

# AwareNessi

**The fantastic  
security activity book**

for children and adults

What is  
the internet?

About giant networks, surfing without a surfboard,  
and a window to the entire world



# 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 tell you what the internet really is, how it works, and what you have to watch out for when you're using 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

Explore the whole world from your living room



## Coloring picture 04

## AwareNessi explains 05

One network that connects everybody



## Puzzle 06

Shining a light on the data jungle



## Coloring picture 07

## AwareNessi explains 08

Good pages and bad pages



## Puzzle 09

Message delivery done right



## Baking recipe 10

Emoji mini-cakes

## AwareNessi explains 12

Surfing without a board



## Puzzle 13

A strong link



## Game idea 14

A different way to play hit the pot



## Baking recipe 15

Net cakes filled with jam



## Quiz 17

What do you know about the internet?

## Story (part 2) 18

Time for the real world

## AwareNessi summarizes 19

Key internet facts at a glance



## Security yoga 20

How to find your balance



## 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.

# Explore the whole world from your living room



Mom got a new tablet PC for her birthday. She loves it. But Danica, Finn, and Noah love it even more. Mom lets them try out the new gadget. After all, what can go wrong? The three of them swipe and tap the screen and take a close look at everything. “Look here, what’s that?” Finn points to a small picture of a globe. “Internet,” says his sister, reading the text under the picture. “I’ve heard of that before,” says Danica, “I think mom and dad use it for their work.”

“Open it,” orders Finn. Danica taps the small picture. A window opens on the screen. In the center, it asks, “What are you looking for?” “What now?” “Hmmm, I wasn’t expecting that.” The children are a bit clueless.

But like always, when it comes to questions about computers and technology, AwareNessi is quick to help. “Hey kids, what are you up to?” “Hi, AwareNessi! We wanted to try out this ‘internet’. But we’re not really sure what it is or what you can do with it.” AwareNessi smiles a wide smile. “Then I got here just in time. That’s my specialty. Imagine that the internet is like a window to the whole world. You can do almost everything there: play board games, learn math, meet with your friends, watch cute cat videos, find the fastest route from here to New York, and much, much more.

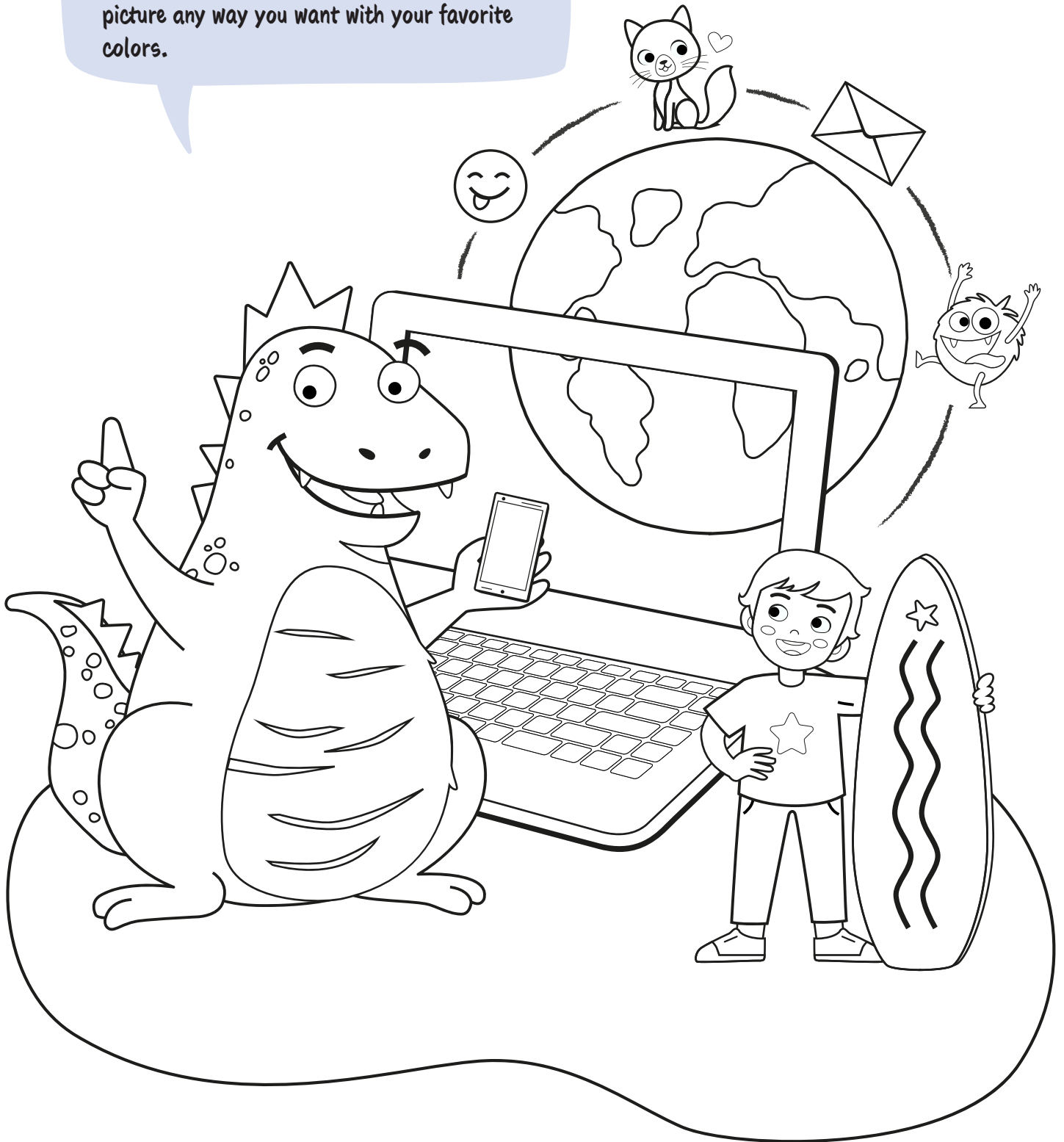
People around the world use the internet. Most of them are nice and enjoy interacting with other people.



Unfortunately, there are also some bad guys among the many people who use the internet and they can get up to some nasty things. That’s why it’s important for you to know about both the good and bad sides of the internet.” AwareNessi sits down on the couch and gently pats the cushion next to her. “Make yourselves comfortable and I’ll tell you about it.”



Almost anything is possible on the internet!  
Let your imaginations run wild and color this  
picture any way you want with your favorite  
colors.



# One network that connects everybody

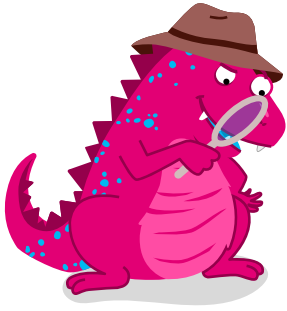
First let's take a look at the word "internet". It's a combination of "interconnected", meaning "connected to each other", and "network". So the internet is a huge network that connects all of us around the whole world. That's why it's also called the "World Wide Web".



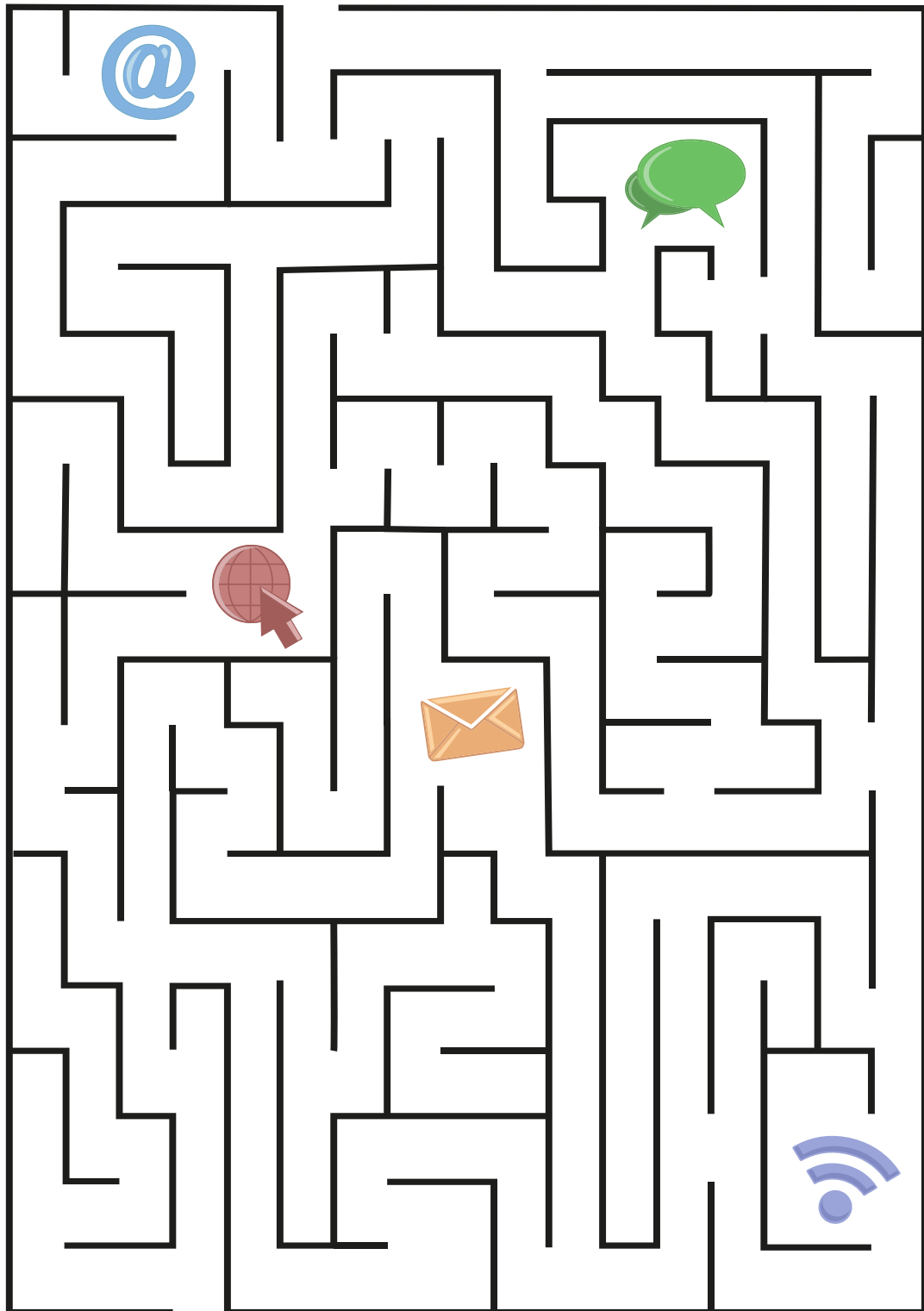
Technically speaking, the internet doesn't connect people – it connects gadgets like computers, smartphones, and tablet PCs. To do this, we need servers: computers that do nothing else than store huuuge amounts of data and send it around the world. "Data" is a little more difficult to explain: Essentially, data is everything you can see and listen to on your computer – like videos, pictures, and texts.

The internet's purpose is to make this data available for everyone, everywhere. When a friend sends you vacation snapshots from the other end of the world, for instance, you can see them in just seconds. This works because cables have been laid around the world, even under the oceans.

# Shining a light on the data jungle



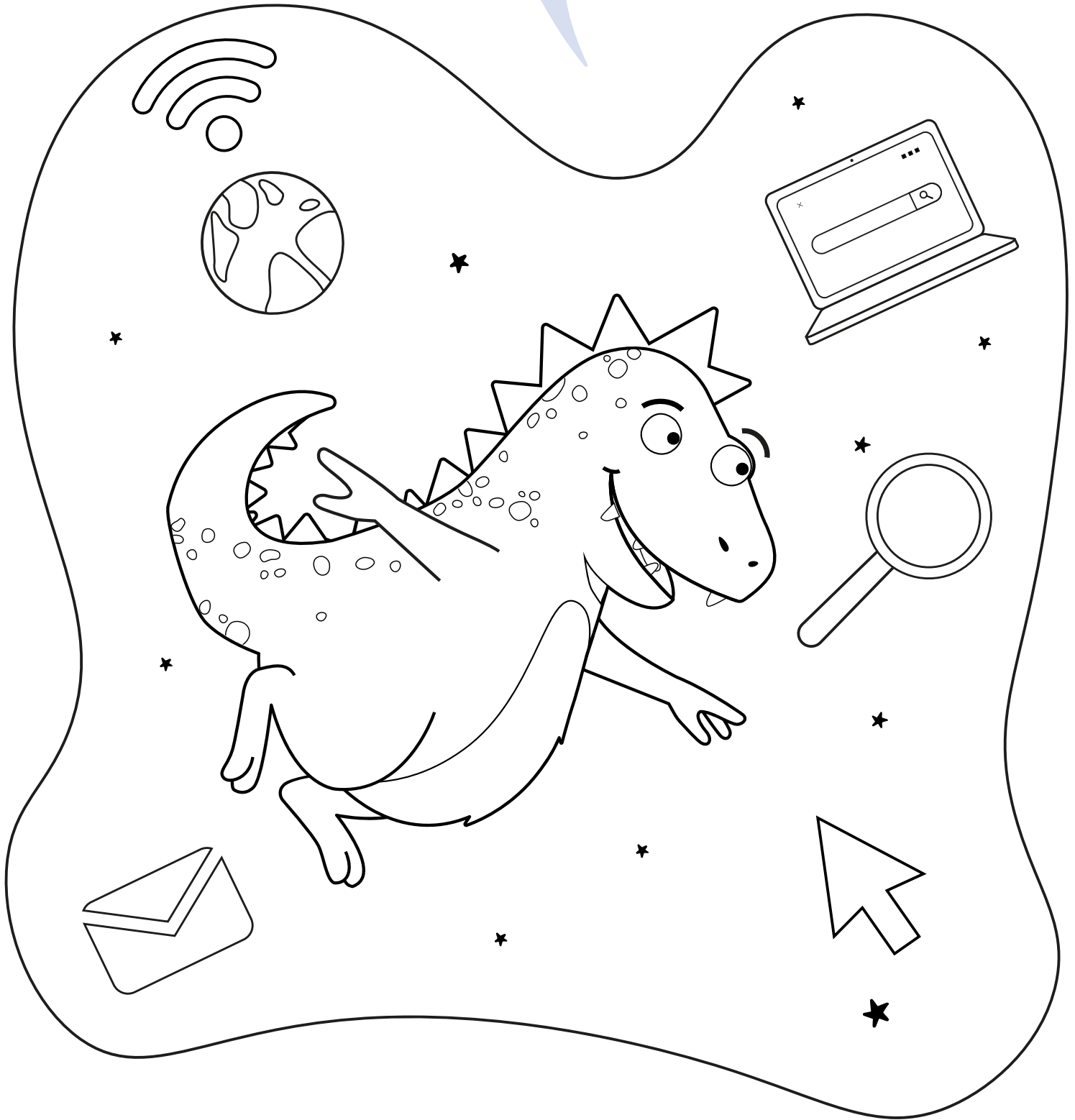
The internet runs on a lot of complex technology. As a result, your data always knows how to reach its destination. Can you do the same and find your way through this maze?



Done!



Add some color to this picture and fill me in.



# Good pages and bad pages

You've already learned what the internet is: a large network that connects people and computers around the world. But there are many other things you need to know, too.



## Who invented the internet



If you ask your parents, they'll most likely say: "When I was little, we didn't have internet," because the internet isn't that old at all. It all started in 1969, when the U.S. Army created a precursor to the internet called "ARPANET". It was renamed the "internet" in 1990 and opened up for everyone to use. Together with other developers, a British man named Tim Berners-Lee helped to make the internet easier to use. He also created the first website in 1991.



## What is a website



Imagine that the internet is a thick book. A website is something like a chapter of that book, with its own pages – called web pages. Everyone can create a page and put it up on the internet. That used to be complicated, but it's very simple today. You can include almost anything in a web page: texts, pictures, videos – whatever you want. A website can consist of many different pages and can also be connected to other websites through links. Websites are the main part of the internet we use.

## What do I need to watch out for on the internet



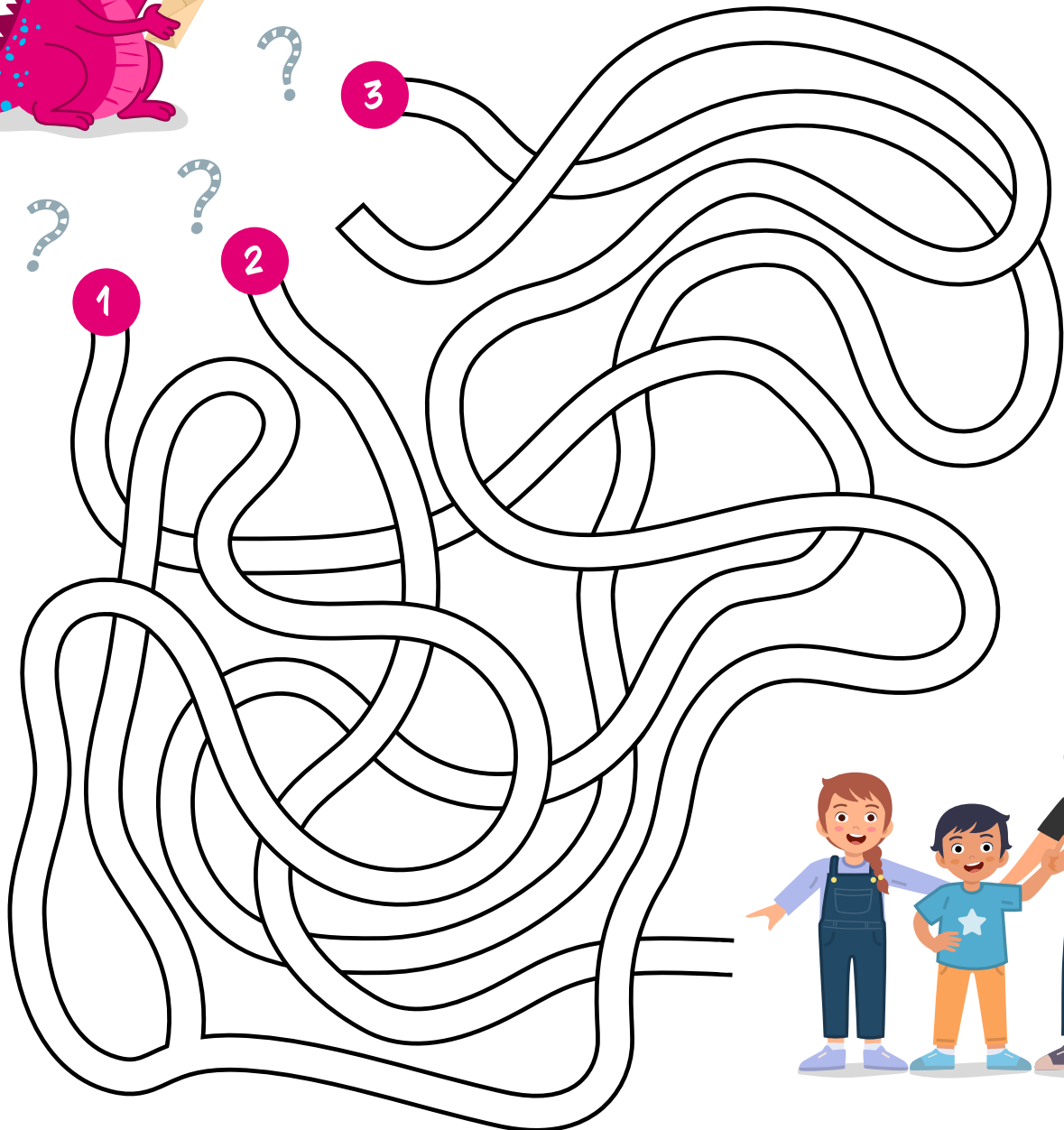
The internet has many great sites, but also has some dark sides. If you don't watch out, bad people can use them to trick you and find out things about you that they have no right to know. Or even worse: They can use nasty traps to steal your data and even your money. That's why it's very important to always look twice on the internet and not believe everything you see.



# Message delivery done right



An email is a letter that you send over the internet. Like in real life, to send an email, you need to have the recipient's exact address. Where do I have to send my email so it reaches Danica, Finn, and Noah?



**Golden dragon wisdom:**

1. When on the internet, always pay close attention before you click or tap anything.
2. Be careful with your personal information and data.
3. If you're ever in doubt, ask your parents or older siblings.

# Emoji mini-cakes



Ingredients for  
the mini-cakes



- 120 g margarine or soft butter
- 100 g sugar
- 2 eggs
- 250 g flour
- 1 packet vanilla sugar
- 1 packet vanilla pudding powder
- 1 pinch of salt
- 3 tbsp. baking powder
- 100 ml milk

and for the  
decorations



- Soft fondant icing in the colors of your emojis
- Chocolate drops
- Powdered sugar
- 2 tbsp. milk



Do you know emojis? They're the funny little faces that let you express your feelings on the internet. You can use this recipe to turn your favorite emojis into delicious mini-cakes!



# Here's how it works: 😊



1

Pre-heat the oven to 160°C and prepare two baking trays with bakery paper

2

Mix the butter with the sugar and beat it until creamy, then add the eggs individually and mix them in. Mix the flour with the powdered pudding and slowly add to the egg mixture alternately with the milk while mixing. Make sure the dough doesn't get too soft! (Tip: If you don't have any powdered pudding, you also use a mixture of starch, baking powder, and salt.)

3

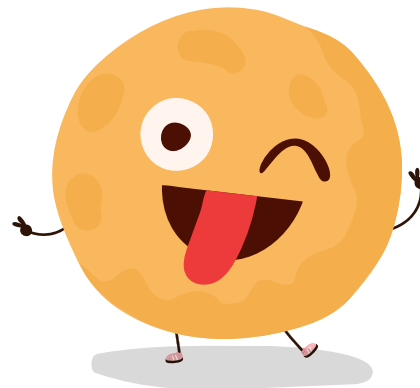
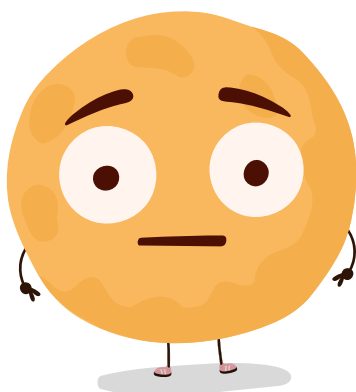
Fill the dough into an icing bag and squeeze small portions onto the two trays – either 20 small ones or ten large ones. Be sure to leave enough space between them. If you don't have an icing bag, you can also use a spoon.

4

Bake the mini-cakes for around twelve minutes (for the small version) or 15–20 minutes (for the larger ones) until they are golden brown. Then let them cool.

5

Now it's time to decorate. To make the glaze, you can use the chocolate drops and sifted powdered sugar mixed with milk. Then let your imagination run free with the fondant and decorate the mini-cakes however you like.



Done !



# Surfing without a board

With the internet, you have the whole world at your fingertips. All you need is internet access and a device like a smartphone or computer. But then what?



## What is a browser

A browser is a computer program or smartphone app that lets you navigate around the internet – also called “browsing”. When you buy a new computer or smartphone, it usually comes with a built-in browser. BTW: Navigating through the internet is also called “surfing the net” or “surfing the web”. It doesn’t have anything to do with water sports, however.



## How can I surf the internet



Every website has its own address or URL. Enter an address in your browser and you go to that website. Every address is unique. This ensures there will be no confusion and you reach the website you want to. An internet address looks like this: `https://www.awarenessi.de`. “https://” and “www.” are technical notes for your browser. The “.de” is the last part of the internet address and stands for “Germany” in this case. That means the website is hosted in Germany. Other common extensions are “.com”, “.org”, and “.net”.



## What is a search engine



If you don’t know an exact internet address, that’s no problem. There are “search engines” to help us find them. Search engines are websites whose sole purpose is to help you find other websites. To do so, you enter a term like “AwareNessi” in the search engine – and you’ll immediately see a list of websites that have something to do with AwareNessi. Child’s play, right? Speaking of children: There are special search engines for children, such as KidInfo, Zilladog, and DuckDuckGo.



# A strong link



Connect the numbers to find out what I do when I'm not surfing the internet.



# A different way to play hit the pot



You've probably played hit the pot before. With a few minor changes, you can breathe new life into this classic game. This version is best when you have at least four players.

## What you need



- **Three to five pots**  
(or sturdy bowls)
- **A wooden spoon or something similar**
- **A blindfold** (such as a scarf)
- **Sticky notes and pens**
- **A stopwatch**

## Rules of play

1. Two teams play against each other. Put the blindfold on a player from team 1.
2. Write consecutive numbers on the sticky notes, then place the pots around the room and stick the notes to the pots.
3. Start the stopwatch: The player wearing the blindfold has to crawl around the room and find the pots – in the right order, that is, the pot with the 1 first, then the 2, and so on.
4. The player waves the wooden spoon around to find the pots. Their teammates can shout instructions for navigating from pot to pot.
5. When all the pots have been hit in the right order, stop the stopwatch. Now team 2 is up. Continue going back and forth until every player has had a turn.
6. When everyone has had a turn, add the times together. The team with the lowest overall time wins.

Search engines make it easy to find what you need on the internet. But how good are you at searching for things in the real world?



# Net cakes filled with jam



## What you need



- 1 egg
- 175 g powdered sugar
- 1 tbsp. vanilla sugar
- 250 g butter
- 500 g wheat flour
- 1 packet baking powder
- 1 pinch of salt
- Lemon zest
- 400 g jam of your choice

Do you know what connects people almost as good as the internet? Yummy cake – everybody likes it! The net-like decoration of the cake gives it that special touch.



# What to do



1

Put all of the ingredients except for the jam in a mixing bowl. Knead the dough until you can make a ball out of it. Put the finished dough aside for around ten minutes.

2

Prepare a baking tray with bakery paper and an adjustable baking frame. The baking frame should be adjusted to around 35x25 cm for the quantities specified above.

3

Take two-thirds of the dough and spread it evenly around the baking tray and press it against the edges of the frame. Add the jam to the dough and spread it smoothly.

4

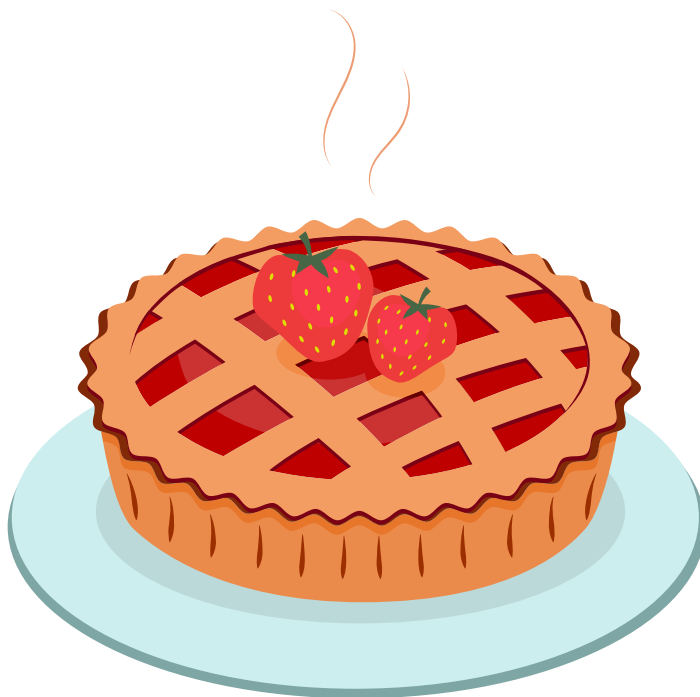
Use the rest of the dough to form small tubes and place them on the jam in a net-like pattern.

5

Preheat the oven to 180°C (top/bottom heat) and then bake the cake on the middle shelf for 30–35 minutes.

6

Let the cake cool or enjoy it while it's still hot, with vanilla ice cream and whipped cream.



**Done !**



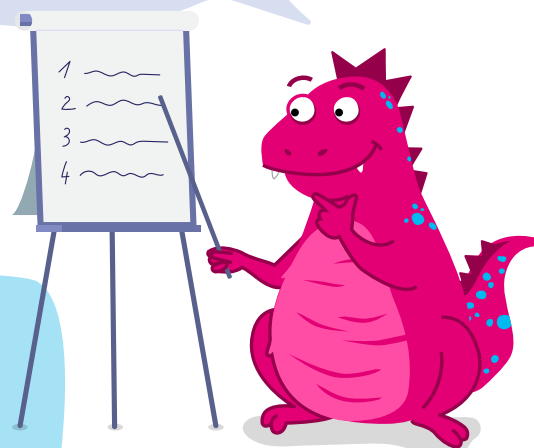
# What do you know about the internet?



The internet doesn't just connect the whole world – it's also a world of its own. You've already learned the most important things about this giant network. Put your knowledge to the test with this quiz. Take it together with your parents and then talk about it.

You now know what the internet can do: it connects the whole world!

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



**1 What can you send over the internet?**

- A:** Data like videos, pictures, and news.
- B:** Yummy cakes and other sweets.
- C:** Christmas and birthday presents.

**2 What is a website?**

- A:** Instructions for knitting.
- B:** A rare species of spider.
- C:** Part of the internet.

**3 What DON'T you need to surf the internet?**

- A:** An internet connection.
- B:** A browser.
- C:** A radio.

**4 What can you use to search for websites on the internet?**

- A:** A large magnifying glass.
- B:** A search engine.
- C:** A magic crystal ball.

# Time for the real world



“Amazing,” agree Danica, Finn, and Noah. “There’s really a lot going on on the internet.” AwareNessi has told the three siblings everything about websites, search engines, and more. The clever dragon also showed them a few search engines that are made just for kids and are especially safe.

Yes, there's really a lot to explore. But you can quickly lose track of time when you're on the internet. You may just want to look up something quickly, but you end up surfing from one website to the next.

Suddenly, you've spent your entire afternoon there. That's why it's important to keep an eye on the clock.



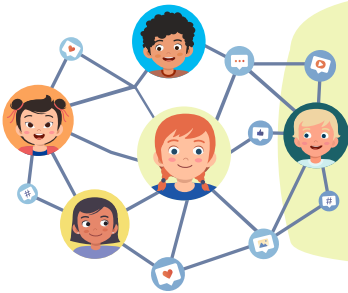
AwareNessi turns off mom’s tablet PC and puts it down on the living room table. “So it’s best to not spend too much time in the internet world,” says AwareNessi, “because the best, most exciting things still happen in the real world.”

“Like eating cake,” shouts Finn. In that very moment, dad brings out a big birthday cake for mom and sets the table. “Exactly, like eating cake,” repeats AwareNessi with a grin, making everyone LOL (laugh out loud).

# Key internet facts at a glance



## ➡ The internet is ...



- a network that connects computers all over the world. The internet lets you send data like pictures, videos, music, text messages, and much more to your friends.

## ➡ To use the internet, you need ...

- an internet connection and a device like a smartphone or computer.
- a browser: a program for browsing the internet and opening websites.
- ideally, a specific internet address. If you don't have that, you can use a search engine.



## ➡ Protect yourself and ...



- always pay attention to what you're doing. don't believe everything you see or read on the internet.
- only visit websites and open emails that you trust. When in doubt, talk with your parents or older siblings first.

# How to find your balance



It's very important to keep your balance on the internet: You can be open and curious, but you should also be careful and attentive. And it isn't easy to figure out how much time on the internet is a good thing. Maybe this yoga exercise, called "the boat", will help. It can improve your balance and concentration.



## Here's how it works:

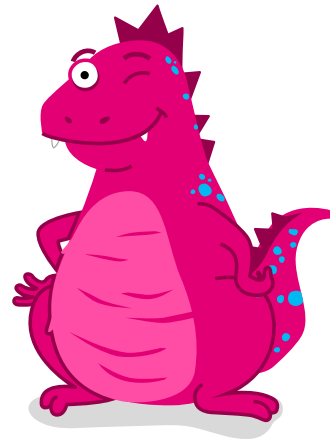
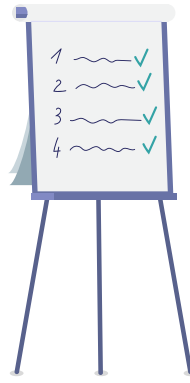
1. Sit down with your legs bent slightly – your feet should be pointing forwards.
2. Place your hands flat on the floor behind your back. Your fingers should be pointing forwards and your elbows slightly bent.
3. Now lift your feet off the floor and hold your shins parallel to the floor. Find your balance and stay in this position.
4. Now lift your hands off the floor and extend your arms next to your legs.
5. Spread out your chest and relax your shoulders. You should feel this exercise most in the muscle between your shoulder blades.
6. Take a deep breath. When exhaling, tense your abs a little more and stretch out your back as far as possible. Keep this position for at least three deep breaths.
7. If you find it easier, you can also use your hands (palms or fingertips) on the floor behind your back to support you.



**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.

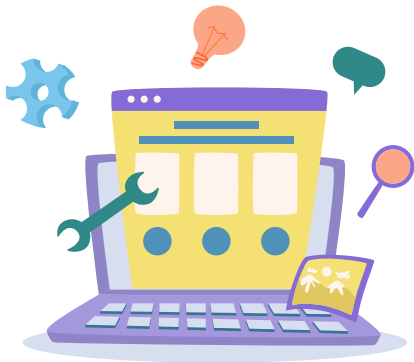
# Quiz answers



1

**What can you send over the internet?**

**A:** Data like videos, pictures, and news.



2

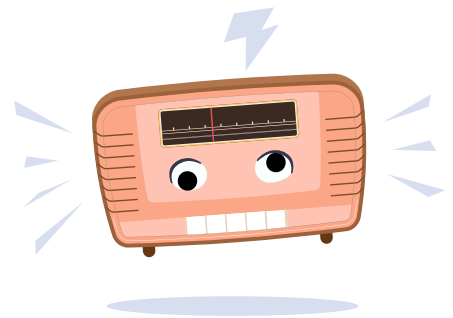
**What is a website?**

**C:** Part of the internet.

3

**What DON'T you need to surf the internet?**

**C:** A radio.



4

**What can you use to search for websites on the internet?**

**B:** A search engine.

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Now you know how to protect yourself on the internet. 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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