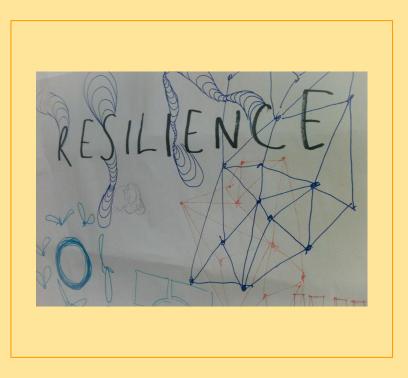# DIGITAL RESILIENCE

KA229: "Cybersecurity Schools"
ROMANIAN GOOD PRACTICE

Objectives

- To show our evidences about the previous Good Practice (Turkey).
- To examine how going online can influence the way we feel, think and act.
- To understand what digital resilience is.
- To develop ways to build your own digital resilience and support others.

Communicative interactions from Pixabay

BAILANDO BAJO LA LLUVIA

Main Part - Activity 1

HOW DOES GOING ONLINE MAKE PEOPLE FEEL?

We are going to explore the emotions that we may experience when we go online. This activity will give lots of examples of experiences that we may have online.

In each class we will reflect on the questions that follow in the following slide.

Each class will answer only one question. Then we share all our reflections.

Questions

- ★ Do you think people have **more positive** or **negative** experiences when they **go online**?
- ★ What sort of things make people feel **happy** / **sad** / **worried** / **angry** online?
- ★ What sort of things **do not have any impact** on people when they go online?
- ★ Would having a **negative experience** stop someone **going online**?
- ★ How can someone make themselves **feel better** if something has **upset** them online?
- ★ Should someone **stop going online** if something **negative happens** when they are online?

Link to Padlet containing reflection questions

Main Part - Activity 2

UNDER PRESSURE

In this activity we are going to consider how we can respond to the pressures we may face online.

*We can be **influenced** by the **people** around us, the **books** we read, the **music** we listen to and it can also be from **our own online experiences**.*

Is online influence a positive or negative thing?
Fill in this collaborative questionnaire

Digital Resilience

Teachers show the results of the class.

Este formulario recopila automáticamente las direcciones de correo electrónico de los usuarios de Consejería de Educación y Empleo. Cambiar configuración

Co-funded by the
Erasmus+ Programme
of the European Union

Main Part - Activity 3

★ **Being influenced by something** can be both **positive** or **negative**.

WATCH PORTION SIZES

▶ Use a 9" Plate

▶ Fill 1/2 your plate with non-starchy vegetables and fruit

▶ Fill 1/4 of your plate with lean protein 2-3 oz. cooked portion

▶ Fill 1/4 of your plate with whole grain or starchy vegetables

Enjoy butter or good quality oil with your meals. Your finger from your knuckle to tip is about how much you need.

One thumb size of natural nut butter or two thumbs of raw nuts.

To avoid a blood sugar spike, enjoy a closed fist (1/2 cup) of slow digesting carbs like quinoa, yams or lentils.

Include a protein with your meals about the size & thickness of yourhand. If vegetarian, double up on a closed fist of veg. protein

Enjoy a closed fist serving size of fruit. This is also the serving size for vegetables.

Main Part - Activity 3

★ Negative influence can develop into pressure **to act in a certain way.**

★ There are **strategies** that can help you overcome **insecurities** and other causes that expose you to social pressure. These strategies can be:
- ○ **Learning to say no.**
- ○ **Avoiding negative thoughts.**
- ○ **Working on power phrases.**

EJEMPLOS DE CREENCIAS

LIMITANTES
- YO NO PUEDO
- NO SOY CAPAZ
- NO SOY FUERTE
- NO SOY CREATIV@
- NO SOY BUEN@
- MOSTRAR LOS SENTIMIENTOS ES DE DEBILES

POTENCIADORAS
- YO PUEDO
- SOY CAPAZ
- SOY FUERTE
- SOY CREATIV@
- SOY BUEN@
- MOSTRAR LOS SENTIMIENTOS ES NATURAL

@molybonilla
mgarcia@andaluciaemprende.es

Co-funded by the
Erasmus+ Programme
of the European Union

Main Part - Activity 3

TIPS TO BE RESILIENT

★ *Trust yourself.*
★ *The importance of the environment.*
★ *Looking ahead.*
★ *Take care!*
★ *Look for objectives.*
★ *Frustration management.*

Battery of activities

Co-funded by the
Erasmus+ Programme
of the European Union

Task: Colour code the online experiences to show the **different emotions** that can come from going online. Remember that one post or experience could cause more than one emotion.

- You can use more than one colour per scenario.
- You can add emotions (and a colour) if you think they would feel an emotion not covered already

Red	Angry		
Orange	Worried		
Yellow	Happy		
Blue	Sad		
Green	Not affected		

Receiving positive comments on some pictures from a friend	Someone writing a joke under their picture	Receiving negative comments
A friend liking one of their jokes online	Watching a funny video	Receiving no likes on their picture after 20 minutes
Seeing inspirational quotes being posted online	Seeing someone else being cyberbullied online	Posting something different to what they would normally
Seeing that they have fewer followers than their friends	Seeing someone share online that they are feeling sad	Seeing a joke that is about someone in school
Beating their friend on a game for the first time	Changing their profile picture to a funny photo of themselves	Not being allowed to play a game but their friends are
Having someone unfriend or block them	Receiving a new friend request	Having to leave a group chat to have dinner

Battery of activities

★ <u>Learning to say no game</u>. It is a story in which daily situations are analyzed from the role of each of the main characters.

★ Make a **poster** containing tips to be resilient.

★ Observe people who are resilient in their environment. Explain what characteristics that person has. Make a drawing, poem, comic strip...