

Session 4

Cyber Well Being

Stay Smart , Stay Safe

You guide to recognizing and stopping phone and online scams



Role - Play: What Would You Do?The Call:

"Hello, I'm Inspector Sharma from Delhi Police Cyber Cell. Your Aadhar card was used in a major money laundering case. You must pay 15,000 INR immediatelythrough UPI, or a warrant will be issued for your arrest within one hour"

Don't Do This

- Panic and rush to pay
- share personal details
- keep it secret from adults
- click any links they send

Do This Instead

- Stay calm - breath deeply
- Say: "I need to speak with my friends/ mentors first"
- Hang up immediatly
- Tell a trusted adult

Group Activity

Practice this scenario with a partner.Take turns being the caller and the responder. Notice how calm responses defuse the scammer's power.

The Mind Game: How Scammer Win

Scammers don't just hack devices - they hack your emotions. Their goal is to overwhelm you so completely that logic shuts down and panic takes over.

Fear

" Your account will be locked!" or " You'll be arrested immediately!"

Urgency

"Act now or lose everything!" They rush you so you can't think clearly.

Authority

"I'm Inspector Sharma from CBI."" Fake titles make threats sound official.

Isolation

"Don't tell anyone - not even your parents." They want you to alone and confused.

Remember: Real officials never demand instant payment or ask you to keep secrets from family.

Your Superpower: Calm + Critical Thinking

When panic rises, that's your signal to pause. Your clearest happens when you slow down and question what you're hearing.

- **Pause and Breath:** Feel the urgency? That's designed to confuse you. Take three deep breaths.
- **Ask Critical Questions:** Would it real ask for money over the phone? Would officials tell you to hide this from family? Is this demand dudpiciously urgent?
- **Trust Your Instincts:** If somethings feels wrong, it probably is the answer to those questions is always No - That's your sign it's a scam.



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Know Your Weapons: How to Report

Reporting isn't just about stopping one scammer - it's about protecting thousands of others. You have the power to fightback.

- **Call The Helpline: National Cyber Crime Helpline : 1930** - Available 24/7 for reporting scams, threats, and fraud. Calls are freeand confidential.

- **Report Online: Website cybercrime.gov.in** - File detailed complaints with screenshots and evidence . Track your complaints status anytime.
- **Tell a Trusted Adults:** Always inform a parent, teacher, or guardian first . Their experience and support make you stronger.

Golden Rules for Your Digital Life

These five principles will protect you in almost every online situation. Memorize them, practice them, live them.

- **Guard your personal information:** Never share Aadhar, PAN, Bank details, photos, password, or location with strangers - online or on calls.
- **Think before You act:** Every click , post, and share leaves a digital footprint. Pause before sharing anything - can it be misused?
- **Avoid Unknown Links:** Scammers hide malware in links and attachments. If you don't recognize the sender, don't click it.
- **Verify Before Trusting:** Check official websites, call back using verified numbers, and confirm identities through trusted channels.
- **Stay Calm And Report:** When in doubt, breathe. Then reach out - to family first, then to helpline 1930. You're never alone

Your Daily Affirmation

Speak words yourself. Believe them. They are shields in the digital world.

"I will not be tricked by fear or urgency."

I recognize manipulation tactics and respond with calm clarity.

"I will always pause and think critically"

My superpower is asking questions and trusting my instincts.

"I will talk to a trusted adult if I feel unsure."

Seeking help is a sign of strength, not weakness.

"I'm building smart digital habits for my future."

Every safe choice I make today protects my tomorrow.



Pay Attention!

You now hold the knowledge and tools to protect yourself and other from digital scams. Remember: Staying smart means staying safe.

Your Power Took It: Critical thinking, the ability to pause , trusted adults, and helpline 1930. Use them confidently.

Go forward with awareness, courage, and the certainty that you can navigate the digital world safely. You've got this.



Revision #6

Created 18 November 2025 08:15:12 by Nisha

Updated 13 February 2026 08:06:18 by Nisha