

# AwareNessi

The fantastic  
security activity book

for children and adults

What are  
passwords?

Keys for the internet, secret codes,  
and fortresses without gates



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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 talk about what passwords are and why they are so important. 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.

# Forgotten keys



Today Danica is spending the day with her friends Santiago, Malaika, and Emilia. Mom made spaghetti with tomato sauce, followed by ice cream made with fresh strawberries. The four are now playing with Danica's stuffed animals in her room. Santiago, who is holding "Trunky", Danica's elephant stuffy, in his hand, proudly says, "I was at the zoo recently. I saw a real elephant there."

"Wow, I'll bet that was great," say the others.

"My aunt is on vacation right now. She even rode a real elephant," says Danica. "Really?"

"Yeah, she sent us an email with vacation pictures yesterday."

"Show us!"

Danica waves to the others to follow her as she gets up and goes to the computer in the living room. She starts the computer and opens the email program, but instead of showing the emails, it only displays a message:

"Please enter your logon information."

"Oh, no," says a frustrated Danica, "I think I forgot the password."

"What can you do now?" asks Malaika. And Emilia wants to know: "What's a password anyway, and what is logon information?"

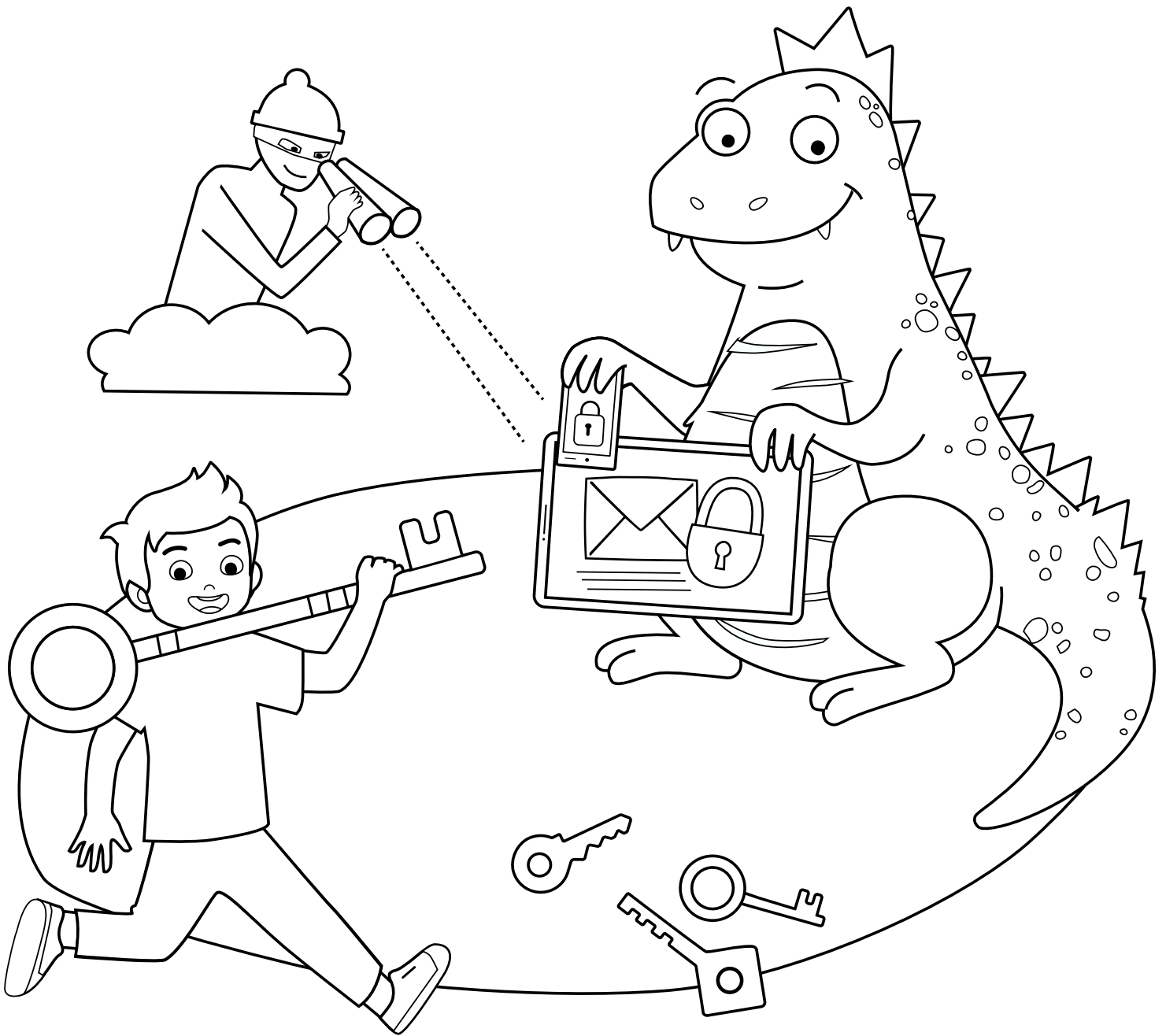
Danica isn't sure how to answer. All she knows is that she can't get into the email account without logon information. Fortunately, when it comes to questions about the internet, she can always ask AwareNessi. The clever dragon shows up immediately and explains, "A password is a little like a key. And when it comes to email, you could say the password is the key to your mailbox."

Passwords are used for many other things on the internet, too. They make sure that nobody but you can access your personal information and your stuff. But I should probably start from the beginning.





Passwords ensure that only you can access encrypted things that other people send you – an email with vacation pictures, for example, like in the story. But before I say any more, color in this picture first.



# A key made of numbers, letters, and signs



The internet has many services, platforms, and websites where you can log on – such as email boxes, social networks, and shopping sites. To do so, you create an account: your personal door that lets you into the website or your personal area of the site. You wouldn't want just anyone to be able to walk through the door of your house or apartment. That's why we have keys. The key to your user account on the internet is your password.



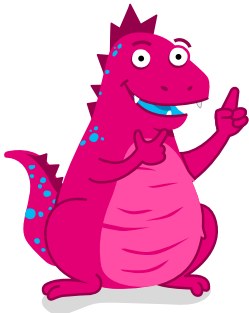
In contrast to actual keys, passwords aren't made of metal, but instead of letters, numbers, and other characters. You can think up your own password – just like the user name for your account. The password and user name together are called your “logon information”. If you want to use your account, you first have to enter your logon information on the website. This is called “logging on” (or “logging in”).

Your password is a secret code that protects your data. That's why you shouldn't reveal it

to anyone and keep it in a secure place. There are also computer programs called “password managers”, which can help you save your logon information.

But the most secure hiding place is in your mind, so the best thing to do is to think up passwords that you can remember easily. BTW: Passwords are also very popular among nasty fraudsters, because they can use them to get secret information and make a lot of money.

# Crack the picture code



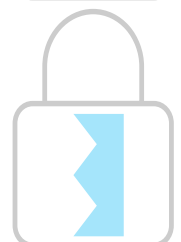
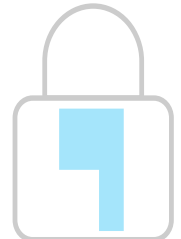
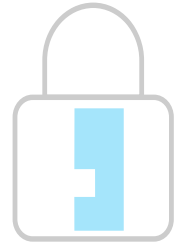
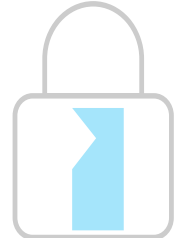
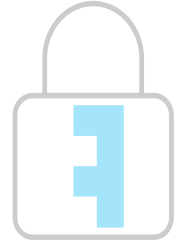
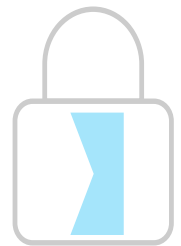
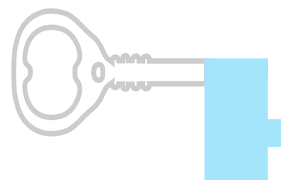
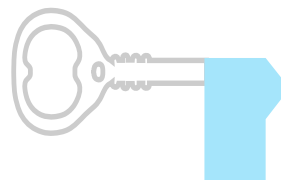
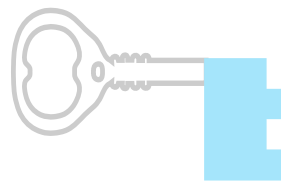
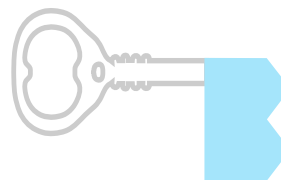
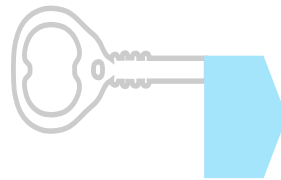
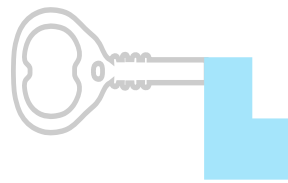
A password lets you restrict access to your personal information and accounts. It's like the right key to your lock. Your task with this puzzle is to find out which parts fit best together.

## What you need to do

Look at the parts carefully and connect them using a pen to create a square. If you like, you can cut out the parts and join them together like a puzzle.

### Golden dragon wisdom:

1. Use different passwords for different websites and user accounts.
2. Choose a password that you can remember easily, but that isn't so simple that others can guess it.
3. Don't tell your passwords to anyone – they're secret and need to stay that way.



# Memory game

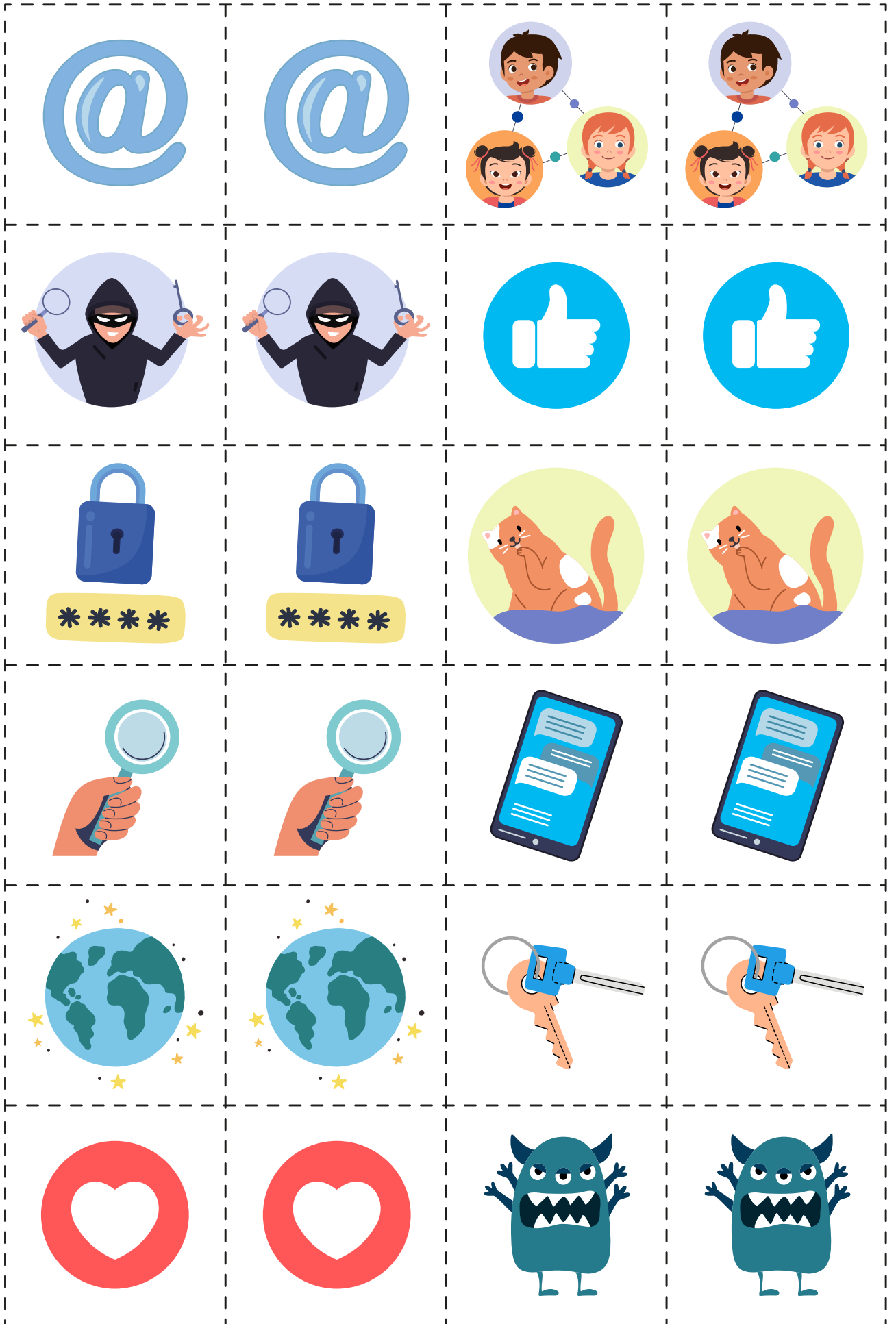


It's important to be able to remember your passwords. That's why I'll be giving you a few helpful tips later on. Until then, train your memory with this game.

## Here's how it works

1. Cut out the cards and shuffle them.
2. Now place the cards face down so you can't see the pictures.
3. Each player can now take a turn flipping two cards over. If the pictures on both cards match, the player can pick up the cards and keep them.
4. If the cards have different pictures, the player has to flip the cards back over. Try hard to remember where each picture lies. If you're good, you'll be able to find all the matches.
5. When no cards are left in the middle, each player counts the cards they have collected. The player with the most cards wins.







# Even the strongest fortress is nothing without a secure gate

Passwords are important for your security on the internet. Imagine a fortress without a strong lock on the gate: Anyone could come in and clean out the treasure vault. Even the thickest walls won't help if the gate is open. Passwords are similar: Without them, your personal information would lie unprotected on the internet and bad people could access it.



## How can bad people get passwords



All internet services and social networks have people who work for them and people make mistakes. They could make secret logon information visible to everyone, for instance. Sometimes data thieves manage to access the computers of large websites and steal the logon information. In addition, they could set traps for specific individuals, by pretending to be someone else and simply asking for their logon information. You'd be surprised how many people fall for tricks like this.



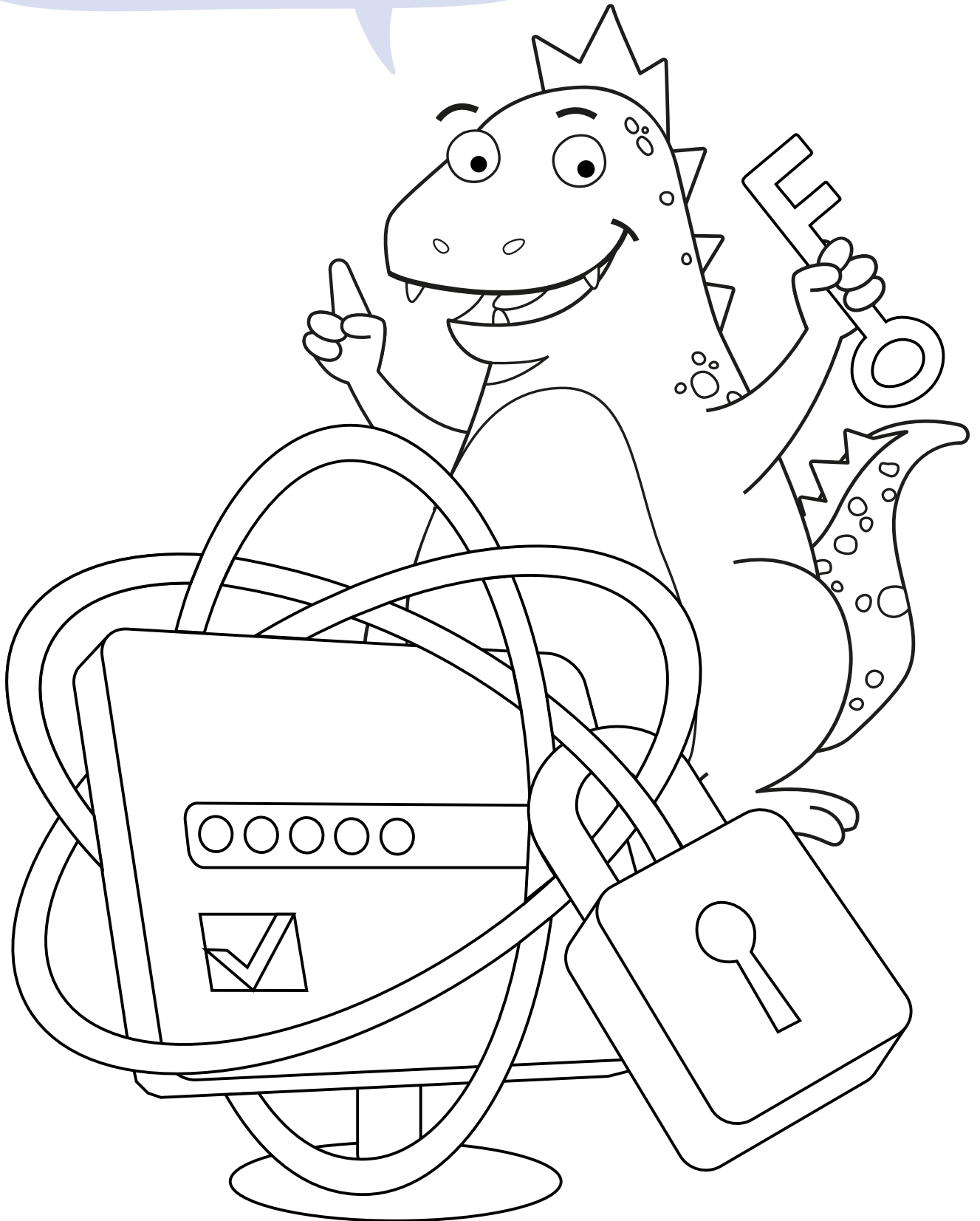
## What can bad people do with the logon information

Once data thieves have captured other people's logon information, they sell them to others or use them for their own internet crimes. They could order expensive things at your expense, for instance, or spread lies in your name on social networks. It's really bad when criminals get logon information for a bank's website, because then they can steal lots of money from bank accounts.





Passwords need a certain amount of imagination. I'll tell you why on the next page. Until then, use your imagination and color this picture with your favorite colors!



# Play it safe to stay safe

It's important for you to keep your logon information secret and select a secure password to protect your data.



## Tips for a secure password

You should always use a different password for each account and never use the same password for two different websites. "12345" or your name are not secure passwords, because they're easy to guess. It's best to think of one that isn't a real word - that is, any sequence of at least 12 upper case and lower case letters, numbers and punctuation marks.

**For example:**

My little blue cat Roger is 2 years and 3 months old! → MlbcRi2ya3mo!  
This kind of mnemonic aid will make it much easier for you to remember your passwords.



## What can you do if you forget your password

If you forget your password, most internet services have an option to reset it. To do this, you need to have saved a second email address or mobile phone number for your account. So if you forget a password, it's not the end of the world.

All the same, you should still keep your password in a secure, hidden place.

# Can you keep track of it all?



No doubt: When you have many accounts and passwords, it's easy to lose track. Can you keep track of it all and find all the pictures in the jumble?

- 9
- 5
- 6
- 7
- 5
- 8
- 8
- 9
- 6
- 8



# Start again with a new password

\*\*\*\*



“So, now you can log on easily with your new logon information.” AwareNessi helped Danica set up a new password. Fortunately, it wasn’t very hard. “I recommend saving your logon information in a password manager. Ask your parents if they already use a program like that,” suggests AwareNessi. In the end, Danica can show her friends the pictures from her aunt’s vacation. The children are amazed by the beautiful landscapes, the delicious-looking food, and – of course – the adorable elephant.



“I want to go there, too,” says an excited Santiago. “Sure, maybe someday,” replies AwareNessi. “But until that day, Danica can send you some of the great pictures. Then you can look at them again at home.”

“Would you do that, Danica?”

“Of course, just tell me your parents’ email

address.”

“Oh, I don’t think they have one.” Santiago looks a bit sad. “No problem – I’ll help you set up an account,” says AwareNessi encouragingly, “and I’ll help make sure you don’t forget your password, either.” Everyone laughs out loud.

# What do you know about passwords?



It's important to remember what you've read in this booklet – just like your passwords. 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.

Choose a password like no other or you might have a world of bother.



**1** **What is logon information?**  
**A:** A user name and a password.  
**B:** Vacation photos and e-mails.  
**C:** Keys and keyholes.

**2** **Who can you trust with your passwords?**  
**A:** Your schoolteacher.  
**B:** Nobody.  
**C:** A distant acquaintance.

**3** **What can criminals do with your logon information?**  
**A:** Break into your home.  
**B:** Delete your computer.  
**C:** Order things on the internet.

**4** **Which of the following passwords is secure?**  
**A:** 12345  
**B:** Danica  
**C:** Z!tuD#43nEq?

# Find the key



## What you need

- A blindfold (such as a scarf) for each player
- A key ring with several keys

You should be careful to not lose your password – the key to your account. Think of something that can help you find your password again, in case you lose it. This game is also about finding a key. Have fun!



# The rules:



1

First, choose a game master. The game master doesn't play, but makes sure that everyone follows the rules. When you're playing with your friends, you could ask your parents or a sibling to be the game master, for example.

2

The game master now puts blindfolds on all the players except one. The player without the blindfold gets the key ring.

3

That player now places the key ring somewhere in the room, rattling the keys while doing so.

4

The other players have to figure out where the keys are, based on the rattling sounds. To make things easier, the player without the blindfold has to rattle the key ring again now and then.

5

When a player finds the key ring, it's their turn: they can place the key ring somewhere in the room and the game starts over.





# Pizza cake



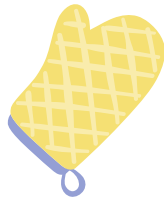
## What you need

A password consists of letters, numbers, and other characters, which you can arrange yourself – just like the filling for this delicious pizza cake. If you don't like salami, ham, or mushrooms, use whatever fillings you prefer!

- Springform pan with a diameter of 26 cm
- 250 ml milk
- 190 g flour
- 100 g salami
- 100 g boiled ham
- 100 g mushrooms
- 200 g Gouda
- 50 g Parmesan
- 3 eggs
- 1 tsp. Italian herbs
- 1 tsp. salt
- 1 pinch of pepper (ground)



# What to do



1

Preheat the oven to 180°C top/bottom heat (160°C fan). Place bakery paper on the bottom of the springform pan and grease the sides with butter.

2

Cut the salami, ham, and mushrooms into small cubes. Finely grate the Gouda and Parmesan cheeses.

3

Mix the milk, eggs, flour, herbs, salt, and pepper together – ideally with a hand mixer or food processor.

4

Now mix in the cheese, ham, mushrooms, and salami and spread the dough evenly in the springform pan.

5

After pre-heating the oven, bake the pizza cake on the middle shelf for 35 to 40 minutes, until the top turns golden.

6

Open the springform pan carefully. Tip: Use a spatula to separate the edges from the pan first.

7

Let the pizza cake cool for a few minutes and then enjoy.



Done!

# Everything about passwords at a glance



## ➔ Passwords are ...

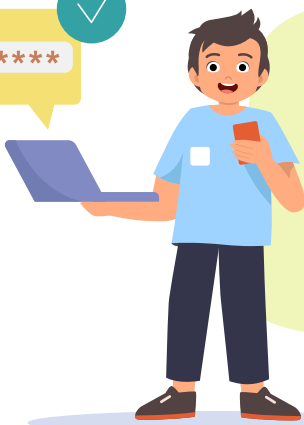
- secret codes that let you log on to websites or services, such as an email account.
- part of your logon information. Your user name is the other part.

## ➔ Watch out for ...

- suspicious messages that ask you for your password. This could be a trap set by data thieves and fraudsters.
- your password: Keep it secret and, ideally, save it in a password manager.



## ➔ Protect yourself and ...



- choose a password that isn't easy to guess. The longer, the more secure. A strong password consists of at least 12 upper and lower-case letters, numbers, and punctuation marks.
- don't reveal your password to anyone. You should also use a different password for every website and account.

# Try adding some variety



Always use different passwords. You should also change your passwords at regular intervals, to make it harder for others to guess them.

In other words, a little variety is good for your passwords – and for your body, too! That’s why this yoga exercise involves two poses that you can alternate: the downward-facing dog, which has a calming effect, and the upward-facing dog, which wakes you up and gives you new energy.



## Here's how:

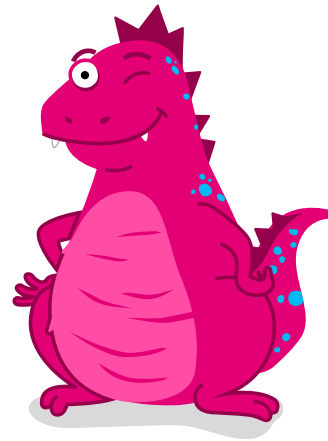
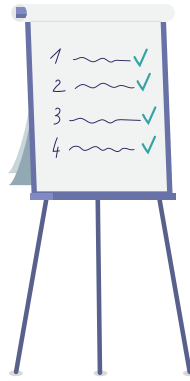
1. Start in a push-up position and, while breathing out, lift your tail bone upwards and to the back.
2. Stretch your heels toward the floor. If the strain on your leg or back muscles is too much, you can bend your knees.
3. Direct your gaze at your navel. Relax your shoulders and spread out your shoulder blades – your neck should also be relaxed.
4. Keep this pose for four or five breaths, then switch to the upward-facing dog pose. To do so, return to the push-up position and then place your knees, chest, and chin on the floor – in that order.
5. Place your hands next to your chest and press your elbows close to your body. Rest your feet on your insteps.
6. Breathe in and extend your arms, lifting your upper body and legs.
7. Extend your neck and raise your head toward the ceiling. Breathe deeply and relax in this pose.



**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.

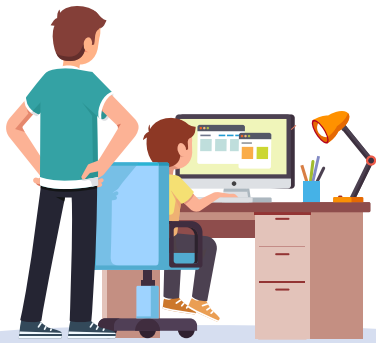
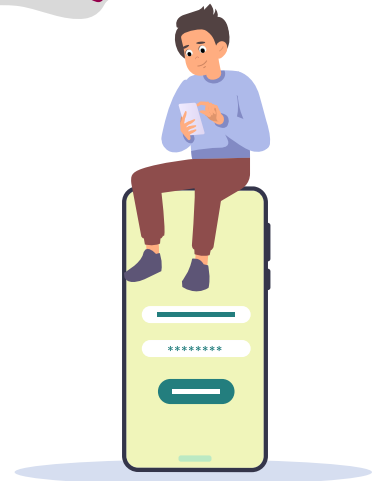
# Quiz- answers



1

What is logon information?

A: A user name and a password.



2

Who can you trust with your passwords?

B: Nobody.

3

What can criminals do with your logon information?

C: Order things on the internet.



4

Which of the following passwords is secure?

C: Z!tuD#43nEq?



## TELEKOM SECURITY

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Now you know what passwords are  
and how they can help you protect  
yourself. Be smart and always look  
closely.



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

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



**#GOOD  
MAGENTA**  
KNOWLEDGE OBTAINED IN A PLAYFUL  
WAY – MAKING CHILDREN AND YOUNG  
PEOPLE STRONG AGAINST CYBERCRIME