

AwareNessi

The fantastic
security activity book

for children and adults

What is online hate?

Hate-filled troublemakers, sad trolls
and heroes with a heart



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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, too. In this issue, AwareNessi will explain what online hate 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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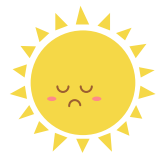
To ensure that you're not led a merry dance



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.

A clear sky but a subdued mood



Danika and Malaika are taking advantage of the lovely sunny weather and are spending the whole afternoon at the playground. They're having a great time but one thing is strange: Two much older boys are sitting in the corner. The boys are looking at their smartphones the whole time and are laughing meanly. As Danika's older brother Noah and his friend Amir happen to appear, Danika asks him whether the two boys are in his class. "Yeah, that's Olli and Stefan. They're always skipping lessons. And they're always mean to Amir because he looks "different". His parents are originally from Lebanon."

At the same time, the two boys look over to Amir, write something on their phone, and laugh. Amir looks at his smartphone: "Look, I've just got a nasty message in my class group chat. The two boys said I should go

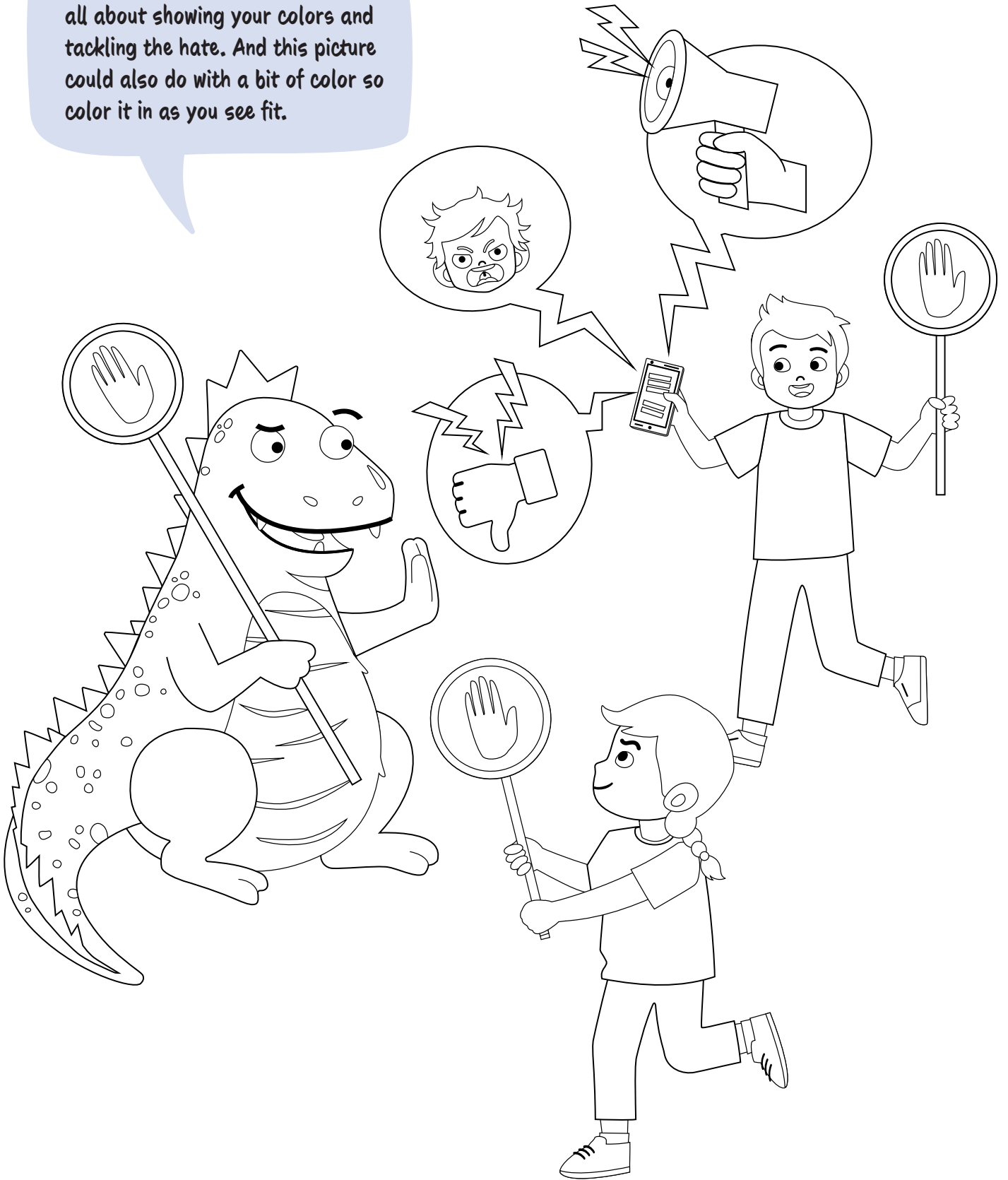
back to my own country, and that I've got no business being here!" Of course, that's disgraceful. A clear case for AwareNessi! Together with the children, the dragon goes over to the troublemakers and speaks to them:

It's not funny to write such things online. They hurt other people. Amir is our friend and he's really cool.





When dealing with online hate, it's all about showing your colors and tackling the hate. And this picture could also do with a bit of color so color it in as you see fit.



Using hate to spread worry and shock

Hate online can be an inappropriate comment, cyberbullying, or even hate speech. People are repeatedly savagely insulted, threatened, and abused on social media or online platforms. When entire groups are strategically devalued because of certain characteristics such as their origin, religion, or gender, this is referred to as hate speech.



Of course, such things also take place in the real world. But it is much easier on the internet. You don't actually see the other person online and mean words are easily typed. Not only that: On the majority of platforms, it's also possible to register under a false name and write nasty messages. And such messages are not only hurtful, they can also really worry peo-

ple too. Examples include hate speech where threats are made or people are encouraged to commit acts of violence. Online hate often turns into violence in the real world – and vice versa. As a result, those affected often feel unsafe online and in the real world. And then they sometimes don't dare to go online or out of the house.

Turning the blanket



What you need



- One or more blankets (depending on how many groups you wish to play with)
- If you don't have a blanket to hand, you can also use a rug.

The best way to tackle online hate is to stick together. If you stick together, you can turn a bad situation into a good one – and this game's all about “turning”.



Here's how it works:



1

Place the blanket on the floor and all members of the group should stand on it.

2

The aim of the game is to turn the blanket without any of the players touching the floor.

3

Tip: You'll only succeed if you work together as a team, give each other tasks, and then execute them.

4

You can also organize the game as a competition. Simply form several groups (each group will naturally receive its own blanket). The group that manages to turn its blanket first is the winner.



Stopping trolls and troublemakers

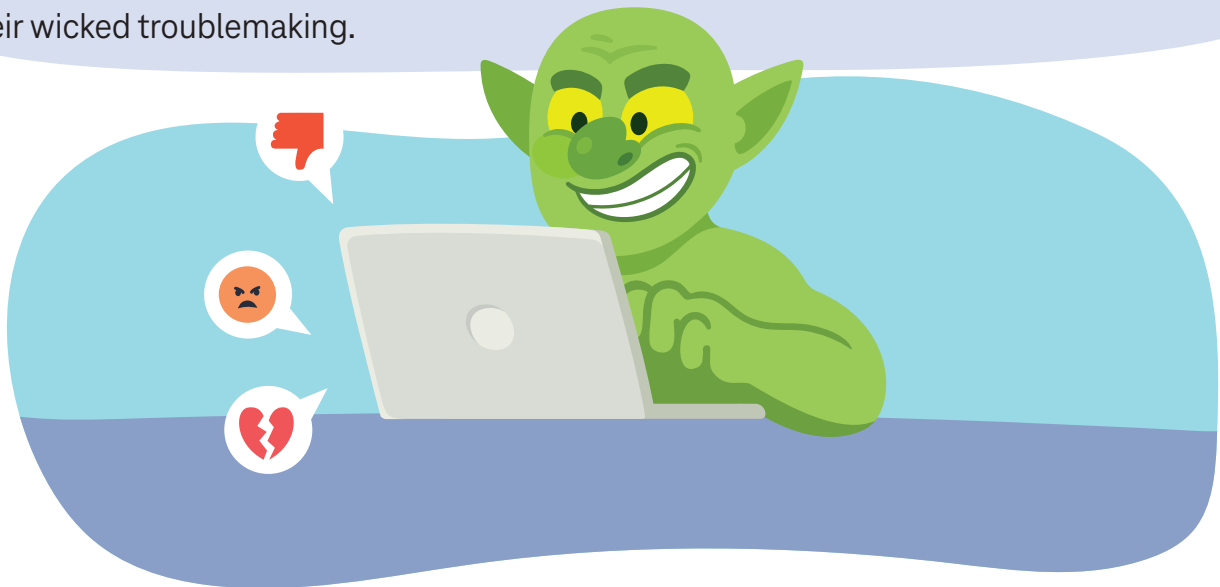
From Facebook to YouTube: online hate can be found on almost every social media platform on which users can post comments, images, and videos.



Who spreads online hate



Troublemakers are one group that do so. They incite people and fuel hate against certain groups. Some people cannot handle other perspectives and opinions and want to suppress them. Others aren't satisfied with their lives and blame certain groups of people for this. Troublemakers aren't the only group, we also have trolls. They enjoy annoying others. They deliberately write shocking things in order to provoke others. They also enjoy spreading lies. Trolls are actually sinister mythical creatures from fairy tales. But real people are behind the online trolls. And some of them are even paid for their wicked troublemaking.



What can be done about this



If you become aware of or are the subject of hate speech, you can report the articles or comments on the majority of social networks. They are then reviewed and deleted. You should also speak to your parents and, with them, report it to the police. In many situations, online hate is a crime. Unfortunately, some people forget that laws also apply on the internet. You can't simply insult someone on the street and you can't do it online either. It's also important to support those affected by objecting to hate comments and showing that hate speech is not okay! You could do this by saying "I don't see it like that!" or "Your comment hurts others!"

Find the culprit!



It seems easy to remain anonymous on the internet. But everyone leaves traces online – you could call them digital fingerprints. And these fingerprints mean people who write hate comments can often be caught very easily.

Can you match the fingerprints to the right smartphones? You'll find the solution at the bottom of the next page.

Attentive sleuths are needed when trouble-makers and trolls hide behind fake names. So take a good look at this puzzle.





Noah

Oli

Danika

Malaiika



Solution:
Smartphone 1 belongs to Danika
Smartphone 2 belongs to Malaiika
Smartphone 3 belongs to Oli!
Smartphone 4 belongs to Noah

3 pieces of dragon wisdom against online hate



Don't turn a blind eye.

- 1 If you notice hate speech, you cannot simply accept it without saying anything. Show those affected that they're not alone and tell the culprits that their behavior is unacceptable.

Get help.

- 2 Taking a stand against hate speech doesn't mean that you have to put yourself in danger: Get help from your parents, teachers, or friends. And make sure you're there for others if they need your support.

Don't let them throw you off track.

- 3 Hate comments are often claims that are intended to make you angry but aren't entirely true. You can answer them and tell the truth. If you do so, make sure you remain calm and objective. Troublemakers and baiters want you to lose control.

Dear parents,

Online hate is not only a great mental and physical strain for those affected, it can also be a crime. If you notice that your child encounters hate online or is even affected by it, you must talk to them. Together, think about what to do next: Block the number, talk to teachers, report the comment, report it to the police. You should also pay attention that your child does not use and discriminating language and behaves correctly on the internet.

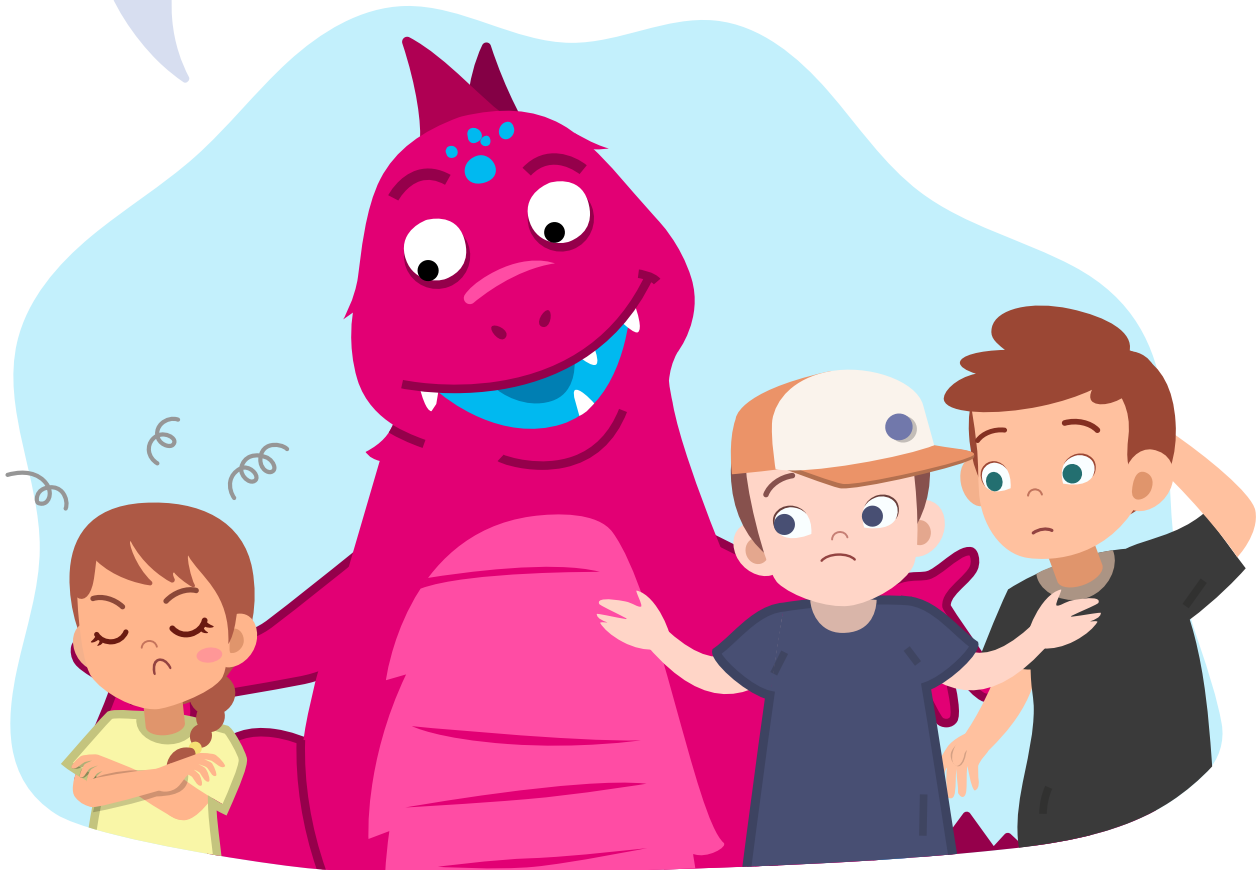


No place for hate



Olli and Stefan are suddenly very sheepish: “We only wanted to have a bit of fun. We didn’t really want to hurt anybody.” “Typical followers,” hisses Danika angrily. “Did you ever stop to think how your insults would affect Amir?” AwareNessi calms Danika by placing his hand on her shoulder. “Unfortunately many people often don’t think so far ahead. Their excuse is always ‘I didn’t really mean it.’ But the problem is that their ‘jokes’ play right into the hands of the troublemakers and trolls. And they can be really dangerous when they specifically incite violence and turn words into actions.”

That is why it is very important to make it clear online that we, as an internet community, do not tolerate insults, or threats from individuals or entire groups. Standing together is the best way to overcome online hate.



Danika is still really angry: “And we don’t tolerate any trolls on this playground!” But Noah counters: “If you ban them from the playground, you’re also excluding them. And then you’re not much better than the troublemakers themselves.” “That’s right,” says AwareNessi. “Instead of just attacking each other, people should come together.” The dragon looks over to Olli and Stefan. “Maybe you could get to know Amir better. Then you’ll see that not only is he a cool person, you might also learn that we’re actually all not that different after all.”

How much do you know about online hate?



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

Online hate needs heroes – you must report hate speech immediately!

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



1

What is hate speech?

- A: Insulting other people because of certain characteristics.
- B: A website where people can report and tackle online hate.
- C: Telling somebody in a nice way that they've done something wrong.

2

What are the trolls' intentions?

- A: They want to find friends online.
- B: They want to annoy and shock others.
- C: They want to learn more about online hate.

3

What term is used to describe people who spread hate?

- A: Heaters.
- B: Troublemakers.
- C: Coughers.

4

What should you do if you see hate comments?

- A: Report them, contradict them in a positive way, and speak to your parents.
- B: Act as if you hadn't seen anything.
- C: Restart your computer or smartphone.

Dancing heroes



What you need

People who help others are real heroes. And this handicraft idea means you'll always have a hero at your side.

- Corrugated cardboard
- Acrylic paint and paintbrush
- Binding screws or paper fasteners
- Thread
- A paper napkin in the color of your choice
- Scissors
- Something to pierce the cardboard (a thick needle for example)
- Knitting needle
- Hole punch



Here's how it's done:



1

Print out the template and glue it to the corrugated cardboard.

2

Cut out the individual parts and paint them.

3

Use the hole punch to make holes in the marked points and connect the individual parts using binding screws or paper fasteners.

4

Using an item such as a thick needle, make holes in the arms and legs.

5

Then push the thread through the holes with the knitting needle so that you can knot it on the reverse side.

6

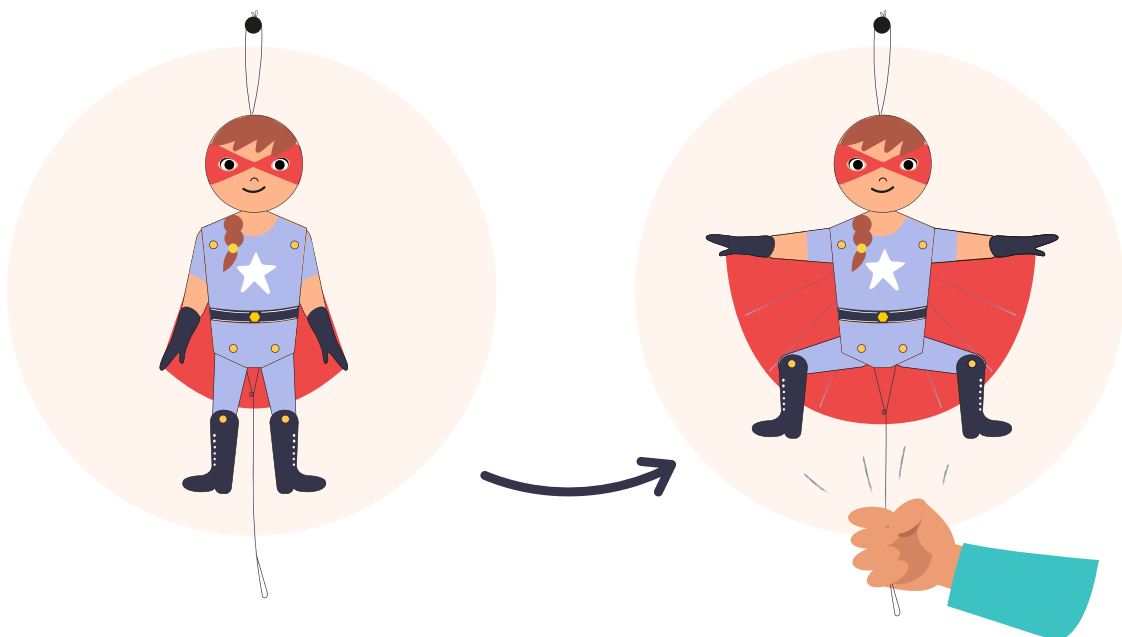
Allow the thread to hang down: This is where you can pull down later to make the hero dance.

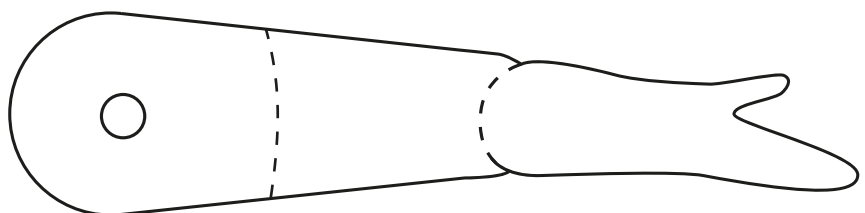
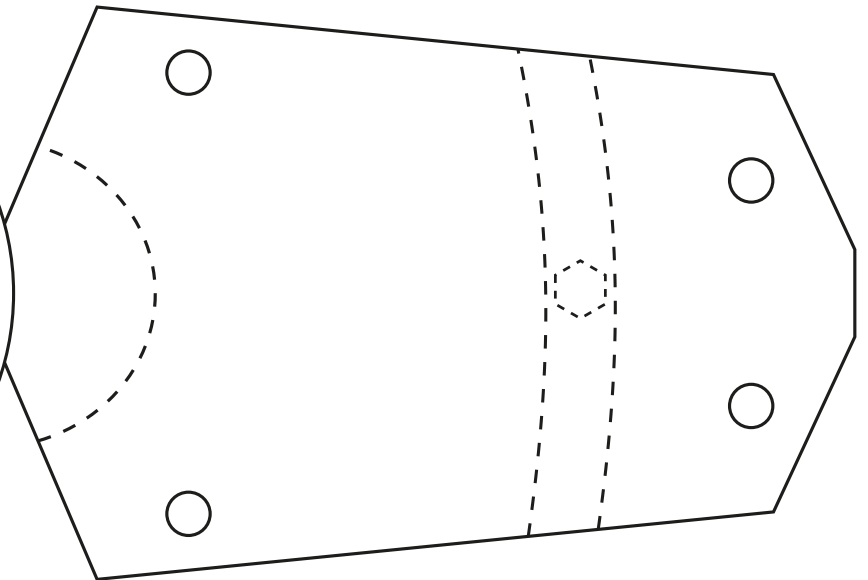
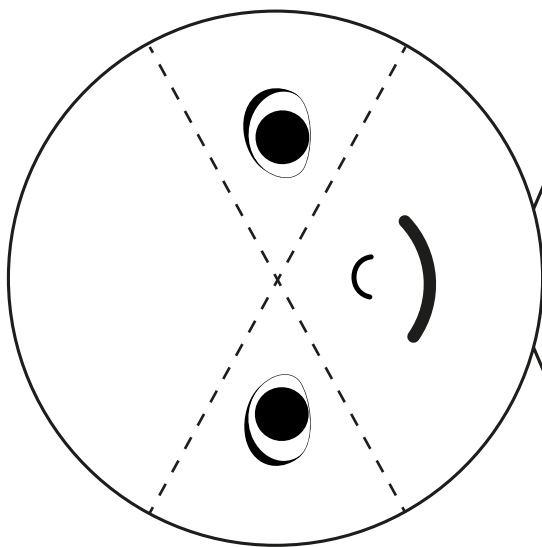
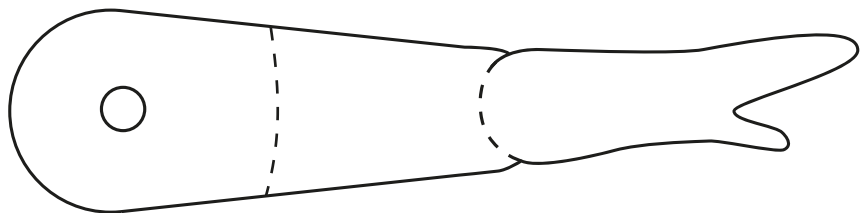
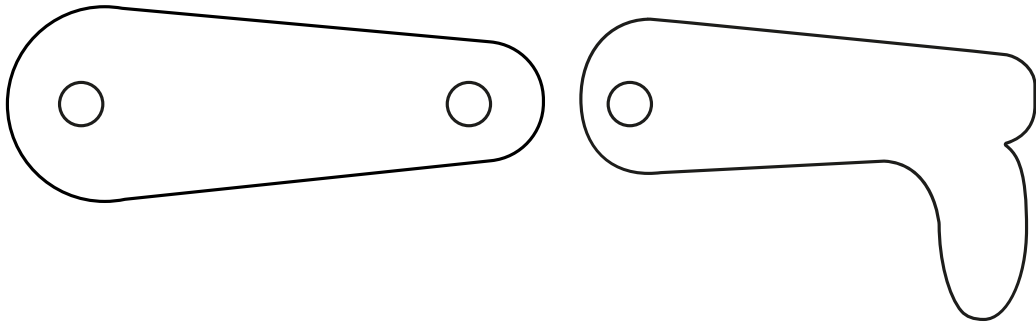
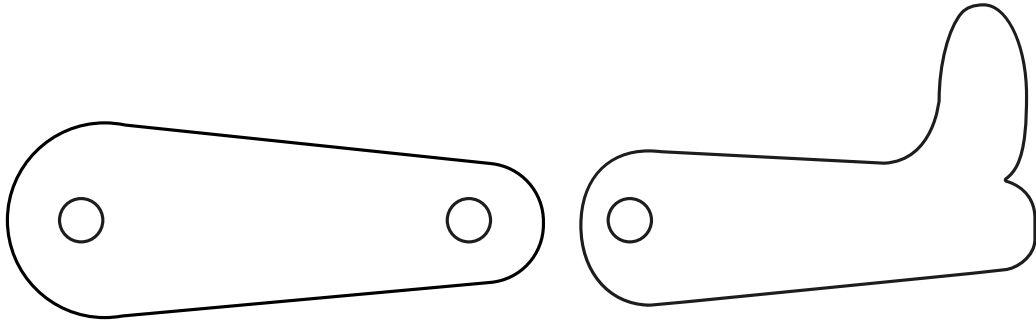
7

Cut out a cape from the napkin and then glue it to the reverse side of the arms.

8

Attach a piece of thread to the hero's head so you can hang it up wherever you like.





Alphabet soup



What you need



Words can hurt but they can also encourage, embolden, and help. They can also taste really nice! This alphabet soup is yummy and guaranteed to be made with love.

- 100 g alphabet pasta
- 1 bunch soup vegetables
- ½ bunch parsley (flat leaf)
- 1½ l beef stock
- 150 g peas (frozen)
- 3 eggs
- Salt
- Pepper
- Sugar
- Nutmeg



What to do



1

Wash and peel the soup vegetables and then cut them into thin slices.

2

Chop the parsley. You can decide whether to use the stalks or not.

3

Cook the pasta in salted water in accordance with the instructions on the packet.

4

Pour the stock into a pan, heat it and season it with salt, pepper, sugar, and nutmeg.

5

Add the soup vegetables, bring to a boil and then let it simmer on a medium heat for between five and seven minutes. You can also add the peas approximately two minutes before the simmering time ends.

6

Stir the eggs with a fork and add them to the pan whilst stirring the soup. This should create lots of little egg flakes.

7

Strain the pasta and add it to the soup with half of the parsley.

8

Taste the soup again and season if necessary.

9

Pour the soup into dishes and then garnish it with the remaining parsley.



Enjoy!

Everything about online hate at a glance



➔ Online hate is ...

- the general term for cyberbullying, offensive comments, and hate speech. In other words, anything where people are deliberately insulted, exposed, harassed, or even threatened on the internet. This can take place using photos, videos, or messages that are often spread across social media.
- Hate speech is directed against people for being part of a certain group – for example because of their origin, religion, or gender.

➔ Watch out for ...

- trolls and troublemakers. Trolls enjoy driving other people crazy and shocking them. Troublemakers want to influence others and infect them with their hatred. Both are up to no good!
- all content that insults and threatens others or incites people to exclude other groups of people or even commit acts of violence against them.

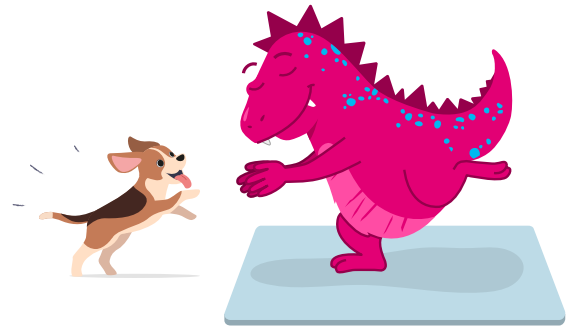
➔ Protect yourself and ...

- immediately report hate speech to the respective social networks and platforms.
- speak to your parents and go to the police with them.
- don't allow yourself to respond to hate speech with hate on the internet. Instead, remain objective and calm.

To ensure that you're not led a merry dance



What's the best antidote to hate and insults? Show your backbone, stay calm, and take action yourself. So the yoga "Dancer Pose" exercise is also the perfect remedy to online hate. It helps to achieve an internal balance and also strengthens your back.



Here's how it works:

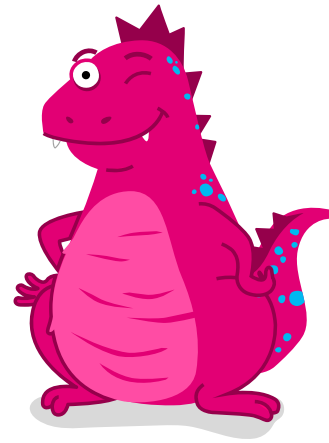
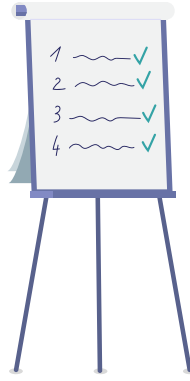
1. Stand up with your feet together. Your heels and toes should be touching.
2. Breathe in and move your weight onto your left foot. Grab your right heel (or right ankle if you feel more comfortable doing so) and pull up your foot towards your bottom.
3. Stretch your left arm upwards.
4. Now slowly push your right calf downwards so that your back arches forward slightly. Ensure that your stomach and back muscles remain stable. This relieves your back of strain.
5. Return to the starting position and repeat the exercise with your other arm and 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 is hate speech?

A: Insulting other people because of certain characteristics.



2

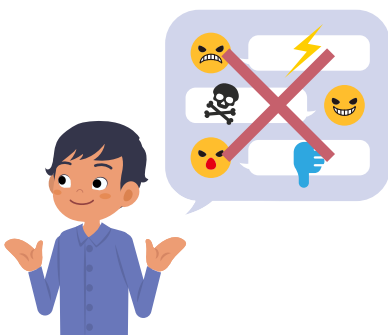
What are the trolls' intentions?

B: They want to annoy and shock others.

3

What term is used to describe people who spread hate?

B: Troublemakers.



4

What should you do if you see hate comments?

A: Report them, contradict them in a positive way, and speak to your parents.

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Now you know how to protect yourself
and others against online hate.
Be smart and always look closely.



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

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

Additional information (in German):

Teachtoday – Deutsche Telekom's media skills initiative:

<https://www.teachtoday.de/>

Scroller – The interactive children's magazine for young people between the ages of 9 and 12:

<https://www.scroller.de/>

Topic special #NOHATESPEECH:

<https://www.telekom.com/de/konzern/themenspecials/gegen-hass-im-netz>

