

"Hang in there this week and you'll finally have a school holiday."



"Phew! It's about time! Teaching online is kind of exhausting. I need to concentrate more than I did at school."

"Hey, someone posted a video!"

"Let me see it."

"Oh, no! This is Lukas' bike accident outside school last week. Someone must have accidentally filmed it on their cell phone. It's really bad."

"And here: Lots of comments and likes under the clip. They all make fun of Lukas. and he had to go to the hospital with a broken arm."

"That's mean. We must do something."

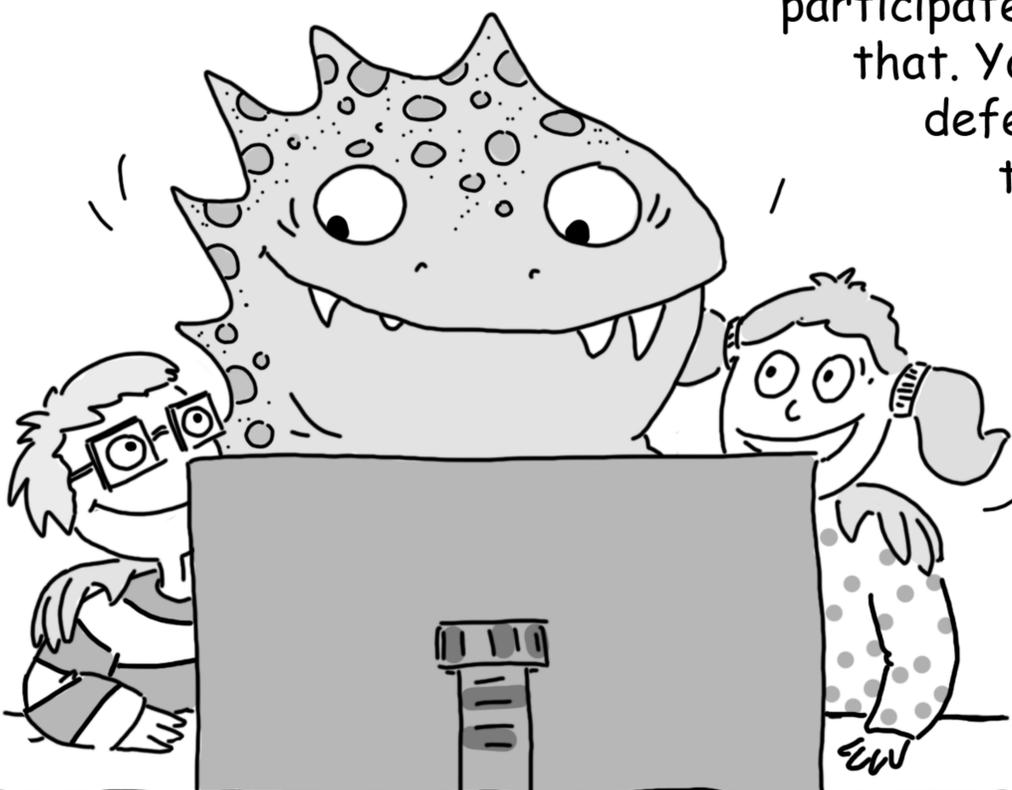
"But what?"

"Let's ask AwareNessi. He's always got good tips for problems on the Internet."



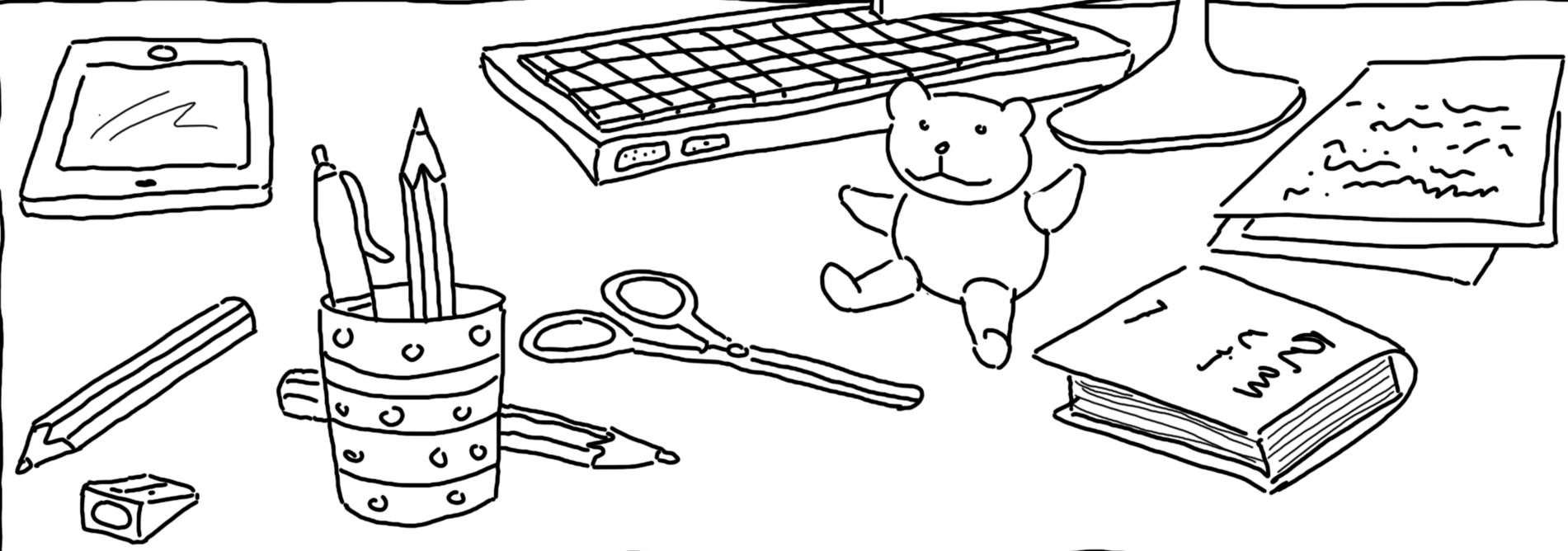
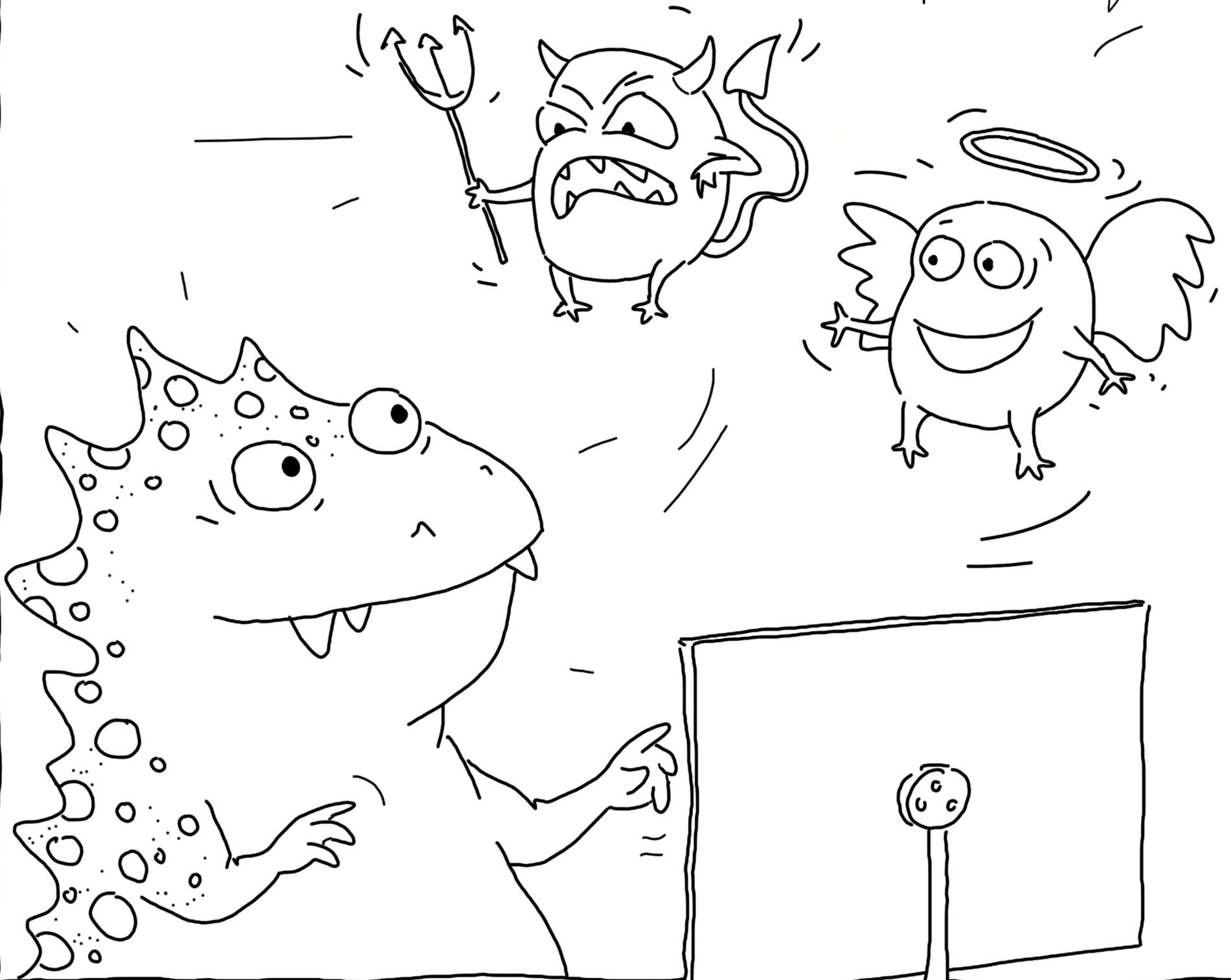
"Hello kids! Yes, unfortunately some people spread rumours, lies or - like here - videos on the Internet to embarrass or hurt others. Some may just want to make fun of it - but their victims suffer a lot. Fortunately, you can do something about it: The most important thing, of course, is that you don't

participate in such cruelties. But you know that. You should also help Lukas to defend himself against the video. Talk to your parents about it - or to teachers you trust. They will support Lukas and try to clear everything up. Maybe you can also talk to the whole class about how much bullying on the Internet hurts children and teenagers."



No way I want to be painted red again!

Pitch black would look good on him too...



Messenger & Chat - Chatting on the Internet

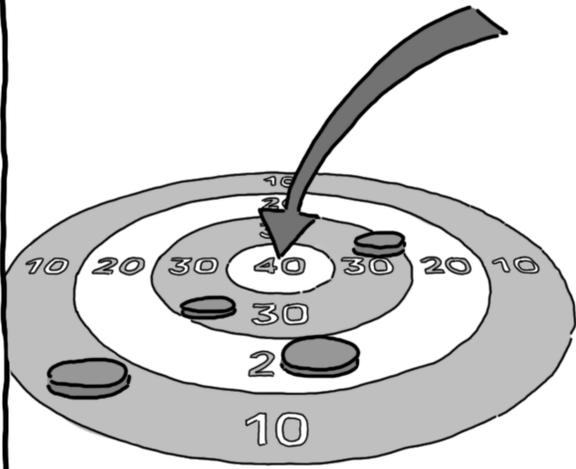


"Well, everyone loves chatting and is always with their cell phones. But what exactly is that - and how does chatting work? Chatting is an English word that means something like babbling or chattering. So, something that we do often and every day. The only difference is that we don't sit directly opposite each other when we chat, but are connected to each other with our smartphones, tablets or computers. So, a chat is a conversation on the Internet.

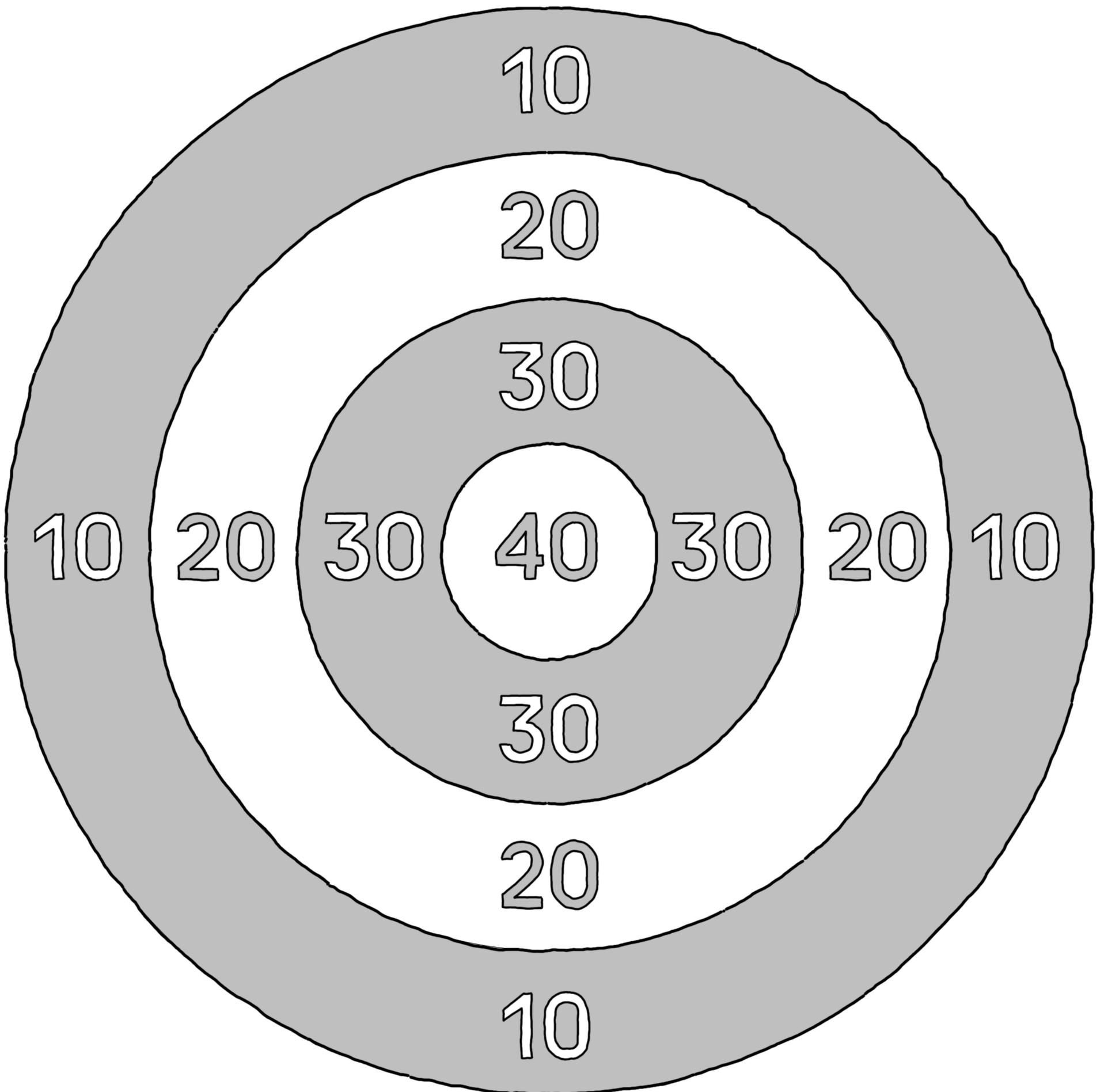
For this we need a mobile phone, an Internet access and a small program - also called app. Apps with which you can chat are messengers. With a messenger you can send messages but also pictures, videos or emojis. Some messengers even record voice messages or self-made small clips.

Messengers can be downloaded from an app store directly to your phone. Sign up - and off you go! Type your text in a small field on the screen and press send. Your message will immediately appear on your chat friends' mobile phones. They have the same app on their phone - and then write back. And so on and so on. Typing, reading, typing, reading... that's the easy way to stay in touch with your friends from anywhere!"

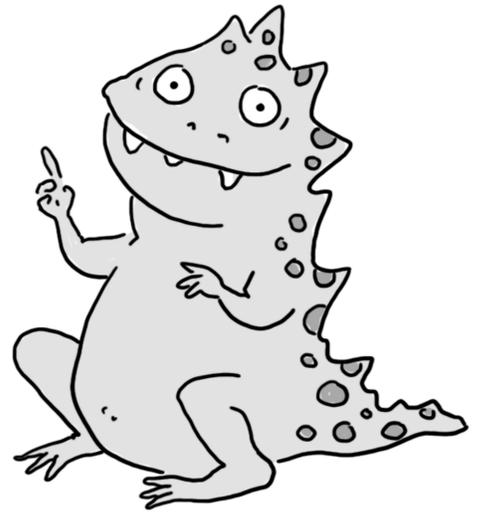
"Put the target on the floor or a table. All stand at equal distance from the target. With 1- or 2-euro coins, try to hit as far as possible into the middle of the target - because that's where the highest numbers are. Each player has four throws in a row. The player with the highest number of points per round wins.



Now, which one of you will throw the most points?"

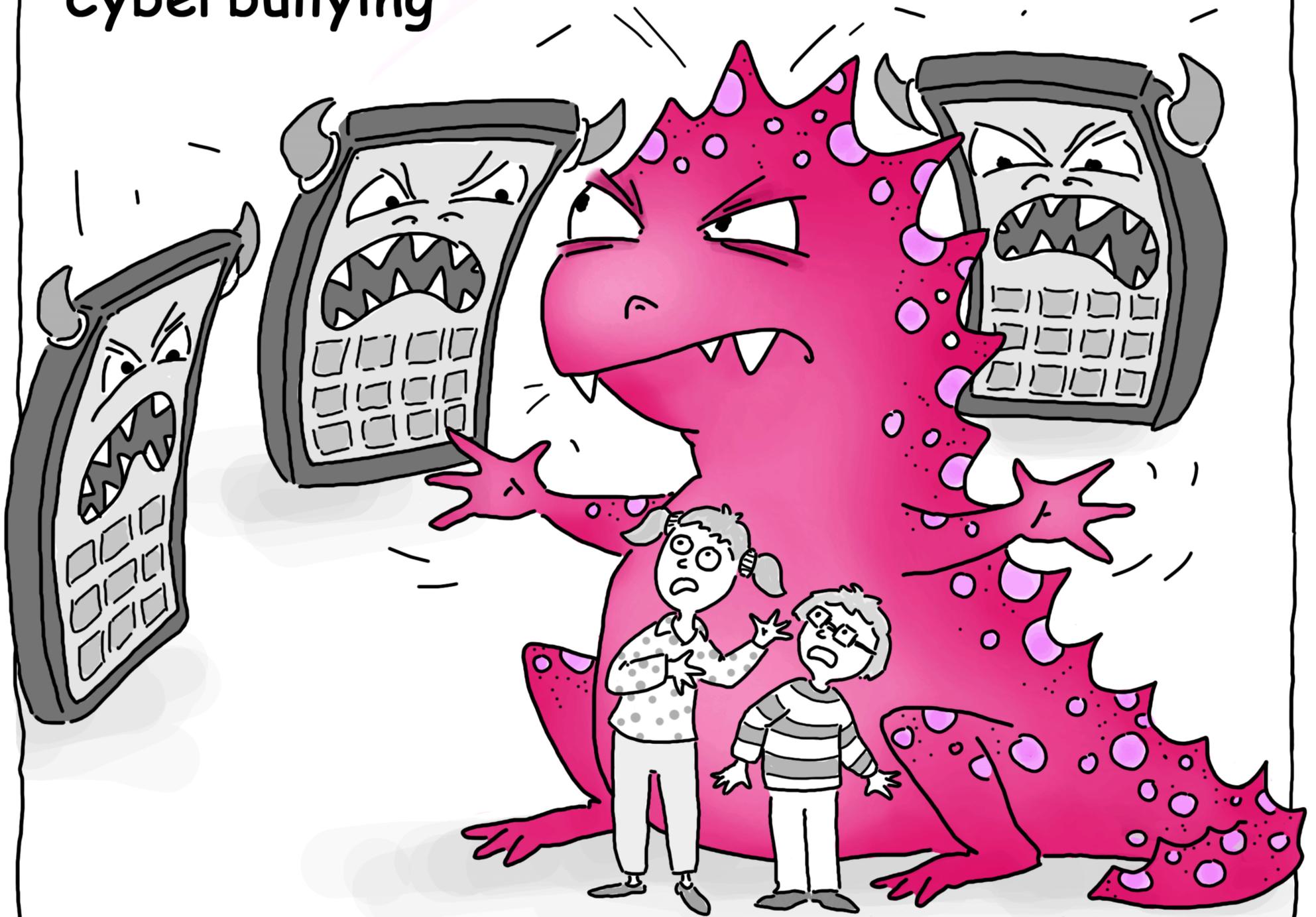


Now it's up to you: Can you find all the symbolic images lined up below in the chaos above? Don't let the wrong icons confuse you. Yes, your concentration is required here!



- | | | | | | | | | | | | | | | | |
|---|--|----|--|---|--|---|--|---|--|----|--|---|--|---|--|
| 4 | | 9 | | 7 | | 7 | | 4 | | 10 | | 5 | | 8 | |
| 8 | | 10 | | 5 | | 8 | | 5 | | 6 | | 6 | | 7 | |

Cyberbullying



"Hey, he's bullying me again!"

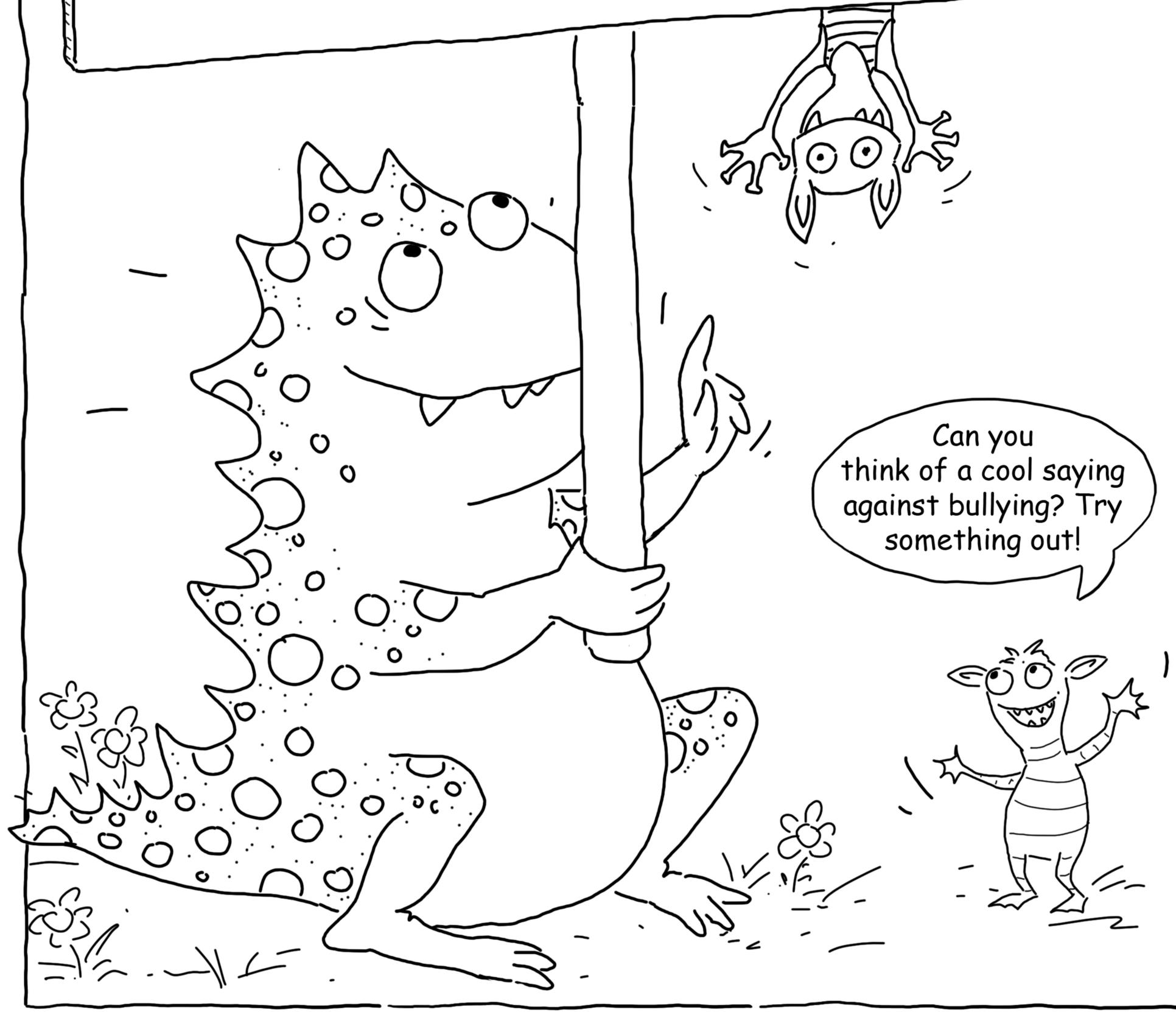
We hear such things like this almost every day in the schoolyard. But it is not always meant to be totally serious. Sometimes you just say it in a game - with a laugh. And not every fight or every push is super bad. But if mean things are constantly putting you down and never stop - then we speak of bullying. And there are many kinds of bullying: bullying with words, or by actions - or bullying by not paying attention to someone.

Unfortunately bullying also happens on the Internet, in cyberspace. This is then called cyberbullying. Sounds kind of weird. But for the people concerned it is no longer a game. The mobbers sometimes spread lies or embarrassing pictures about others around the clock with their mobile phones. And that possibly to many people at your school at the same time. You don't even have peace at home, you can't just run away from it. Often nobody knows who is behind it. Like Lukas, who fell off his bicycle in front of the school. Cyberbullying can be very hard on some kids. Because soon they can't think about anything else.

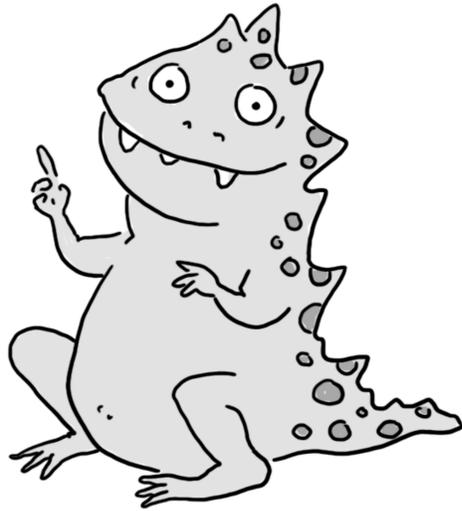
But it's actually quite easy to do something about cyberbullying! Because one thing is for sure: The more often you talk about bullying at home or in class, the sooner you can prevent it. Talk about it - even if it is embarrassing. Defend yourself instead of retreating! You can always talk about it with parents and teachers. Together you can stop the cyberbullying."



Bullying makes you lonely. Smiling makes friends!



What do you think: Who's wearing the Cyber Hero coat? Connect the dots, bring our hero to life!

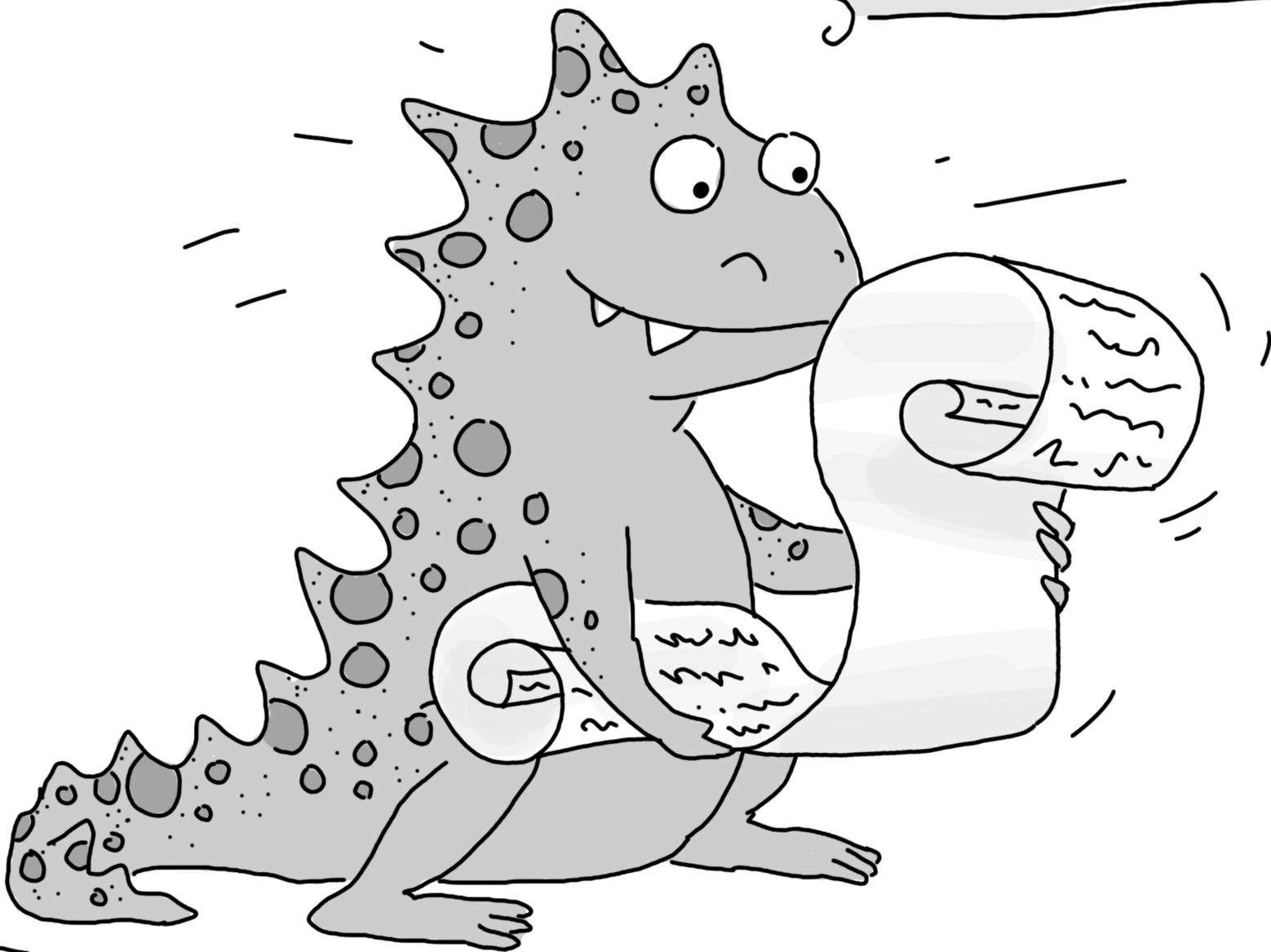


Golden Dragon Wisdom:
Those who heroically stand up for the oppressed and the mobbed will fight with AwareNessi on the side of the good guys!

AwareNessis 4 Golden Chat Rules

When you chat with others: be friendly and respectful. Words can also hurt a lot!

Do you feel harassed, threatened or just uncomfortable while chatting? Then talk about it with your parents - or with another adult you trust.



You want to share a funny comment or a funny picture with your chat friends? Think carefully: Is there someone your mail could hurt or annoy? Then leave it alone.

Don't post where you live, your phone number or photos and videos of yourself. Especially not to strangers. There are people who could hurt your feelings and harm you.

"At last! Off to summer vacation!"

"Yes, the school year and computer classes were really annoying. And finally, that nasty cyberbullying against Lukas!"

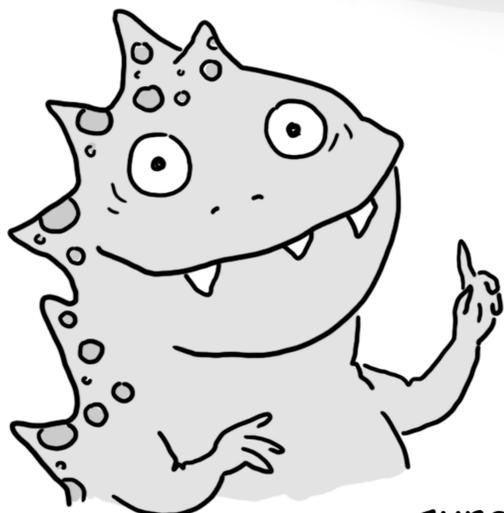
"Really, kids, we're so proud of you for helping him!"

"Our class teacher was so helpful when we asked her for help. It was her idea to visit Lukas at home and talk about everything, even with his parents."

"And that Robert actually apologized for the accident video and the stupid chat comments to Lukas. They both plan to play an online game together."

"If it wasn't for AwareNessi's tips, we wouldn't have known what to do."

"Yeah, we wouldn't have known what to do. AwareNessi has helped us out of a rather tricky situation again! Thank you, AwareNessi!"



„But now the story has a happy ending, don't you think?"

Think and discuss with your parents how you would have helped Luke. What would you do if you saw bullying? I'm sure you'll come up with many important things to say!"

We're making a virus catcher!

Now it's all about your skills: Who makes the funniest AwareNessi and catches the most viruses?



This is your craft stuff:

- an empty roll of toilet paper
- Adhesive
- Adhesive tape
- Colour and coloured paper sheets
- one string
- one button

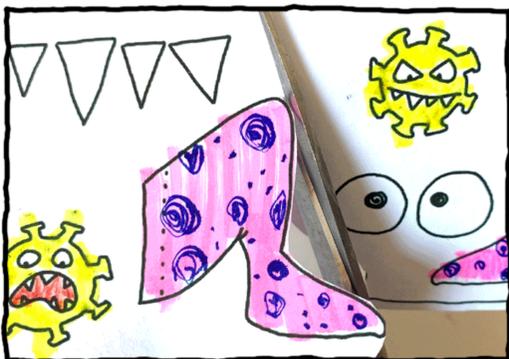
The tools:

- Scissors
- Stapler

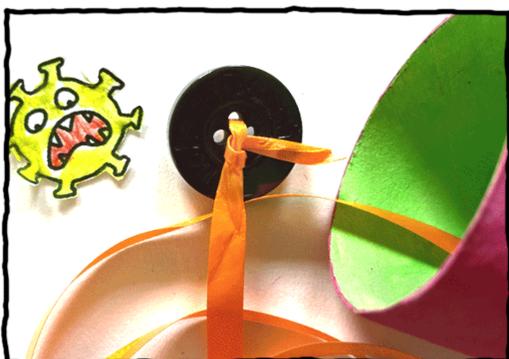
Look out! Here's how it's done:



Use crayons, markers, felt-tip pens or ink to turn the empty roll of toilet paper into AwareNessi.



Cut out the legs, dragon teeth, eyes and virus from the template and paint them.



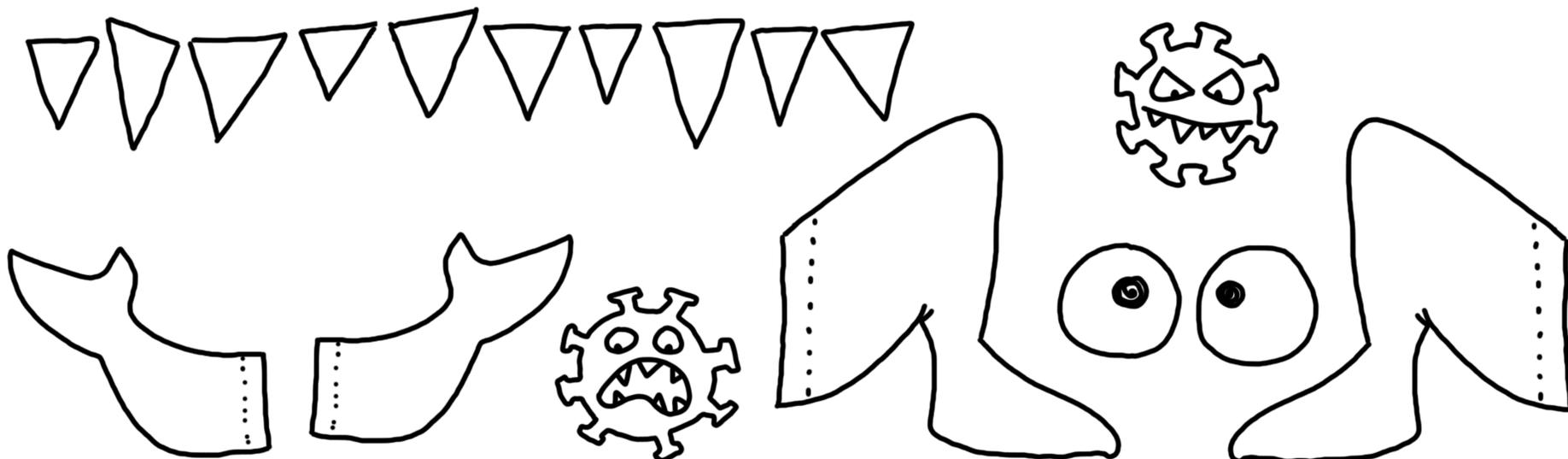
Attach the button to one end of the string with a tight knot. Then stick the painted virus on it. Stick the other end of the string inside the roll with tape.



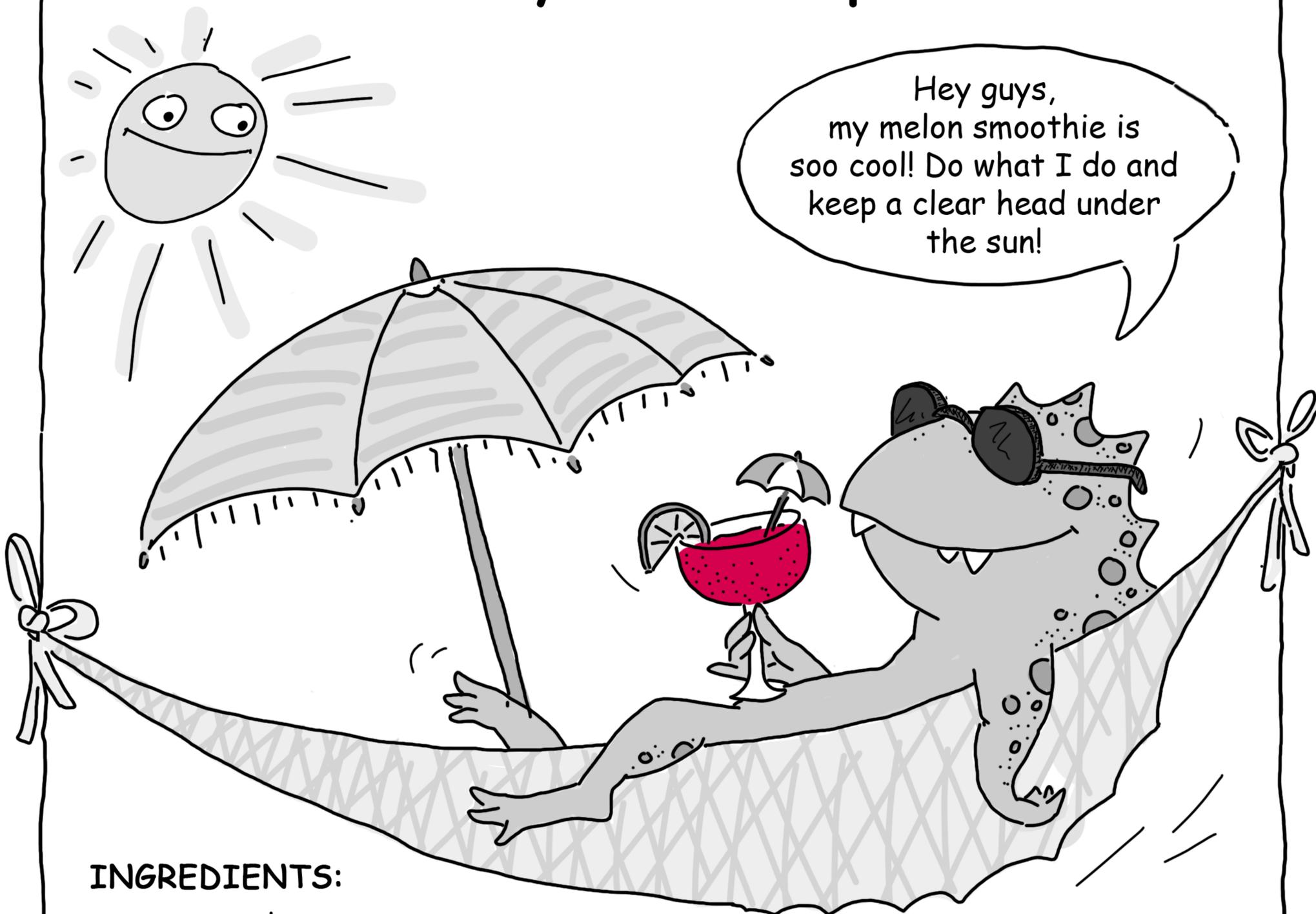
Now glue the legs, teeth and eyes to the roll. Finally, tack or tape the lower part of the roll.

These are the rules of the game:

Take the little kite in your hand, throw the virus up by the thread - and try to catch it with AwareNessi's mouth. The one who has done it most often in a row is the winner!



Watermelon is my summer tip!



INGREDIENTS:

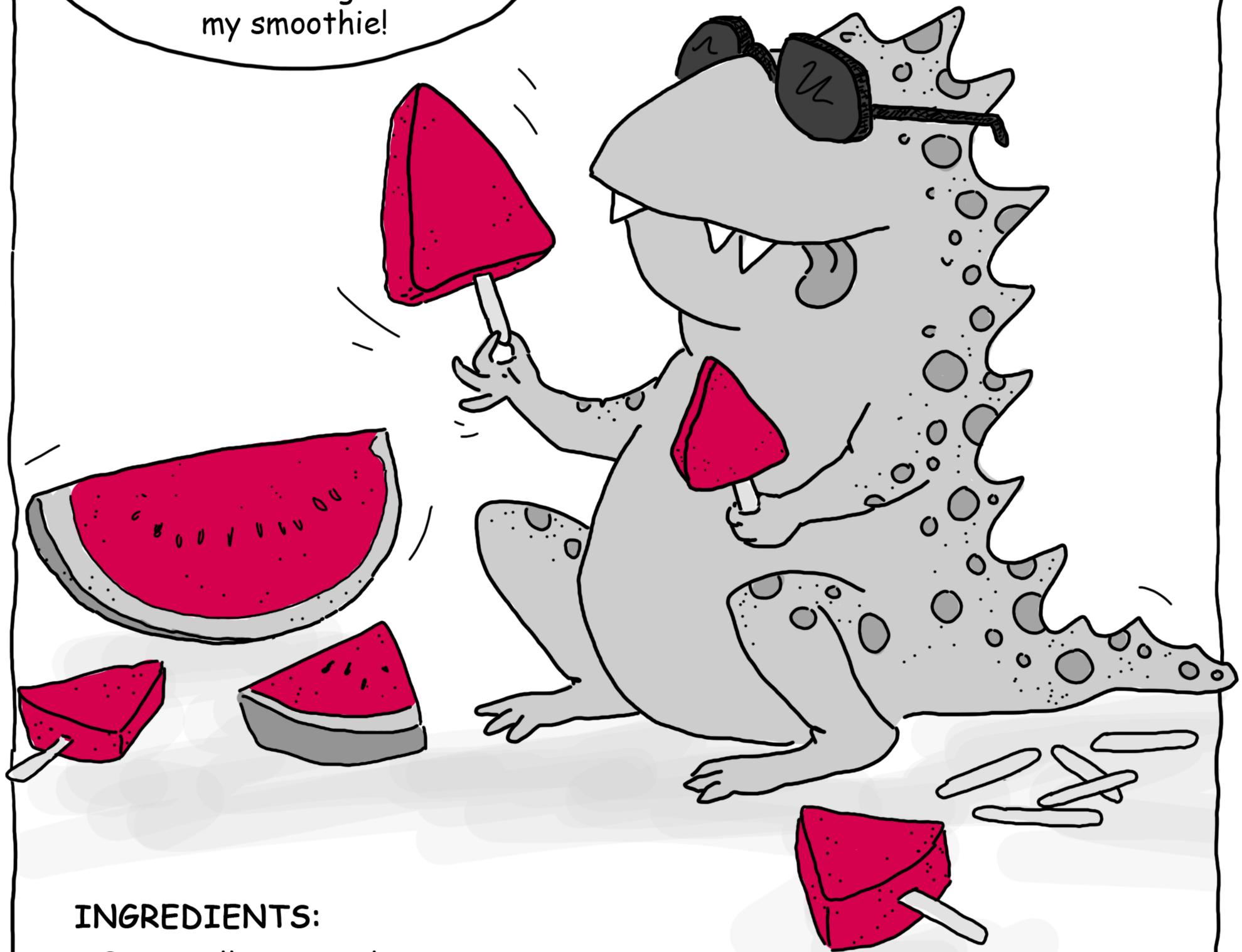
- a watermelon
- if necessary some tap water
- Lemon juice (optional)
- Strawberries (optional)
- 1 teaspoon honey (optional)
- Mint leaves
- Ice cube

PREPARATION:

- Das Fruchtfleisch der Melone in Stücke schneiden und in den Mixer geben
- Cut the melon flesh into pieces and put in the blender
- If you like, you can add strawberries before chopping - just as you like
- A shot of lemon juice and a teaspoon of honey round off the ingredients
- If you find the result too thick after mixing, you can add some tap water. Just try it out
- Put some ice cubes into the glasses before pouring
- Finally, garnish the smoothie with mint
- The refreshing summer pleasure is ready!

Our tip: The recipe can also be expanded to include other fruits such as grapefruits, plums, mangoes and pineapples! Simply delicious!

Now I'm getting a little hungry!
Time for a frozen pop! It is healthy and super sweet!
Just the thing after my smoothie!



INGREDIENTS:

- One small watermelon
- wooden handles

PREPARATION:

- Slice the watermelon into thick slices of pizza and remove the peel.
- Our tip: If you use a small melon, the pieces will not break apart so easily during preparation. This can easily happen with ripe melons.
- Stick the stems into the wide ends of the pieces.
- Put them in the freezer or the freezer compartment.
- Wait at least one hour until your melon pieces have turned into cool Frozen Pops.

The ice-cold fruit pleasure is ready! Tastes great!

German Telekom Security GmbH

Chapter Information Security & Awareness

Contact: Andrea Bindel-Schönmetzler

E-mail: Security-Awareness@telekom.de

You are also welcome to distribute our Fantastic Security Activity Book to new AwareNessi fans for private, non-commercial purposes!