

Introduction & Overview

Welcome to the Cyber Well-being Module!

We all spend a lot of time online these days. Whether you are using a smartphone, tablet, or computer, the internet is a fantastic place to chat with friends, watch videos, play games, and learn new things.

However, just like in the physical world, the online world comes with its own set of risks. Every message you send, link you click, and photo you post leaves a permanent mark, and not everyone you meet online has good intentions.

This module is designed to help you navigate the digital world safely and confidently. We will not use complicated tech jargon here. Instead, through simple everyday stories and practical activities, you will learn how to protect your personal privacy, secure your accounts, spot fake messages, and handle uncomfortable online situations without fear.

Our goal is not to stop you from enjoying the internet, but to make sure you stay in control of your digital life. By the end of these four sessions, you will know exactly how to protect yourself, your reputation, and your future opportunities whenever you go online.

One line to remember throughout this module: *Stop. Think. Check. Ask.*

Table of Contents: Cyber Well-being

Session	Title	Focus
Session 1	Getting Started with Cyber Well-being	Understanding online safety, smartphone use in daily life, protecting personal information, and knowing who to contact for help.
Session 2	Keeping Your Accounts Safe	Creating strong passwords, keeping OTPs and login details private, using privacy settings, and spotting suspicious or urgent messages.
Session 3	What We Leave Behind Online (Digital Footprints)	Understanding digital footprints, the risks of oversharing, location tags, and thinking before posting.

Session 4	When Online Feels Unsafe (Cyberbullying and Response)	Recognizing cyberbullying and scams, saving proof like screenshots, using the S.T.A.R.R. Action Plan, and reporting problems to trusted adults
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