

■ **Project:** 101132954—DRONE—ERASMUS-EDU-2023-PI-FORWARD

■ Teacher and school leaders training to promote Digital literacy and combat the spread of disinformation among vulnerable groups of

BEING SAFE IN AN UNCERTAIN WORLD

This booklet for young adolescents was produced as part of the DRONE project to help combat disinformation. It is worth discussing the content of the booklet with parents/guardians based on the booklet for parents/guardians.

**Created by the ELTE DRONE team using ChatGPT 5.0 on October of 2025
(v.2025.10.24):**

- *Dr. Márta Turcsányi-Szabó, habil associate professor (tszmarta@inf.elte.hu), the Dean's commissioner for educational innovation at ELTE Faculty of Informatics*
- *Franciska Mikófalvy, ELTE IK T@T Kuckó coordinator*

An Everyday Story



Why Cybersecurity Matters (Yes, to You Too!)



HOW TO STAY SAFE ON SOCIAL MEDIA (YES, REALLY!)

LOCK DOWN YOUR ACCOUNTS

Private is Powerful:
Set your account
to private, use
2FA, unique
passwords



BLOCK & MUTE = SELF-CARE

Block or mute
creeps, haters
or annoying
people

WATCH FOR PHISHING OR FAKE LINKS

Don't click
suspicious links
in DMs

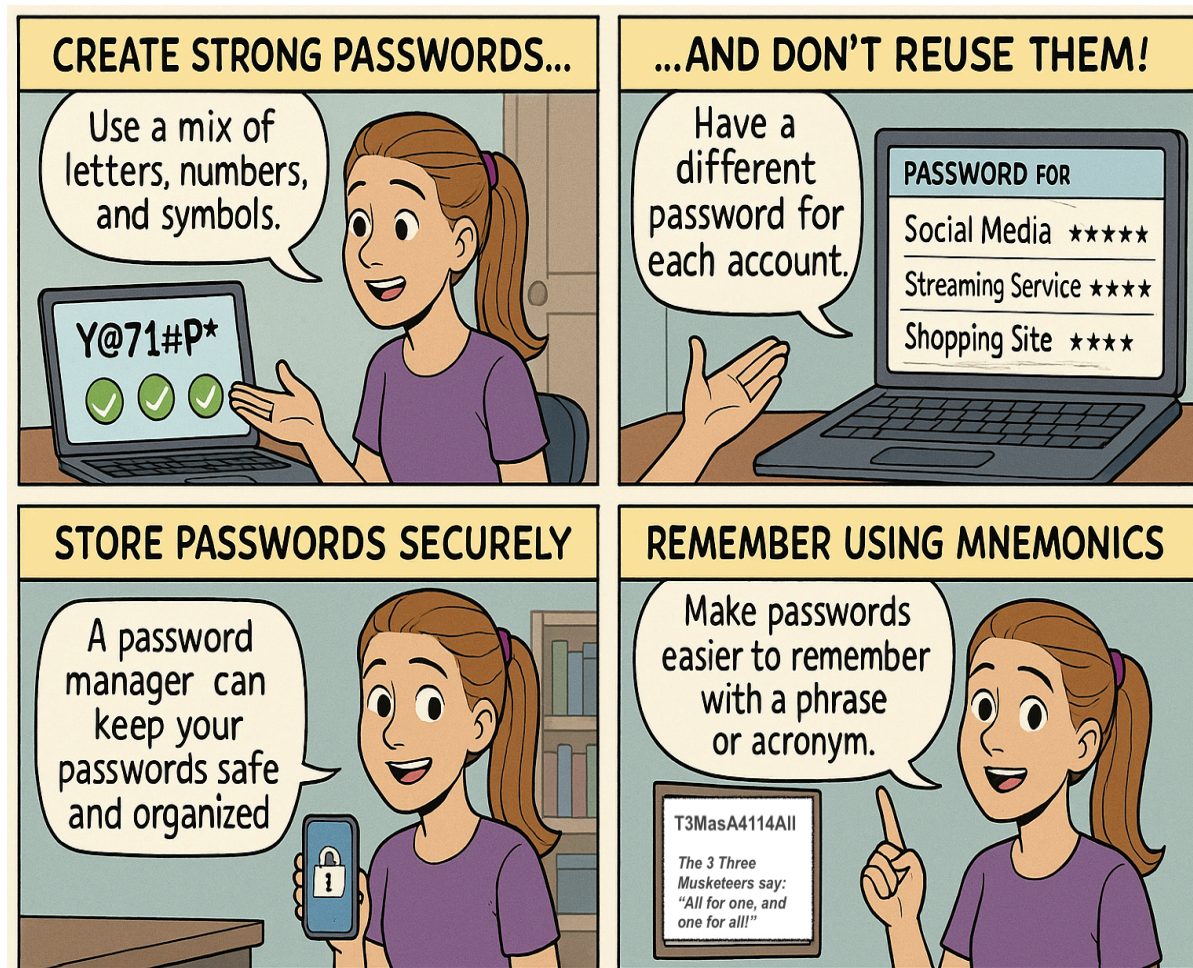
OMG is this you??
[https://JTllis?!](https://JTllis?)

WHAT TO DO IF SOMEONE IS ATTACKING YOU

Don't respond,
screenshot & block,
report

Social media is
YOUR space.

Smart password usage for teens



PREVENTING SOCIAL ENGINEERING

Social engineers try to trick you into giving personal info or passwords.



1. SLOW DOWN. ALWAYS.

OMG IS THIS YOU IN THIS VIDEO ??

If a message feels urgent, emotional, or weird, PAUSE.



2. NEVER SHARE PERSONAL INFO

JUST TELL ME YOUR PASSWORD

NOPE



Don't put passwords, codes, or family details in DMs

3. DOUBLE-CHECK THE SOURCE

WEIRD LINK?



Twa-factor authentication adds extra security

4. USE 2FA



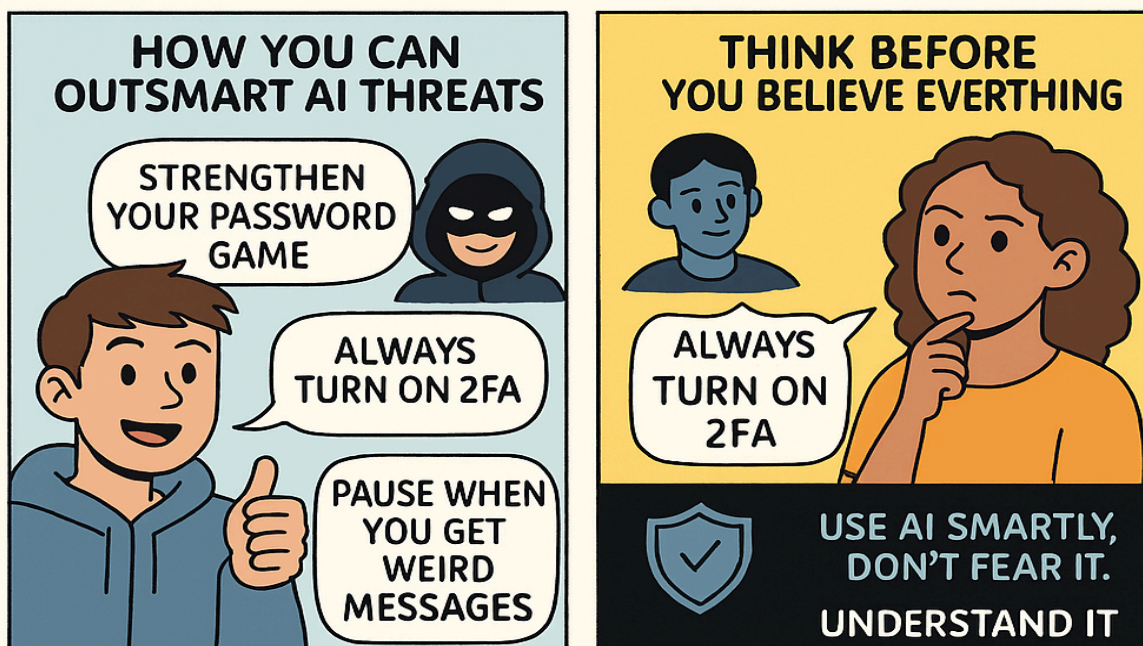
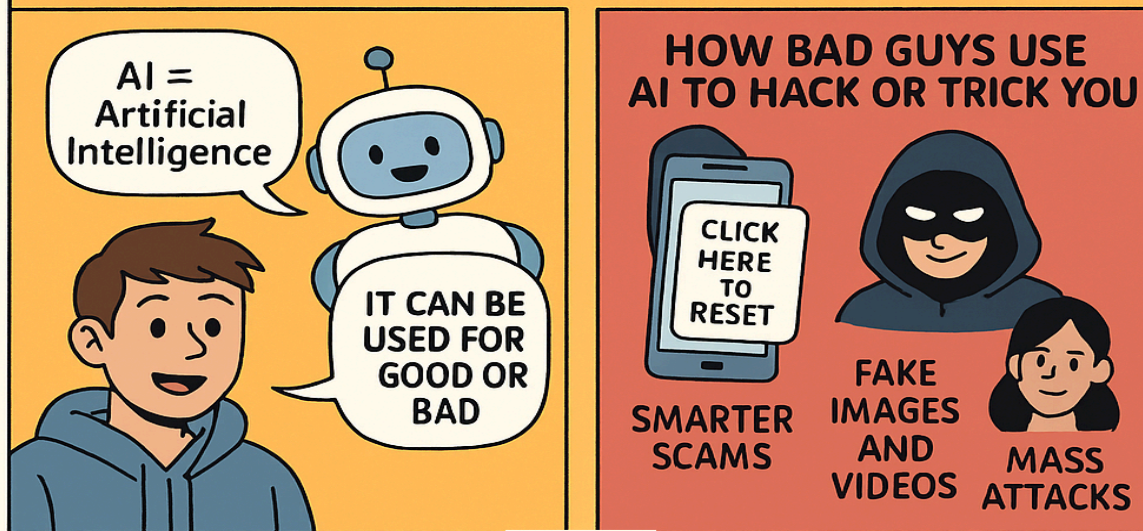
Tell an adult or IT support if anything feels sketchy

“ DON'T BE EMBARRASSED TO REPORT

Tell an adult or IT support if anything feels sketchy.

IT'S A TRAP.

HOW AI CAN ACCELERATE CYBERSECURITY THREATS



+ BONUS:
AI CAN HELP
YOU TOO!

**AI SCAMS OFTEN FEEL RUSHED
OR SLIGHTLY FAKE**

NETIQUETTE FOR ADOLESCENTS

PROTECT YOUR PRIVACY



Pause before posting or sharing, using strong passwords and 2fA

If you wouldn't shout it in a crowded room, don't post it online.

THINK BEFORE YOU TYPE



Pause before posting, commenting or sharing.

- Would I say this to someone's face?
- How would I feel if this were about me?

The delete button exist, but screenshots are forever.

BE KIND. BE RESPECTFUL. BE HUMAN.



Avoid oversharing feelings or venting in public threads.

- Talk to a trusted friend or adult offline when upset
- Don't vague posting to "get back" at someone.

digital drama is exhausting-and public.

USE YOUR PLATFORM FOR GOOD



Share things that inspire, uplift or educate.

- celebrate others' succes
- Spamming, chain messages, excessive tagging, public shaming or calling out is not cool

Mental health >nonstop scrolling

NO DRAMA. NO DUMPING.



Not everything online is true

- Avoid spreading rumors, fake news or scary trending hoaxes
- Report hate. Your voice matters- use it wisely.

AVOID THESE ONLINE BEHAVIORS



Tell a trusted adult

- If you feel unsafe
- public shaming or calling out

SET BOUNDARIES AND TAKE BREAKS



- Don't compare your real life to other peoples highlight reels
- use screen time settings or take social media breaks if needed

WHEN THINGS GO WRONG-SPEAK UP

tell a trusted adult- it's never "just drama" if it hurts.

You're not alone!

UNDERSTANDING DIGITAL FOOTPRINTS

Digital
Footprint

HOW YOU LEAVE A DIGITAL FOOTPRINT

WHAT YOU POST



What you
search or click



What you
sign up for



What
you search



Sites



What you
search or click



Yikes,
creepy!

HOW CAN SOMEONE SEE MY DIGITAL FOOTPRINT?



HOW TO CLEAN UP YOUR DIGITAL FOOTPRINT



Delete
what you
no longer use



Tighten your
privacy settings



Think before
you post



HOW TO SPOT FAKE NEWS, DEEPPFAKES & DISINFORMATION



- Reputable news site?
- .com.co'?
- Major outlets reporting it?

Is it story from
2018...

Why should AI-generated content be labeled?



FORMS OF NEGATIVE INFORMATION

DISINFORMATION

Intentionally false information to deceive people



MISINFORMATION

False information shared mistakenly



MALINFORMATION

Real information that causes harm



DEEPPFAKE

Synthetic media convincingly made



TROLLING

Provocative, upsetting comments

HATE SPEECH

Violent or offensive content



CLICKBAIT CONTENT

A startling, attention-grabbing title



BIAS

Prejudice or discrimination



AI can be GOOD or NOT SO GOOD

The GOOD stuff AI can do

Help you create cool things

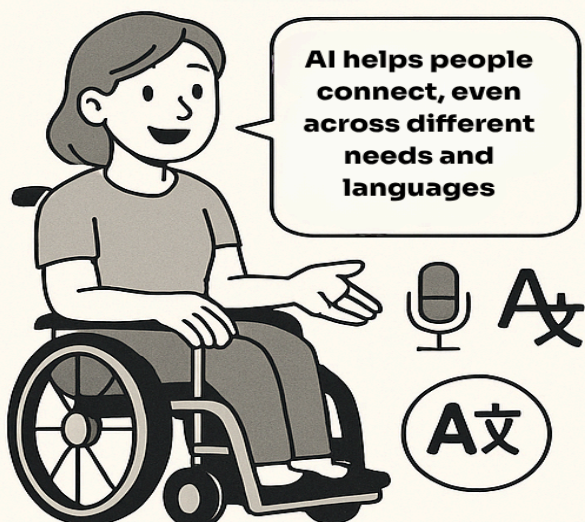


The NOT-SO-GOOD side of AI

Spreading fake news, altered photos

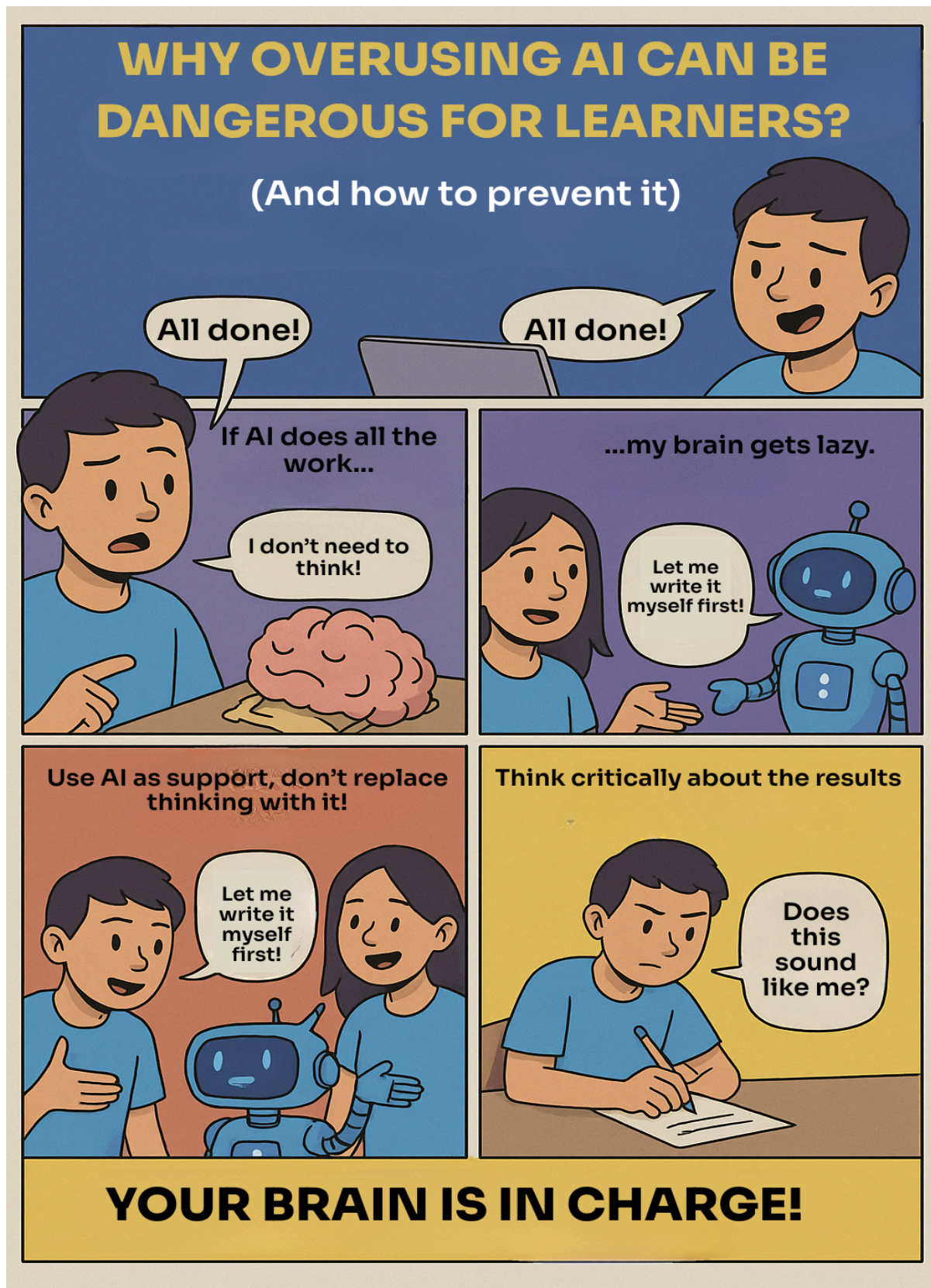


Make life more inclusive



Replacing thinking





10 Smart ways to Learn with AI

"AI should expand your mind, not replace it."

L – Lead with your own thinking.

Begin with your own ideas and reasoning before asking AI for help.
AI should build on your thoughts, not replace them.

E – Explore to understand.

Ask AI to clarify, simplify, or illustrate, not to copy answers.
Curiosity turns information into knowledge.

A – Ask deeper questions.

Use "why" and "how" questions — not just "what?".
Deeper inquiry builds real understanding.

R – Review and verify.

Be a fact-checker. Compare AI's suggestions with your notes, books, and trusted sources.

N – Nurture your learning.

Use AI as a coach: ask for practice quizzes, feedback, or study summaries — then reflect on what you've learned.

W – Watch your privacy.

Never share personal details, school data, or sensitive information.
Learning safely is smart learning.

I – Investigate how AI works.

Understand that AI doesn't *know* the truth — it predicts patterns.
Knowing this helps you stay critical and in control.

T – Think creatively.

Use AI to brainstorm new ideas or perspectives, but you decide what's worth keeping.

H – Harness its power responsibly.

AI can support research, writing, and problem-solving — if you use it ethically and purposefully.

A – Apply what you learn.

After using AI, restate key ideas in your own words.
If you can explain it clearly, you've truly learned it.

I – Inspire others to learn wisely.

Share how AI helped you understand better, not just work faster.
Be a role model for responsible, thoughtful learning.

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