



A Guidebook on Becoming a
Digital Champion Safely

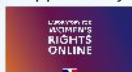
STAYING SAFE WITH TAO, YOUR ONLINE BUDDY

In the age of Artificial Intelligence



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GLOSSARY OF TERMS

Apps: Apps, also known as applications, are special computer programs on your phone, tablet, or computer that you can use to do specific tasks like playing games, watching videos, learning new facts, and much more.

Android Phone: An Android phone is a phone that uses an operating system called Android. Having an Android phone allows you to have access to different apps, tools, and lots of fun features.

Internet: The internet is like a giant web that connects all computers, phones, and tablets across the world. The internet is what allows you to have the same information as someone in Canada or chat with friends and family in faraway places.

Artificial Intelligence Tools (AI Tools): AI Tools are like an extra brain you can access through your computer, phone, or tablet. AI tools are smart computer programs that can think and learn like humans. They can help with homework, create pictures or videos, answer your questions, or even help adults at their jobs. For example, doctors can use AI to find out what is wrong with a patient faster.

Video Streaming: Video streaming is a way of watching videos, cartoons, or movies online without having to download them. You can stream videos using apps like YouTube and Netflix.

GLOSSARY OF TERMS

Clickbait: A clickbait is a piece of news or information you see online that was put there to trick you into taking a specific action, like following a link, reading an article, or watching a video. A clickbait can be dangerous, sometimes leading to computer viruses or internet scams.

Addiction: This is when someone can't stop doing something, even if it is not good for them. If you stay on your phone or computer for too long, you can get addicted to the games or social media apps on it, and this can keep you away from important things like studying, learning new things, or playing with your friends.





MEET TAO

Hello, I am Tao, your online buddy. I am here to be your guide through this big maze called the Internet. I have many tips for staying safe online, which have worked for me. No worries, I will be sharing them with you too.

But before we get started, let me tell you a short story.

TAO'S ORIGIN STORY

My Mummy and Daddy got me my first internet-enabled device, an Android phone, when I turned ten. They wanted me to be able to learn a lot faster and become **digitally literate** like other young people around the world.

I was very excited because I had always wanted to have my phone and browse as many things as I wanted without my Mummy telling me to return her phone. When I got my phone, I wanted to learn as much as possible in a short while, so I started joining every group chat and channel I could find.

Well, that did not end well, as I ended up on the 'bad' side of the internet and getting bullied on some of these platforms. I don't want this to be your experience, so I will be taking you on this special mission to learn to use the internet without getting on the bad side.

I learned about **digital safety**, and I have since learned to enjoy my time online and learn interesting things every day.

Let's get started.

LET'S GO ON A MISSION



The internet is like a huge, magical world full of exciting things. From games, videos, friends, and tons of information on anything you can think of. But just like any other world, you need to be prepared so you don't get lost or get into trouble.

That's why I am here to help. Together, we will learn how to explore the digital world while staying safe and smart. **Are you ready? Let's go!**

So here is our mission: To learn about the different ways through which you can get on the bad side of the internet.

01

Social Media, the endless scroll trap.

Social media is a great way to stay connected with friends, share cool pictures, and learn new things. But it can also be a sneaky trap that keeps you scrolling for hours and stops you from studying or trying new things offline.

For me, what I do to avoid getting too distracted by social media is to get my parents to set a time limit for me so I don't lose track of time whenever I am learning new dance moves on **TikTok** or learning new recipes on **Instagram**. That is always fun, but too much of everything is dangerous.



02

Gaming Addiction

Games are super fun, but they are also designed to keep you playing for as long as possible with different rewards, levels, and challenges. Some even have in-game purchases that can cost real money.

Here is a pro tip, **never use your parent's ATM card** to make an online purchase without permission. That could land you in real trouble.



03

Excessive YouTube & Video Streaming

Watching one video leads to another, then another, and before you know it, hours have passed. Autoplay and recommended videos make it hard to stop, but we need to.



04

Dangerous Online Challenges & Trends

Some challenges look fun but can actually be dangerous. Just because something is popular doesn't mean it's safe. Never try an online challenge without an adult being present.



06

Group chats & Online Friends

Talking to people online might seem fun, and you can make good friends and learn new things from your friends online, but not everyone is who they say they are. Some strangers pretend to be friendly to trick kids.

Here are some details you should never reveal to strangers online: Your full name; your address; your school; your place of worship, and details about your parents.

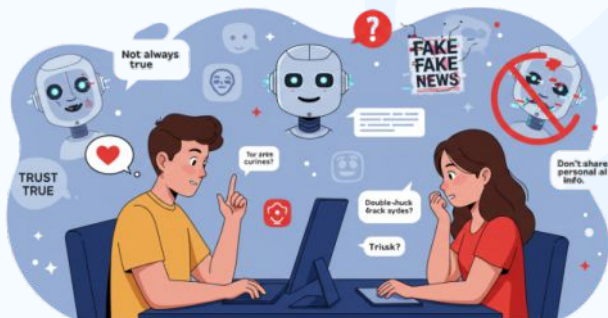


07

Misuse of AI Tools

AI is super cool and can help you with your homework, answer any questions you have, and even chat like a real person. But be careful; not all AI is smart or truthful. It can make mistakes, create fake images or videos (deepfakes), and even spread false news.

Some **chatbots** might feel like friends, but they don't have feelings and shouldn't be trusted with personal information.



I had to fight to get rid of the distractions apps can be. Here is what I did:

Ask an Adult First: Before downloading any app, I check with a parent or guardian. Some apps might not be safe or may ask for too much personal information.

Read the Reviews: If an app has a lot of bad reviews or warnings, it's a red flag. I always read reviews but you also have to have it at the back of your mind that some reviews are planted by the app developers to trick people into downloading their apps. So always double-check and read past the first review you see.

Check the Permissions: Some apps ask for access to your photos, messages, or even your microphone. If an app asks for too much, it's best to avoid it.

Stranger Danger: If an app lets people message you without requiring your permission first, be careful.

Not Everything is Real : People only post the best parts of their lives, which can make you feel like you're missing out. Remember, real life is not always as perfect as it looks online.

A SMARTER WAY TO BECOME SMARTER: TAO'S TIPS



There are so many cool things to learn online, but not everything you see is true. Here's how to stay smart while learning on the internet:

Checking once is never enough: Not every website tells the truth. If something sounds strange, ask an adult or double-check on a trusted website.

Beware of Clickbait: Titles like "You Just Won a Million Naira!" are usually tricks. Don't fall for them. If it sounds too good to be true, then it probably is not true.

Never forget that the internet never forgets: Before posting anything online, ask yourself: "Would I be okay if my parents or teachers saw this?" If not, don't post it.

Protect Your Passwords: Use strong passwords and never share them with friends (except your parents or guardians).

Avoid the Drama: Online arguments and negative comments can make social media stressful. It also takes away from the true purpose of your parents letting you get on the internet, which is to learn and connect with people.

A SMARTER WAY TO BECOME SMARTER: TAO'S TIPS

Don't just avoid getting bullied, don't be the bully : It's okay to step away and not engage. Being a bully online is not cool. It is a cowardly thing to hide behind a screen to say mean things to someone else.



BLOCKING THE ENEMY

Sometimes, bad things happen online, even if you have been careful. Remember that bad people are online, too, so you might see mean comments, fake messages, or even people trying to trick you. But don't worry, there are ways to block these dangers.



The Block Button is Your Friend: If someone is being mean or making you uncomfortable, block them immediately.

Report Suspicious Activity: If a website, app, or even a person is acting strange, tell an adult and report them.

Never Click on Weird Links: If you get a random message telling you to click a link, don't do it. It could be a scam or a virus.

Trust Your Gut: If something feels wrong, it probably is. Always talk to a trusted adult if you are unsure.

**Remember, you are in charge of your online experience.
Don't be scared to grab the wheels!**

If you are being threatened, bullied online, or sent bad pictures or videos on the internet, you can reach out to any of the organisations below. They will help you:

- **CECE YARA FOUNDATION**
Child Helpline – 0800 800 8001 (Call is free)
- **NAPTIP**
Naptip Report Line – 0703 000 0203
- **KURAM**
<https://kuramng.org/>
- **ACSAI**
<https://acsaing.org/report/report.html>
- **Nigerian Police Force**
<https://nccc.npf.gov.ng/ereport/signin>



Do you know how to stay safe **online?**

■ Yes

■ Maybe, I am not sure

Let's see how well you can protect yourself online.

01

You were given an assignment by your teacher in school to make short notes about Nigeria's presidents since independence. You go to Google and start searching for the answers when a message pops up on your screen saying that you have just won a million naira. What will you do?

A. Check out the link and see how you can claim the money before it disappears

B. Keep working on your assignment and ignore the message

Answer: B

Keep working on your assignment, as this type of message is likely a clickbait, and clickbait can be dangerous.

02

While working on your assignment, you decide to take a 20-minute break to watch a YouTube video. You spend about ten minutes looking for something interesting to watch. Before you get halfway into the video, your alarm goes off. What should you do?

A. Leave YouTube and continue with your assignment

B. Reset your alarm for another twenty minutes

Answer: A

Leave YouTube and continue with your assignment. It is important to always stick to the time limits that you set on Youtube or on any other apps so it does not eat into your time for studying or homework.

03

You are in a group chat with your friends and classmates from school. An unknown number joins the group chat and starts to send weird pictures and links to the group. What should you do?

A. Let them be, they have not bothered anyone

B. Show the messages to an adult so they can help you get rid of them

Answer: B

Show the messages to an adult so they can help you report the unknown number and take them off the group chat.

04

In your group chat with friends from school, someone sends a picture of Feranmi, your classmate's shoes, with the caption: "Na Feranmi shoe dey smell pass". Your classmates start sending emojis, stickers, and memes, making fun of Feranmi. What should you do?

- A. Find a funny meme and send to the group chat too
- B. Leave the group chat before they start making fun of you too
- C. Send a message to the group letting your classmates know that they are bullying Feranmi and bullying is bad

Answer: C

It is not just enough to avoid getting bullied, you should also never participate in bullying and always try to speak up for others when they are being bullied whether online or offline.

05

You get an Instagram DM from a follower telling you you are good looking and they would like some nice photos of you. What should you do?

- A. Send them a photo since you have some on your phone anyways. It is not that big of a deal
- B. Block them from sending you any messages

Answer: B

People who asks kids for photos on social media are usually not good people. Block them and report their account.

If you are in doubt about their intentions, show the messages to an adult so they can help you out.





Learn the hacks to stay safe, smart,
and unstoppable online.

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