Session 1: Getting Started with Cyber Well-being.

We spend a lot of time online, on smartphones, tablets, or computers. Sometimes it is for fun, sometimes for learning, and sometimes just to pass the time. But every message, click, and post is not always safe. This session helps us understand cyber well-being and basic online safety.

Session Objectives

By the end of this session, you will be able to:

- Explain cyber well-being in simple terms.
- Understand how smartphones are used in daily life and how they connect us online.
- Identify personal information and decide what can be shared with friends, family, or strangers, and what should stay private.
- Recognize safe and unsafe online actions.
- Determine appropriate actions when something online feels strange.
- Identify who to contact when help is needed.

What is cyber well-being?

Cyber well-being means using the internet in a safe and healthy way. It means protecting your privacy, thinking before you click or reply, being respectful online, and asking for help when something feels wrong.

The world of smartphones

Smartphones are part of daily life ; people use them to talk to family, learn new things, play games, watch videos, and stay in touch with friends. Along with these benefits, smartphones also connect users to people they do not know, so it is important to be thoughtful about what is done and shared on them.

- Smartphones help us learn, connect with family and friends, enjoy entertainment, and access information quickly.
- Smartphones can also expose us to strangers online, unwanted messages, and apps or links that are not always safe.

Who can I share information with?

Not all information should be shared in the same way with everyone. It is important to think about who is receiving the information before sharing anything online.

Who You're Talking To	What Is Usually Okay to Share	What to Avoid Sharing
Family	Daily updates, feelings, and plans	Passwords and OTPs should still be protected carefully
Friends	Hobbies, interests, and general chat	Home address, exact location, and private photos
Strangers online	Nothing personal	Name, address, phone number, school details, photos, passwords, and OTPs

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What should stay private and why?

Not everything belongs online. Sharing certain details can put your safety, security, and future opportunities at risk. Review this guide to understand why keeping these items private is essential for your well-being.

Personal Information	Why it needs to be private
Home Address & Exact Location	Sharing this can allow strangers to track your physical whereabouts, compromising your safety.
Phone Number	Publicly posting your number can lead to unwanted calls, spam, and potential harassment.
Date of Birth	This is a key piece of information used for identity theft and account takeovers.
Passwords, PINs & OTPs	These are the "keys" to your digital life; sharing them gives others total control over your accounts.
School/Institution Details	Revealing where you live or study can help malicious actors target you or your community.
Private Photos	Once shared, control over who sees or uses them can be lost.

Privacy Rule of Thumb: If you wouldn't tell a total stranger this information in the street, you shouldn't post it online where everyone can see it.

Safe online habits

Habit	Action
Protect Your Accounts	Use strong, unique passwords for all your online accounts.
Keep Credentials Private	Never share passwords, PINs, or One-Time Passwords (OTPs) with anyone.
Verify Before Clicking	Avoid opening unknown or suspicious links, regardless of how urgent they may appear.
Seek Guidance	Ask a trusted adult or staff member before downloading any new apps or games.
Secure Your Sessions	Always log out of your accounts after using public or shared devices.
Speak Up	Immediately inform a trusted adult if you receive a message or see content that makes you feel scared, confused, or upset.

Story: Rohit and the fake prize

Rohit is 16 and lives in a child care institution. He receives a WhatsApp message from an unknown number saying, “You have won a free gaming voucher. Click the link and send your mobile number and OTP to claim it”. Rohit feels excited for a moment, then pauses and realizes that a stranger should not be asking for an OTP. He shows the message to a staff member instead of clicking, and the staff member tells him it is unsafe and asks him to block the number.

Activity 1: True or False

1. You should share your home address online.
   ☐ True ☐ False
2. Strong passwords use letters, numbers, and symbols.
   ☐ True ☐ False
3. If a stranger asks for your personal information online, it is safe to give it.
   ☐ True ☐ False
4. Cyberbullying means being mean to someone using the internet.
   ☐ True ☐ False
5. If something online makes you uncomfortable, you should tell a trusted adult.
   ☐ True ☐ False

Activity 2: Safe or unsafe

1. Clicking on an unknown link.
   ☐ Safe ☐ Unsafe
2. Asking permission before downloading an app.
   ☐ Safe ☐ Unsafe
3. Sharing an OTP with a friend.
   ☐ Safe ☐ Unsafe

4. Logging out after using a public computer.
   ☐ Safe ☐ Unsafe
5. Sending a rude message in a group chat.
   ☐ Safe ☐ Unsafe
6. Telling a trusted adult about a strange message.
   ☐ Safe ☐ Unsafe

Activity 3: Keep it private

Sort these items into the right category by deciding what is safe to share online and what should stay private.

Item	Category (Safe to Share / Do Not Share)
Favourite colour	
Hobby	
Favourite song	
Favourite food	
Favourite subject	
Home address	
Phone number	
Date of birth	
Password	
OTP	

Activity 4: Who Am I Talking To?

For each item below, decide who it is okay to share it with: **Family, Close Friends, or No One Online.**

7. My school name: _____
8. My daily routine or timing: _____
9. My phone number: _____
10. My favourite hobby: _____
11. My home address: _____

Activity 4: Match the situation with the response

Situation	Response
Unknown message asking for personal details	Tell a trusted adult
Suspicious link	Do not click it
Rude online comment	Block and report
Request for password or OTP	Do not share
Confusing message from a stranger	Ask for help before replying

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Activity 5: Fill in the blanks

1. Never share your _____ with strangers online.
2. Always ask _____ before downloading apps or games.
3. If you see something scary online, tell _____.
4. A strong password should be hard to _____.
5. OTP stands for _____.

Activity 6: What would you do?

1. What should you do if someone is mean to you online?

2. Why is it important to log out from public computers?

3. Name one way to make your password strong.

4. Who is one trusted adult you can speak to if something online feels wrong?

Quick Recap

Topic	Action
Personal Privacy	Smartphones help with learning, connection, and entertainment, but they also connect users to strangers and risks online.
Credentials Security	Do not share personal information with strangers, and think carefully about who you are sharing with.
Link Safety	Think before clicking unknown links.
Reporting	Talk to a trusted adult if something online feels wrong.

One line to remember

Stop. Think. Check. Ask.

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