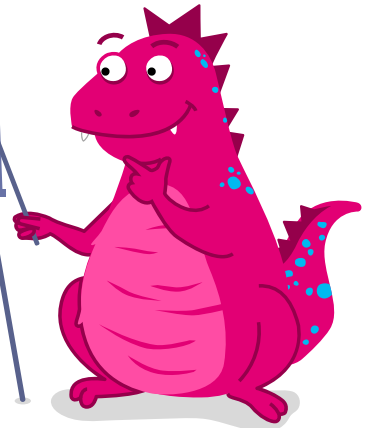
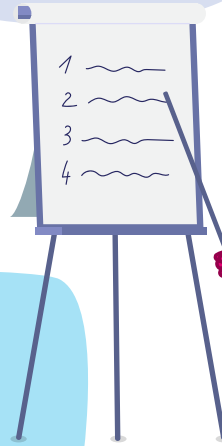
What do you know about social media?



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

Being social means living nicely together – let's try to achieve this in social media too!

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



1

What is social media for?

- A: To be in contact with other people.
- B: To send homework.
- C: To broadcast sport events.

2

What is a profile?

- A: A person who uploads photos without permission.
- B: A funny comment beneath a video.
- C: A personal page on a social network.

3

What can you use to chat?

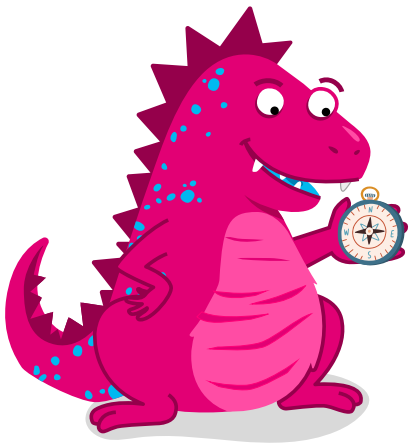
- A: A messenger platform.
- B: A computer mouse.
- C: An operating system.

4

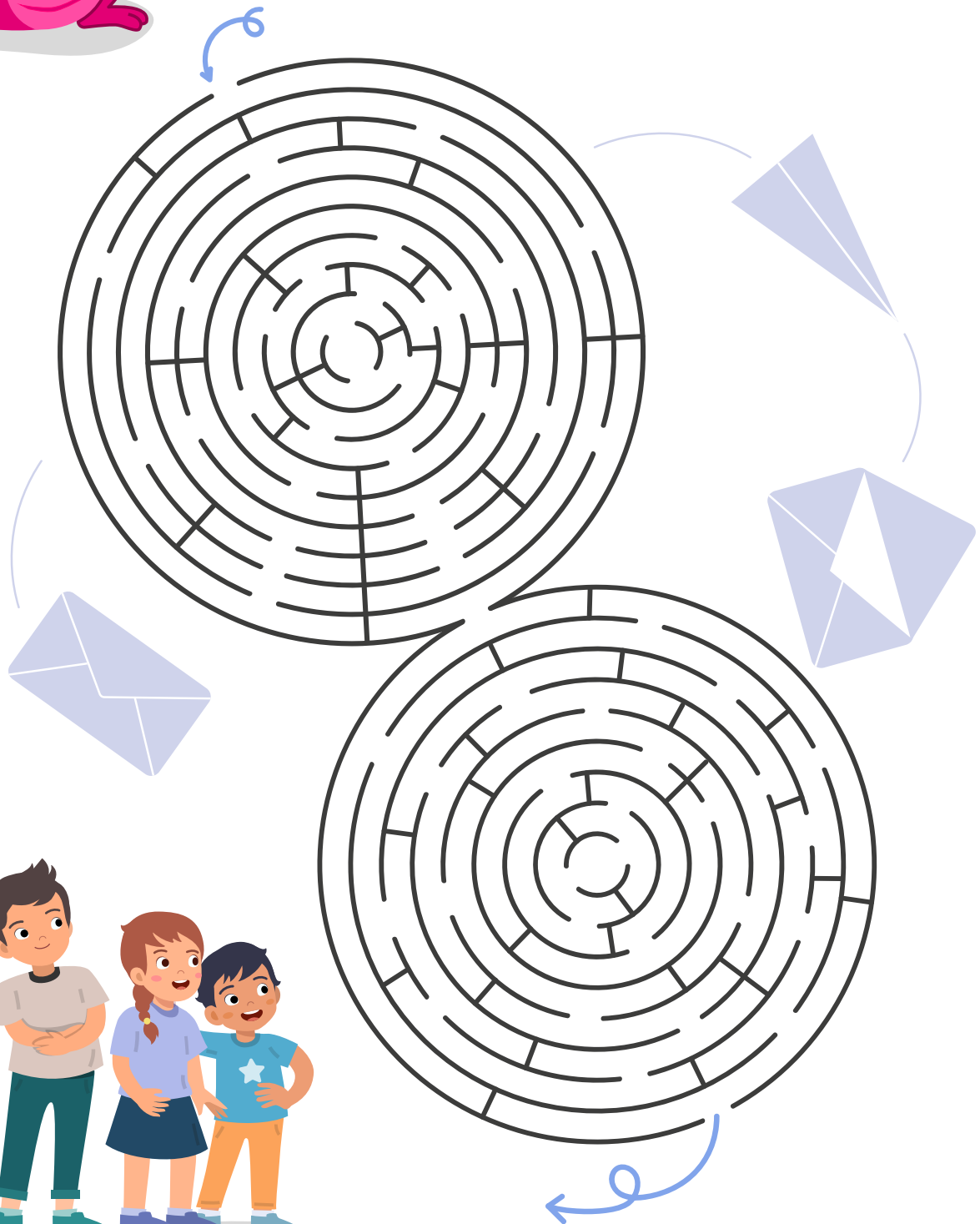
What can you share on social media without any thought?

- A: Your name and telephone number.
- B: Nice and friendly words.
- C: Photos of other people.

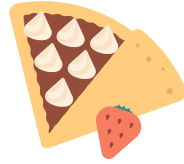
A direct line to your friends



Social media and messenger platforms make it really easy to contact your friends. In contrast to this really tricky maze: Can you help me to get to Danika, Finn, and Noah?



Crepes with a filling of your choosing



What you need

Being cautious and careful is important on social media. It's a little bit like crepes: You need to be attentive and precise when baking and then creative and inventive when filling them afterwards.

- 300 g flour
- 100 g margarine
- 4 eggs
- 400 ml milk
- 1 pinch of salt
- 2 tbsp rapeseed oil
- **Fill them as you like:** Chocolate creme if you've got a sweet tooth or ham and cheese if you prefer savory food.



What to do



1

Mix the eggs, margarine, and salt in a bowl.

2

Gradually add the flour until you achieve a smooth mixture.

3

Add the milk and whisk everything until all the lumps are gone.

4

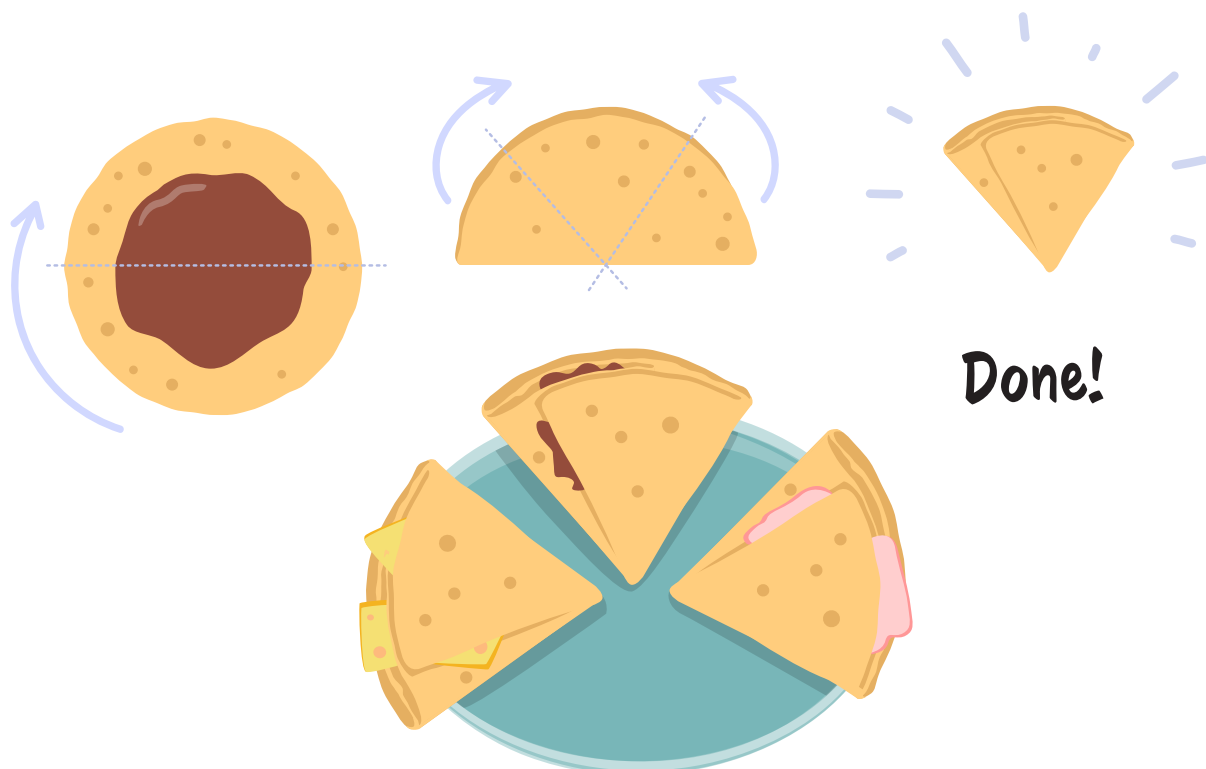
Then add the oil and allow the crepe mixture to rest for around 60 minutes.

5

You can now make the crepes. Using a ladle, add a small amount of mixture to the pan. Spread the mixture in a circular motion so that a very thin layer covers the pan surface. Even better: Use a crepe maker (if you have one).

6

Turn the crêpe after 30–60 seconds and add your filling to the upper side. Fold the crepe in the middle and then again from both sides to make a triangular shape.



Done!

Everything you need to know about social media at a glance



➔ Social media sites also refer to...



- social networks and are digital locations where people can meet and chat. Here you can upload photos and videos as well as look at them, comment on them, and share them with your friends.
- Not really suitable for very young children. There's a reason why the large networks have an age restriction.

➔ Watch out for...

- Your behavior and your choice of words. Treat others in social media and chats as you would like to be treated.
- All information that you give out. Strangers shouldn't be able to easily find out personal information such as your address or telephone number.



➔ Protect yourself and...

- Speak to your parents if something is uncomfortable or is strange on social networks.
- Report content that is mean, insulting, or unfair to you or others.

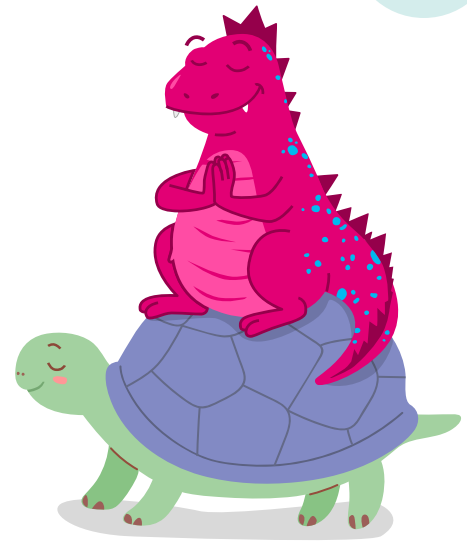


Mindfulness – the be all and end all



On many social media platforms, you can choose what others can see and read about you. However, it's still important to think twice about what you write about others and what you share. The motto is: Be considerate and level-headed.

The following yoga exercise will help. It's called the "turtle pose" and stands for deliberation and assertiveness. These things are also important on social media: Say "no" and show others what your limits are.



Here's how:

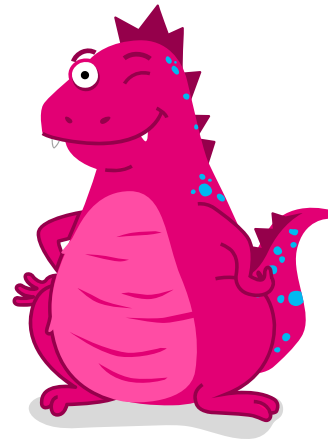
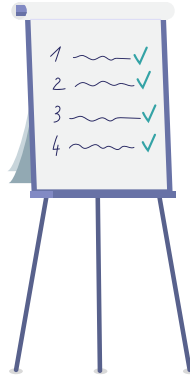
1. Position yourself in a wide squatting position and, from inside to outside, thread your arms beneath the backs of your knees.
2. Place your bottom on the floor and stretch your spine. Put the palms of your hand on the floor and stretch the arms away from your body.
3. Slide your heels forwards and stretch your legs. Your toes should point upwards.
4. Move your upper body downwards until your chin and chest touch the floor. Push your coccyx backwards and stretch your upper back.
5. Turn your thighs inwards. Pay attention that they are always touching the chest.
6. Relax your hips and lower your position each time you breathe out.



**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.

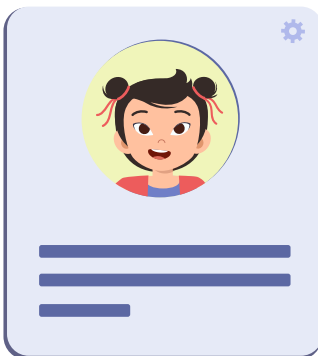
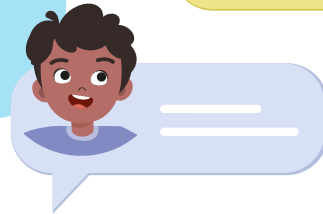
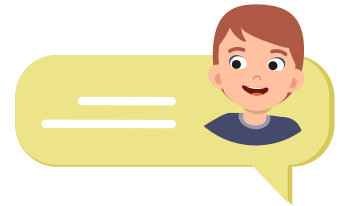
Quiz-answers



1

What is social media for?

A: To be in contact with other people.



2

What is a profile?

C: A personal page on a social network.

3

What can you use to chat?

A: A messenger platform.



4

What can you share on social media without any thought?

B: Nice and friendly words.

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And now you know how you should behave on social media and how you can stay safe. 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!

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