

# eWARRIOR

## Training workbook

Recruit name: \_\_\_\_\_



Hello, Humankits, and welcome  
to our eWarrior training program!

When you complete it,  
you will have joined an elite taskforce,  
super prepared to  
explore the awesome online world.

Most importantly, you will be  
able to teach others what is safe,  
appropriate and responsible  
behaviour online!

Let's get started!!!





## After visiting the webpage tab Slay Negativity

How would you teach about the importance of focusing on positive things to someone who did not come to this class? What if you had to teach this to someone younger than you? Write a few phrases below.

A large, light brown sheet of paper with horizontal lines. A pair of scissors is shown cutting the paper on the right side. The paper is decorated with two small swords on the left and right sides, and a pair of scissors at the bottom.

★ I am thankful for...

Reflecting on things we are thankful for is a wonderful weapon against sad thoughts. But first, we have to know what makes us happy!

So, what are you thankful for? Pick five things or people, and write them on the tiny paper to the right.

When you are finished with this booklet, you can cut it out and post it on a place you can easily see every morning!



# After visiting the webpage tab Words Can Harm

How would you teach about the importance of being nice and thoughtful, online or in person, to someone who did not come to this class? What if you had to teach this to someone who does not speak English? Write a few phrases below.

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After watching the cyberbullying video, can you identify what was hurtful about what happened?

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One of the girls took a picture of her friend and posted on social media. Why was this not nice?

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In the video, when everyone leaves the birthday girl stuck in the toilet, why does Shavonne stay behind?

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How do you think the birthday girl felt?

Discuss with your group.



*Shavonne*

# My Pledge to Being Nice

I, \_\_\_\_\_, commit to being a nice person,  
to always considering other people's feelings,  
to making people feel included even if I don't  
know them well.

I will treat people how I like to be treated, both  
online and in person.

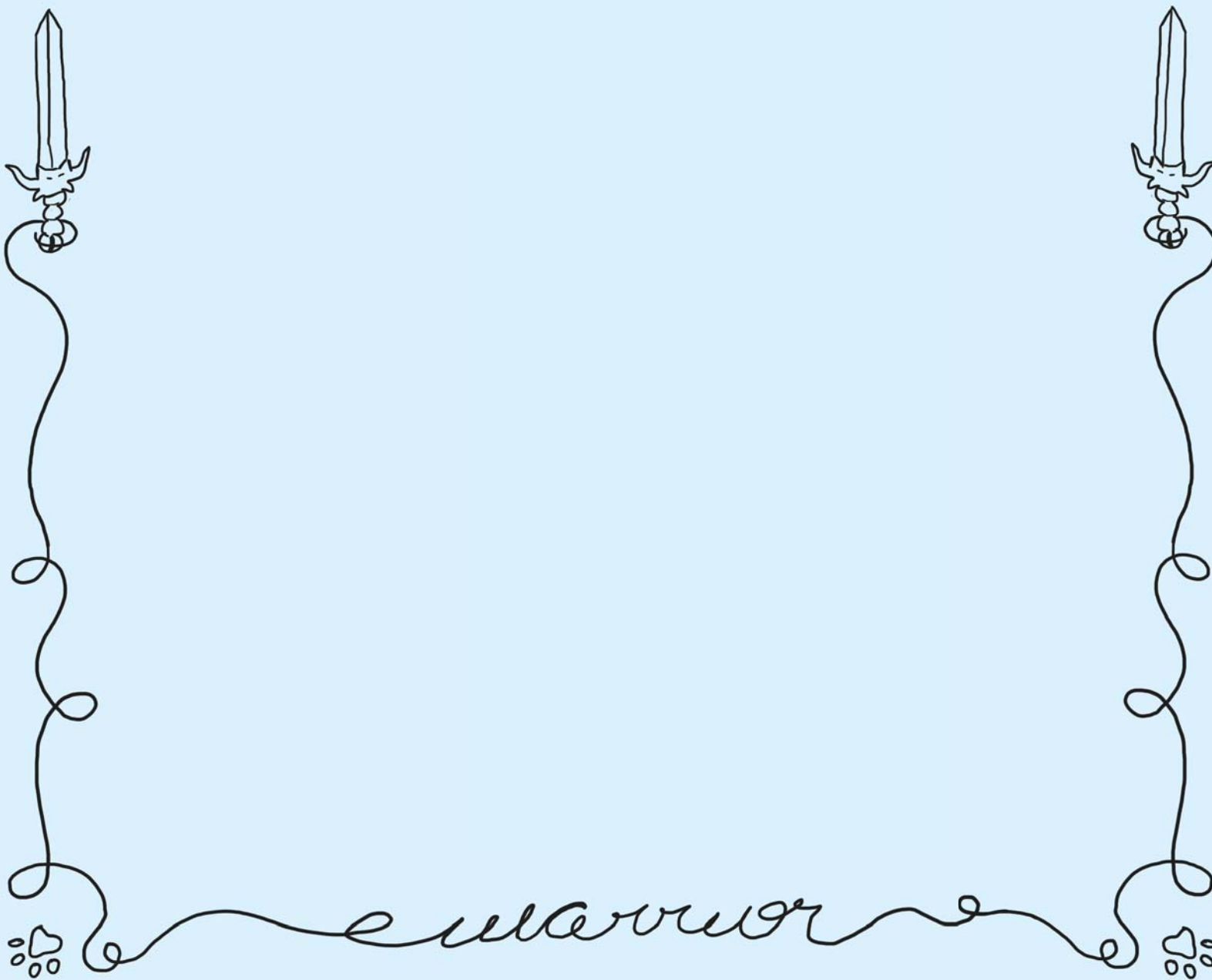
I understand that not doing so would be cruel  
and turn me into a troll.

Signed,

\_\_\_\_\_  
eWarrior Recruit



eWarrior





# After visiting the webpage tab Online Yes, in Person No

How would you teach someone who did not come to this class how to be more cautious of someone they met online, and how to always bring a trusted adult? What if you had to teach this to someone who loves going out on their own?

Write a few phrases below.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Trusted Adults:**

- 1.
- 2.
- 3.
- 4.
- 5.

I can tell them anything.  
They got my back!

eWarriors are sharp and alert.

Can you find twenty differences between the two images below?





## After visiting the webpage tab Respect Yourself and Others

How would you teach about the importance of showing respect for yourself and for others by selecting what you share online? What if you had to teach this to an adult?

Write a few phrases below.

A large, blank, lined area for writing, framed by a decorative border with a sword on the left and a dagger on the right.

## Skit Time!

Work together to create a cool skit about online safety and the negative consequences of not having respect for yourself or others online.

On the skit, try to include two more rules that you think are important to follow.

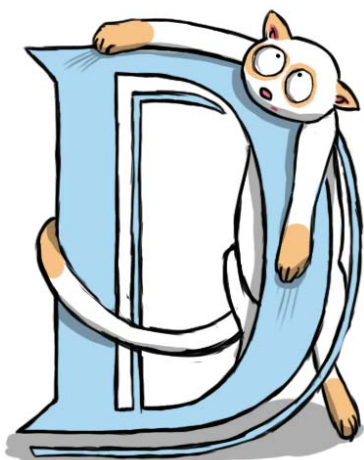
You can make props to make it really interesting. Keep it lively! You can do it!

Present it to your class, or using a camera, record it into a 3 minute video and play it to the class!

**LIGHTS!**  
**Camera!**  
**ACTION!**



*enharvur*



## After visiting the webpage tab

# Don't Click It

How would you teach the kinds of bad things files can carry to someone who did not come to this class? What if you had to teach it to your aunt, who loves to share cat pictures online? Write a few phrases below.

Handwritten area for notes, featuring several horizontal lines and a crossword puzzle grid on the right side.

Across:

2. I should not open these communications from someone I don't know.
4. Identity thieves can order this with my personal info.
6. This powerful program finds and deletes viruses, trojan horses and worms.
8. A hacker takes control of my computer remotely and asks for money in return. This is...
9. When I open these from a stranger, I can be activating malware.
10. A person who knows a lot about technology and sometimes uses their knowledge to harm others.

Down:

1. Malicious software.
3. Looks like a legitimate software, but it hides something bad.
5. Harmful software; can only be activated if I click on something.
7. Hackers can gain access to these and look inside our homes.
11. Can copy itself without me clicking on it.
12. Software that watches what I do online and tells another person or company.



# After visiting the webpage tab

## Stay Safe

Now that you know how important it is to have a good password, how would you teach your parents to reconsider their passwords online so that they are stronger and harder to crack?

Think of a few ideas and write them below.

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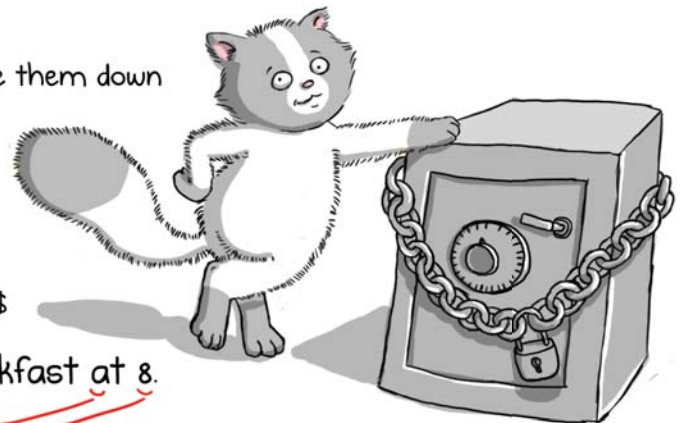
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## How to Make an eWarrior Password

1. Create a sentence that includes one or two numbers.
2. Pick the initials of each word on your sentence and write them down
3. Turn number words into actual numbers.
4. Capitalize some of the letters.
5. Write it somewhere safe until you memorize it.

Bonus points if you use a special character, such as: ? ! \$

Example: Darius eats 4 pancakes for breakfast at 8.  
De4pfba8



Capitalize some: De4p**F**bA8! = perfect eWarrior password!  
Bonus

Now you do it!

Your sentence:

The initials and numbers:

Capitalize some and add a special character:



## After visiting the webpage tab Hide Your Identity

Hiding your identity is important when you are surfing online. If you had to convince someone how important it is to keep their privacy online, how would you do it?

Write a few phrases below.

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## Make Like a Super Hero

If sharing your identity was a good thing, then many superheroes would choose to let everyone know who they were, where they lived, who their friends are and so on.

Instead, many superheroes use secret identities and even masks!

How many superheroes with secret identities can your group remember?



What are the benefits of having a secret identity on the internet?

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# How PRIVATE are you?

Find 16 things you should never share online!

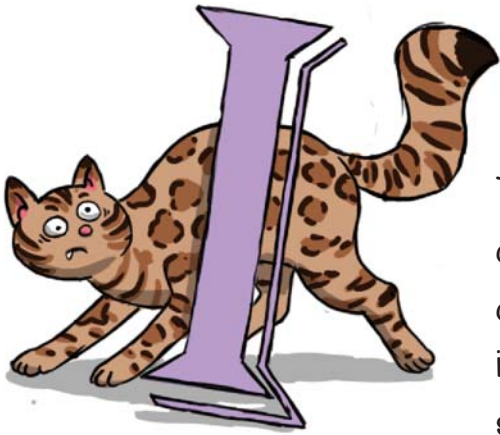


V	P	Q	G	L	W	L	Y	F	I	D	A	S	E	Y	I	L	K	Z	V
Q	L	A	W	N	U	L	A	X	D	D	H	R	T	K	N	S	D	S	A
R	B	B	S	F	O	M	S	N	T	P	F	Q	A	G	O	A	Q	F	C
V	C	N	T	S	I	F	B	U	A	Q	C	B	V	R	X	A	O	R	A
W	I	R	M	L	W	I	D	R	C	E	A	J	I	H	L	C	T	H	T
Y	U	D	Y	D	R	O	G	I	L	A	S	K	R	B	I	O	T	S	I
H	S	R	E	T	X	O	R	Z	Y	A	G	S	P	H	O	T	O	S	O
Q	S	D	H	O	T	L	S	D	R	C	E	Q	E	J	C	P	E	C	N
V	Z	D	B	O	S	K	H	X	S	Q	F	R	R	R	N	L	M	H	V
C	A	X	H	P	S	Q	E	T	V	X	N	H	Q	H	D	I	A	O	F
Y	F	P	X	P	O	B	I	R	T	H	P	L	A	C	E	D	N	O	A
B	M	N	O	I	T	A	C	O	L	E	N	O	H	P	V	L	A	L	E
I	E	Y	K	S	Y	F	E	V	N	V	K	E	N	X	I	L	Z	C	J
Q	Y	A	J	K	J	Q	D	V	F	Y	Y	F	Q	F	T	F	S	C	D
H	E	D	Y	F	N	R	W	G	J	Q	M	X	A	B	L	Q	F	K	W

- PHOTOS and VIDEOS of yourself, or your friends and family
- Details about your FAMILY, including information on your parents and siblings
- VACATION details -- it's never good to tell strangers when your home will be empty!
- Your ADDRESS or city where you live
- Your REAL NAME, the SCHOOL you go to, or your PHONE number
- Your BIRTHDAY or BIRTHPLACE -- protect your identity!
- PHOTOGRAPHS you would not want your parents or teacher to see
- Your LOCATION at any time
- Your PASSWORDS
- PRIVATE issues or problems with other friends, family or at school
- HURTFUL comments about other people

After visiting the webpage tab

# Inform Yourself



The internet can teach you how to bake a cake, do a cool jump on your skateboard, sing a popular tune and even coding and animation. However, a lot of information we find online is not true. Do you have some strategies to figure out what is true and what is not? Please write them below.

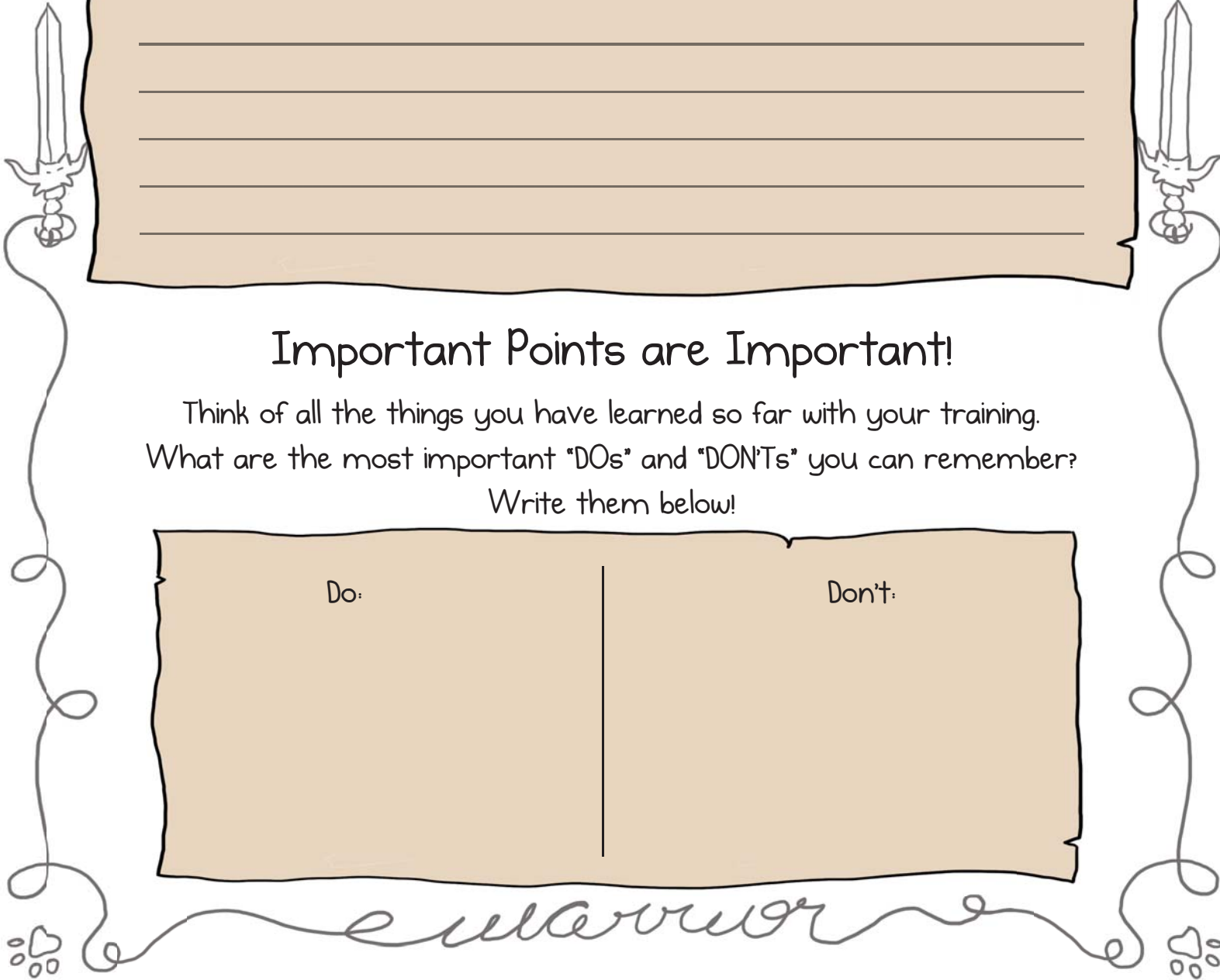
## Create a Check-It-Before-You-Share-It Poster

On the internet world, your credibility is worth something. If you start spreading things that are not true, pretty soon no one will believe you! Most importantly, fake news can hurt people. Imagine if you share that a serious disease can be cured by eating ice-cream, and someone follows this advice. How would you feel if the disease spread and more people got sick? Believe it or not, similar things happen every day online.

How can you tell if a website is telling the truth? Usually, websites that end with .edu, .org, .gov are much better sources of information. If you find a fact and want to check it, do a search on google and add the word "false" to it. You can also check on a website called "Snopes", which is a reliable source of fact-checking.

Now, in your group, create a poster that shows the importance of fact checking before sharing. What will you include to raise awareness on the importance of fighting fake news?

*emvuv*



After visiting the webpage tab

Explain to Others

You are super close of being an awesome eWarrior, just like me and all of my friends! But knowledge is only good if it is shared. How can you make sure your friends and family also have a sword and a shield to defend themselves online?

[illegible]

## Important Points are Important!

Think of all the things you have learned so far with your training. What are the most important "DOs" and "DON'Ts" you can remember?

Write them below!

Do:

Don't:

Do:

Don't:



# After visiting the webpage tab Let an Adult Know

Sometimes, we are embarrassed to tell people when we made a mistake. We may think we will get into trouble, but it is always better to let an adult know. Adults can be silly, but they are pretty good at protecting us. If you find out that a friend made a mistake online, how would you convince him to tell a trusted adult?

My Trusted Adults:

- 1.
- 2.
- 3.
- 4.
- 5.

I can tell them anything.  
They got my back!

## Mistakes Help Us Grow!

Making mistakes is a part of life. They are an essential part of mastering anything, and contribute to making our brains grow. Us eWarriors learn early on that what you DO once the mistake has happened is what determines if you will GROW from it. Shared something online that you shouldn't have? Tell a trusted adult, and don't do it again. Don't spend time worrying about your mistake; rather, think of how you will act differently next time.

Now, let's have some fun. Make your own mistake jar and see how long it takes you to fill it up!



eWarrior



## After visiting the webpage tab

# Don't Overshare

Social media is getting people into all kinds of trouble. How can you explain to an older teen the importance of keeping a professional persona online? Write some ideas below.

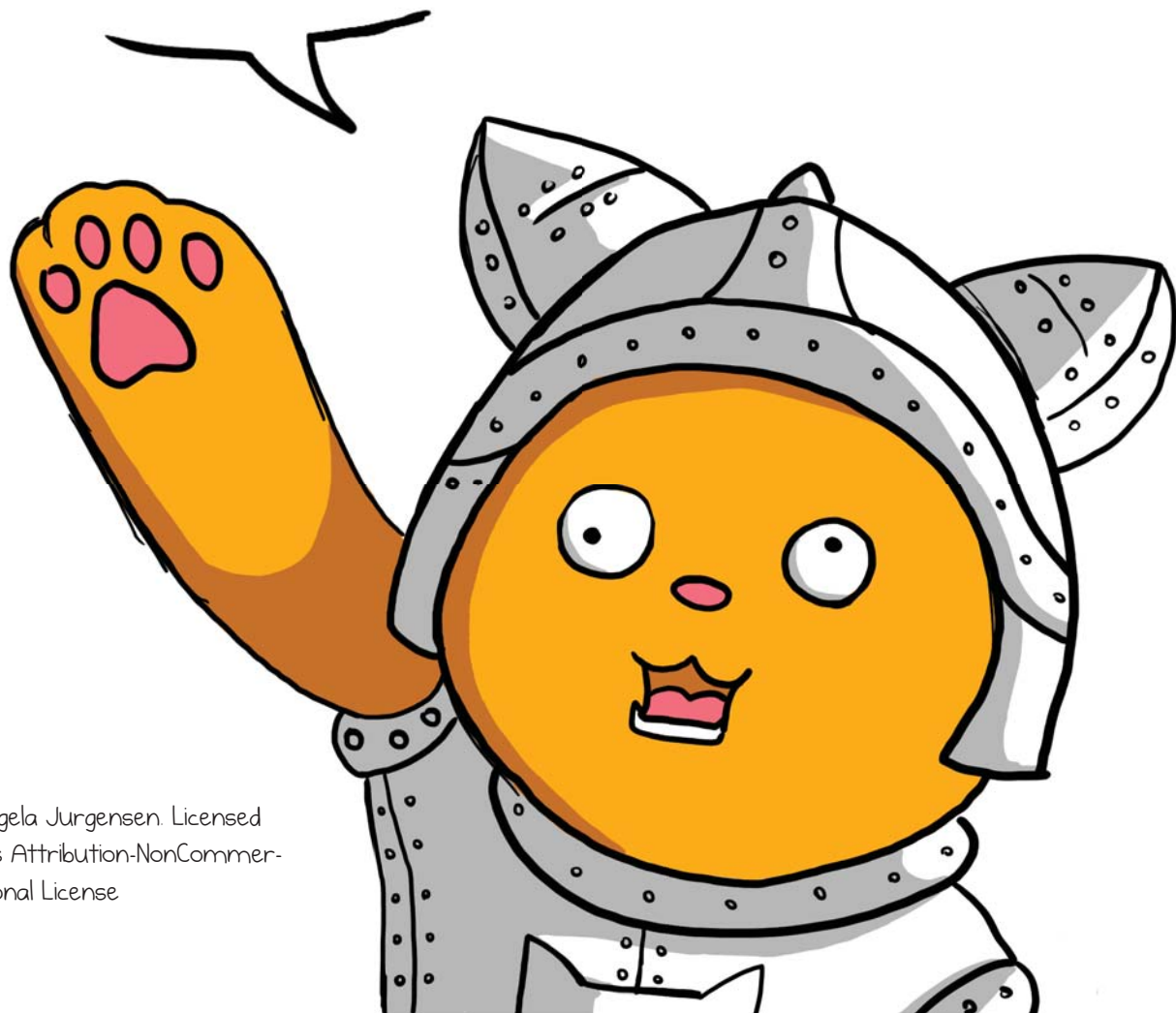


Make a Best Online Self banner and put it on the fridge at home, so everyone in your home can remember to be their very best selves.

Wow! You arrived at the end of our training. If you have finished all the other letters, it is time to celebrate! Flip the page and enjoy your rewards!



That was an amazing amount of work, Humankits!  
We are amazed by your commitment  
and very proud to add you to our  
select group of eWarriors!  
Make sure you have your passport completed  
and that you receive your eWarrior Certificate.  
Now, go enjoy the online world  
and spread the word to help others become  
excellent online citizens!



# eWARRIOR

## Training workbook

