



AXA
Hearts in Action

LET'S KEEP OUR CHILDREN SAFE ONLINE

Support kit for Parents, Teachers and Coaches

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CYBER-RISKS: A CHALLENGE FOR OUR TEENAGERS AND AN ISSUE FOR SOCIETY

Screen time recently doubled among young people during the health crisis*. In Europe, 84% of youths are active on social media**. In France, 3 out of 10 secondary-school pupils have already fallen victim to cyberviolence, and more than 1 in 10 show signs of mental distress***. Cyber risks are now a reality, impacting our adolescents. Knowing how to decipher and avoid those risks is crucial.

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addresses many risks encountered online by our adolescents (aged 11 to 14):

- Phishing
- Cyber bullying
- Fake news
- Data hacking and Identity theft
- E-addictions
- Artificial Intelligence (in learning)



WHO ARE THE CYBERVENGERS?

A group of friends designed to appeal to young people aged from 11- to 14-years old. With strong personalities, they take us on unusual adventures linked to online threats.

WHAT DOES THE PLATFORM CONTAIN?

To raise young people's awareness of online risks while equipping parents, families, teachers and facilitators, the platform contains short, fun and educational mangas as well as mini quizzes and goodies to display and/or share.

#CYBERVENGERS

THE ESSENTIAL ROLE OF PARENTS, FAMILIES, TEACHERS AND FACILITATORS

The website is designed for adolescents to explore independently. Nonetheless we advise the following – particularly when working with a group:

- **Set aside time** (at least one hour) **in a quiet location with good internet or Wi-Fi access.**
- **Invite the adolescents to read the webtoons** (episodes) on a smartphone, computer or in printed format.
- **Check their understanding** of the episode and **initiate dialogue using the quiz.**
- Ask young people **to share their personal experiences related to the situations described.**
- Throughout the session, **demonstrate a pedagogical approach** coupled with **attentive, non-judgmental listening .**

FOR TEACHERS

Discover the "Cyber-risks with the Cybervengers" workshop, co-created with **Les Intrépides de la Tech** .

If you wish to organize a session at your school, please contact:

cybervengers@axa.com

“CYBER”

from the Greek “kubernân”, to govern)

prefix used to form a number of words related to the internet

Larousse dictionary

Examples of cyber risks: cyberattack, cyber addiction, cyber bullying, fake news, phishing, gaming addiction, violence, offensive content, terrorism, viruses, sexting (sexual content), pedophilia, shopping scams, screen addiction, photoshopped and/or altered images, cyber-espionage, theft of intellectual property, etc.

“WEBTOON”

a type of digital webcomic or manga/anime that originated in South Korea

Webtoons are read online by scrolling (reading vertically from top to bottom), with a rectangular format designed for smartphone screens.

EXPERT INSIGHT ON THE EFFECTS OF SCREEN TIME ON TEENAGERS

The following pages highlight **the consequences of excessive screen time** and have been developed in collaboration with two experts: **Emmanuelle Bettan** (a teacher committed to preventing harassment), and **Dr Philippe Presles** (a doctor and psychotherapist).

Our experts provide **simple guidelines for adults to support teenagers navigating major online risks** and, in some cases, to spot when mental health may be affected. **These risks are organized around four key themes:**

- 1 CONCENTRATION:** maintain focus for better learning
- 2 SLEEP & MEMORY:** protect sleep to strengthen memory
- 3 PHYSICAL HEALTH, SEDENTARY LIFESTYLE & VISUAL RISKS:** move, get fresh air & connect
- 4 PSYCHOLOGICAL WELLBEING & SELF-ESTEEM:** find satisfaction in the real world



Philippe Presles

is a physician, psychotherapist (CBT, ACT and EMDR), ethicist and French essayist, notably on the subject of consciousness. For many years, Philippe has helped to lead the public health debate.

He developed the *saut de la conscience* theory which states that children attain humanity's higher consciousness around the age of five.



Emmanuelle Bettan

is passionate about passing on knowledge, and she therefore devotes herself to teaching. She began her career as a pharmacist in hospital and community practice before switching to teaching, first in nursery and primary education, and now in high school where she teaches mathematics. She serves as a pHARe referent in the fight against school bullying.

4 THEMES TO SUPPORT TEENAGERS AND YOUNG PEOPLE

1

CONCENTRATION: MAINTAIN FOCUS FOR BETTER LEARNING

The fragmentation of concentration caused by notifications and multitasking seriously harms a teenager's ability to focus on their schoolwork. Discover strategies to help teenagers refocus.

2

SLEEP & MEMORY: PROTECT SLEEP TO STRENGTHEN MEMORY

Sleep deprivation is one of the major impacts of screen usage. Learn about the direct link between quality sleep and memory consolidation, academic performance and general wellbeing.

3

PHYSICAL HEALTH, SEDENTARY LIFESTYLE & VISUAL RISKS: MOVE, GET FRESH AIR & CONNECT

Prolonged screen engagement frequently leads to sedentary behavior with associated risks to physical health – particularly ocular health. Discover actionable solutions to promote healthier routines.

4

PSYCHOLOGICAL WELLBEING AND SELF-ESTEEM: FIND SATISFACTION IN THE REAL WORLD

The digital world with its curated imagery and social pressures can profoundly impact adolescent self-esteem and mental health. Read about guidance on developing resilience against online pressures.

GUIDENCE FROM OUR EXPERTS

When situations arise young people should always consult relevant healthcare professionals (general practitioner, psychologist, optometrist, etc.) or school support representatives (teachers, school nurses, bullying hotlines or others).



1. Concentration: Maintain Focus for Better Learning

ATTENTION & FOCUS

THE OBSERVATION

- Some students struggle to maintain focus in class. Yet when watching a screen or playing a game, they can seem deeply absorbed, even without necessarily understanding or retaining what they see. Merely capturing attention is therefore insufficient because learning requires engaged concentration.
- Young people are highly attentive when an activity interests them, but this capacity can diminish when interest wanes or the environment becomes more distracting.

ADDITIONAL INSIGHT

➤ Attention functions like a camera flash

It instantly spots one piece of information among all others. In a noisy environment, this mechanism allows an adolescent to detect and select the voice or signal most interesting to them.

➤ Concentration acts like a zoom lens

It maintains this focal point over time, despite external distractions. It is this concentration that allows, for example, to continue reading of a chapter without being disturbed by noises or notifications.



IN SHORT

Attention immediately identifies the right information. Concentration enables focus.

DID YOU KNOW?

10- to 15-year-olds

who spend long hours on social media are more likely to feel unhappy, isolated and anxious. In some adolescents, these emotional states can be accompanied by **diminished attention and a decline in concentration.**

Source : "Good Childhood" Report - 2023



EXPERT ADVICE

THE MYTH OF MULTITASKING (doing several things at once)

Teenagers may believe they can do their homework while watching a video or replying to messages. Here are some facts to share with them to change these habits:

- **The human brain cannot process two complex tasks simultaneously.** It rapidly switches between them, losing precision each time.
- **Each switch in activity costs time and energy.** This divides attention, increases errors and reduces information retention.

Explain to the teenagers that focusing on a single task will save them time and increase their efficiency. By doing this you will help them manage their energy and be less stressed.

1. Concentration: Maintain Focus for Better Learning

LEARNING FROM SCREENS IS POSSIBLE

THE OBSERVATION

- **Passivity in front of screens can limit learning potential.** This happens when information is received without interaction. This is the case, for example, when an adolescent watches videos continuously or scrolls through social media content without a specific goal. When this happens, learning remains minimal as the brain is not sufficiently engaged to analyze, memorize or establish connections.
- **However, screens can also support active and profound learning.** Interactive tools such as simulations, educational games and online learning platforms place the learner in an active role. **They manipulate, create, explore and solve problems.** The screen then becomes a medium that stimulates engagement and comprehension.

ADDITIONAL INSIGHT

Learning with screens becomes effective when the usage is active rather than passive.

- **Games and simulations require action** (testing, attempting, correcting, etc.). This participation reinforces engagement and retention.
- **Tutorials enable a shift from observation to implementation.** Understanding becomes anchored when the learner puts what they have seen into practice.
- **On line collaboration encourages exchange, debate and co-creation.** These interactions develop social and transversal competencies.



IN SHORT

Active use stimulates learning and gives meaning to time spent in front of a screen.

95% of young people

with internet access use it to search for information for their schoolwork or to learn more about their personal interests.

Source : UNICEF Report - 2024



DID YOU KNOW?

EXPERT ADVICE

LEARN WITH SCREENS

It is not the screen itself that is good or bad, but how it is used.

Encourage creation over consumption

For instance, suggest the learner creates a video, composes music, draws or programs a simple game. These activities give meaning to screen time and stimulate learning.

Define collaborative projects

For example, use a documentary or tutorial as the basis for a concrete activity (cooking, DIY, playing an instrument or developing a skill). The screen thus becomes a tool for an activity rooted in the real world.

Strengthen communication on digital practices

Discussing the games, content or online communities that learners engage with leads to a better understanding of their interests, helps anticipate certain risks, and strengthens relationships.

1. Concentration: Maintain Focus for Better Learning

UNDERSTANDING & PREVENTING ADDICTIVE BEHAVIORS

THE OBSERVATION

- **Screen addiction refers to an excessive and compulsive use of electronic devices** which ultimately has a negative impact on daily life. It is often linked to the **pursuit of immediate gratification**, the fear of missing out (FOMO) or as a means of escaping personal difficulties.
- **Not all adolescents are addicted.** Reasonable screen use can even be beneficial for their development. For leisure, many experts suggest **a maximum of two hours per day**, provided it does not disrupt sleep, physical activity or social life.

ADDITIONAL INSIGHT

Signs that may indicate problematic screen use:

- **Loss of control:** The adolescent can no longer stop even if they wish to.
- **Irritability or anger:** Excessive reactions appear when they are deprived of their device.
- **Lying or concealment:** They hide the time spent on screens or isolate themselves to use them.
- **Neglect of duties:** Time spent in front of screens overrides homework, family commitments or personal hygiene.
- **Loss of interest in other activities:** They neglect friends, hobbies or passions in favor of screens.

Several combined signals should raise concern and warrant attentive support.



IN SHORT

DID YOU KNOW?

Over **50%** of **15-year-olds** in OECD countries spend on average 30 hours or more per week on digital devices.

Source: PISA study - 2022



EXPERT ADVICE

BUILD A HEALTHY RELATIONSHIP WITH SCREENS TOGETHER

Establish clear, negotiated rules suited to your young person's age group. It is also essential to set an expectation from the outset that the screen is not a private space or a "secret garden": parents retain the right to supervise, to protect the child and to promote balanced use.

- **Create a "family screen charter"**
Define rules together: hours of use, screen-free times (meals, homework, family discussions) and permitted locations (preferably in common areas rather than the bedroom).
- **FIX REALISTIC GOALS**
The objective is not total elimination but a gradual reduction (e.g. reduce the time spent per day on social media by one hour).
- **Explain the reasoning behind the rules**
An adolescent adheres more easily when they understand the benefits: better sleep, improved concentration and more positive social relationships.

2. Sleep and memory

PROTECT SLEEP TO STRENGTHEN MEMORY

THE OBSERVATION

- **Sleep deprivation in adolescents is rising sharply.** At age 15, they sleep on average 1.5 hours less than at age 11, while they still require 8 to 10 hours of sleep per night. Nearly one in five suffers from insomnia, and 40% sleep less than necessary*. Many also experience “social jet-lag”**.
- **Attention, memory and concentration are all affected when the body struggles to recover, with a direct impact on learning.**

ADDITIONAL INSIGHT

A good night's sleep is restorative, and it also plays a key role in learning. Overnight, the brain sorts, organizes and consolidates the day's information. Deep sleep enables the transfer of knowledge from short-term to long-term memory. When sleep is lacking, this consolidation process is less effective and memory retention weakens.

Signs that sleep may be lacking:

- Difficulty focusing
- Repeated yawning from the morning
- Red or heavy eyes
- Drowsiness or micro-sleep episodes in class
- Persistent tiredness



IN SHORT

A lack of sleep leads to reduced cognitive availability, poorer concentration and weaker memory retention.

19% of 15-year-olds go to sleep after midnight on weeknights – a pattern that builds a lasting sleep deficit and impairs their alertness in class. Evening screen use is one of the contributing factors.

Source: WHO study-2024

DID YOU KNOW?



EXPERT ADVICE

PREPARE FOR A BETTER SLEEP

Progressively adjust certain habits:

- **Set a clear limit**
No screens for the two hours before bedtime. This break helps the brain disconnect and prepare for sleep.
- **Keep screens out of the bedroom**
A screen-free bedroom promotes rest and limits hidden late-night use.
- **Establish a calming routine**
Reading, soft music and breathing exercises may all be concrete signals to prepare the body for sleep.
- **Use a traditional alarm clock**
Keep the mobile phone outside the bedroom.
- **Talk and lead by example**
Discussing the effects of sleep on mood, concentration and memory helps build acceptance of the rules.

*Sources: French epidemiological surveys and barometers on youth sleep (Santé Publique France, 2019–2023) - National Institute of Sleep and Vigilance (INSV), “Sleep and Adolescent Rhythms” reports, 2018, 2020, and 2022 editions - Morphée Network, “Sleep and Screens” surveys, 2019–2022

** A term coined by researcher Till Roenneberg. It refers to the mismatch between the internal biological clock (the chronotype) and the schedules imposed by daily life.

3. Physical Health, Sedentary Lifestyle & and Visual Risks

MOVE, GET FRESH AIR & CONNECT

THE OBSERVATION

- **Physical activity is essential for the development of children and adolescents. Sedentary behavior now represents a major global public health issue**, with an estimated cost of 300 billion US dollars by 2030*.
- Reconciling screen time with physical activity remains a daily challenge. The goal is not necessarily high-level athletic performance, but to help young people adopt **simple habits that protect their bodies** from an early age, while using screens when necessary (for study, leisure and communication). Education in movement begins early: the foundations are already being built around the age of five.

ADDITIONAL INSIGHT

Lack of physical activity increases the risk of obesity, diabetes and cardiovascular disease. It can also undermine mental health**.

Simple guidelines to limit sedentary behavior

- Walk regularly (on commutes, up stairs, on short distances, etc.).
- Change posture frequently and avoid sitting for too long.
- Move for at least 5 minutes every 30 to 60 minutes.

Consistency is key

Engaging in an endurance activity several times a week (walking, running, swimming) helps protect health and reduce the effects of a sedentary lifestyle.



IN SHORT

Taking even small steps is better than having long periods of inactivity.

81% of adolescents worldwide (aged 11 to 17 and in school) do not meet the recommended daily level of 60 minutes of physical activity.

Source : WHO study - 2024

DID YOU KNOW?



EXPERT ADVICE

INCLUDE PHYSICAL ACTIVITY IN YOUR DAILY ROUTINE

Movement must become a natural habit, associated with pleasure rather than obligation.

- **Prioritize enjoyment**
Encourage a variety of fun activities suited to their interests, not just performance.
- **Allow freedom to explore**
Do not confine the adolescent to a single sport. Trying different sports can nurture motivation.
- **Promote social activities**
Favor activities with friends or in supportive environments where mastering movement is key.
- **Incorporate movement into daily life**
Whenever possible choose active transport over motorized options: walking, cycling, scootering, etc..
- **Practice together**
Regularly sharing physical activity with your children strengthens motivation and sets a positive example.

WHAT ABOUT SCREENS?

Position screens in a shared living area to limit isolation and prolonged static periods.

*Source : Global Status Report on Physical Activity 2022 WHO/OMS

**Source : Global recommendations on physical activity for health – WHO/OMS

3. Physical Health, Sedentary Lifestyle & and Visual Risks

REDISCOVER NATURAL LIGHT

THE OBSERVATION

- **Prolonged screen use exposes adolescents to several visual risks****. The primary immediate danger is Computer Vision Syndrome, which causes eye strain, dryness and headaches.
- Furthermore, **excessive near-vision activity is associated with the development of myopia (nearsightedness), a condition rising sharply among young people**. Some international guidelines consider **more than two hours of daily screen time outside of an educational context to constitute prolonged use**.
- Finally, the blue light emitted by screens in the evening disrupts melatonin production, undermining both sleep and visual recovery.

ADDITIONAL INSIGHT

Near-vision tasks and prolonged screen exposure can fatigue the eyes quickly. A few simple rules help limit these effects.

> The 20-20-20 Rule

This is one of the most effective ways to rest the eyes: every 20 minutes, look at something 20 feet (6 meters) away for 20 seconds.

> The Correct Distance

The screen should be positioned approximately an arm's length away (50–70 cm) and slightly below eye level to reduce ocular strain.



IN SHORT

Alternating between near and far vision, and maintaining an appropriate distance provides lasting protection for the eyes.

DID YOU KNOW?

According to some projections,

50% of the global population could be nearsighted by 2050, an increase largely attributed to behavioral factors, including the intensive use of screens from a very young age.

Source : Retina France
(based on international forecasts)



EXPERT ADVICE

RECONNECT WITH THE OUTDOORS

Intensive screen use among adolescents leads to the development of visual disorders from a young age.

● Prioritize natural light

Keep blinds and curtains open when using a screen and avoid using devices in total darkness. Natural light stimulates retinal dopamine – a key factor in slowing myopia progression.

● Encourage time outdoors

Going outside every day (even for 20 to 30 minutes) helps reduce visual fatigue and protects ocular health.

● Observe visual signals

These may include squinting, holding screens too close, repeated eye rubbing, headaches, etc.

IF IN DOUBT, YOUNG PEOPLE SHOULD SPEAK TO TEACHERS AND/OR CONSULT AN OPTOMETRIST.

4. Psychological Wellbeing and Self-Esteem

FIND SATISFACTION IN THE REAL WORLD

THE OBSERVATION

- **Social media exposes users to often unrealistic standards of beauty and lifestyle**, staged to sell an idealized life or to market products. **This regular exposure heightens negative social comparison – a factor that undermines self-esteem**, particularly among teenage girls.
- Researches¹ shows that girls who are very active on Instagram or TikTok show more signs of distress, anxiety and depression. The quest for digital validation (likes, comments and follows) **weakens self-confidence** and can lead to significant body dissatisfaction.
- **Real-world interactions are incredibly important: a face-to-face conversation strengthens self-esteem far more than a thousand anonymous likes.**

ADDITIONAL INSIGHT

Damaged self-esteem hinders an adolescent's ability to feel good, learn and assert themselves. Certain signs can be warnings:

➤ Depression and Anxiety

The adolescent may constantly devalue themselves or lose the desire to participate and try new things. This negative spiral increases the risk of a depressive episode.

➤ Vulnerability to Criticism

Affected adolescents may fear disappointing others, avoid sharing their ideas, worry constantly about their image, or withdraw after a hurtful comment (even a mild one).



IN SHORT

These behaviors warrant attentive support and may require professional guidance.

DID YOU KNOW?

75% of 10-year-old girls say they like their appearance. By age 13, this number drops to just **33%**. This rapid decline is largely linked to social comparison amplified by social media.

3 out of 4 American teenagers have already used an AI companion, and more than half of them connect to one regularly, despite growing concerns about the security and emotional impact of these interactions.

Source : The Centre for Appearance Research (CAR) at the University of the West of England - 2022, and CommonSense.



EXPERT ADVICE

LISTEN! DON'T MINIMIZE!

- **Adopt an open stance**
Acknowledge the importance that digital life can hold for the adolescent.
- **Do not disparage social media**
Their social role is real. The goal is to understand their usage, not to invalidate it.
- **Show genuine curiosity**
Show interest in the content they watch or create. Ask them to explain a trend.
- **Avoid dramatization**
Express your concerns without generalizing social media is not the sole cause of their difficulties.
- **Encourage real-world friendships**
Social media can be used to organize an activity, arrange a meet-up, plan an outing and more. Specific use strengthens real-life connections.
- **Multiply face-to-face interactions**
Direct exchanges build confidence, emotional security, and self-esteem.

PHISHING

DRAGONS AND SHEEP



OVERVIEW OF THE EPISODE

When school lets out, everyone is happy, except for Clara who runs straight to the Do & Fix hideout.

Finding Ben and Sango there, she explains that she accidentally clicked on a phishing link that she shouldn't have! What should she do?

How can she fix this mistake?

The Cybervengers will try to help resolve this cyberattack.



AIM OF THE EPISODE

To better understand and prevent phishing.

DEFINITION OF PHISHING

Phishing is a type of cyberattack that involves contacting one or more targets by email, phone or text message, pretending to be someone (a person or company) that the target might know.

The attack may be an attempt to steal sensitive data, such as personal information, bank details or passwords, or to encrypt data, for example on a computer, and hold it for ransom.

Stolen personal data can be used to impersonate the person concerned (see episode 4), steal money, attack their contacts, etc.



THE QUIZ AND THE ANSWERS

QUESTION 1

You receive an email or text message from a stranger asking you to click on a link. What do you do?

A I REPLY OR CLICK ON THE LINK IN THE EMAIL OR TEXT MESSAGE

Nope! Ignore the email or text message and tell your parents or another adult. Show them what you received and tell them if you have done anything in particular. There's no shame in telling the truth: it happens to everyone, even adults.

B I FIGHT BACK AND GET EVEN ON MY OWN

Nope! Fighting back or taking revenge will not help. The people who set these traps are very intelligent. Ignore the email or text message and tell your parents or an adult. Show them what you received and tell them if you have done anything in particular. There's no shame in telling the truth: it happens to everyone, even adults.

C I IGNORE THE EMAIL AND TELL MY PARENTS OR ANOTHER ADULT RIGHT AWAY

Well done! That's the right answer!

You should never handle things entirely on your own or take justice into your own hands against hackers (bad people). There's no shame in having clicked on a bad link, for example. It happens to everyone, even adults.

D

QUESTION 2

You can't wait to receive an email from Clara from the Cyberbengers... Can you tell what her real email address is?

clara.cybervengers@mailurgent.com

Nope! Hackers (bad people) often have an email address that has a small mistake or a weird word in it. Before replying, check the email address to make sure there are no mistakes or weird words that shouldn't be in an email address. In this example, it's the word "urgent".

clara@cybervengers.com

Nope! Before replying to an email, check to see if there are any spelling mistakes in it, such as two of the same letters, like "v" in this example.

Clara.cybervengers@gmail.com

Nope! Before replying to an email, check the domain name (@hotmail.com, @orange.fr, @gmail.com, etc.) at the end of the email address. These addresses are very easy to create and can be used to trick you. Try to make sure that the address the email is coming from can be trusted.

clara@cybervengers.club

Well done! That's the right answer!

This email address does not contain any weird words or spelling mistakes, and its domain name is the same as the Cyberbengers website.

QUESTION 3

In this episode, Clara was tricked by an email she received. A hacker offered her extra points for her game. What emotions do you think hackers try to trigger?

HUNGER

Nope! If you're hungry, go to the fridge... and come back ready to remember that hackers often play on empathy (kindness, sympathy), fear, a sense of urgency, curiosity or even greed (the desire to win something).

FEAR

Well done! That's one of the right answers!

Fear, as well as curiosity, a sense of urgency, greed (wanting to win something) and empathy (kindness, sympathy) are the main emotions that hackers try to trigger.

CURIOSITY

Well done! That's one of the right answers!

Fear, as well as curiosity, a sense of urgency, greed (wanting to win something) and empathy (kindness, sympathy) are the main emotions that hackers try to trigger.

DISCUSSION QUESTIONS

- Do you know anyone who has been **a victim of phishing**? How can you **recognize a hacker**?
- What should you do **if you've been tricked and are afraid to tell someone**? What **can happen if you get phished**?
- What's something that **would make you want to click on a link**? Wanting to win something? An urgent email?

CYBERBULLYING

STRENGTH IN NUMBERS



OVERVIEW OF THE EPISODE

Liam, age 13, has been dealing with a complicated situation for the past few days. He caught his classmates laughing at him behind his back and whispering about him after school. Clara and Ben, who saw it happen, go to the hideout to talk to Sango about it. They have no idea what they're about to find out... Another new case for the Cybervengers team!



AIM OF THE EPISODE

To teach victims or witnesses of cyberbullying how to prevent and cope with online harassment.



WHAT IS CYBERBULLYING

Cyberbullying refers to all forms of harassment using digital means (social media, email, posts, text messages, etc.) Also known as online harassment, it usually involves the use of derogatory, intimidating or threatening language.

Online harassment can take many forms. For example, intimidation, insults, teasing or threats, spreading rumors, creating a discussion, group or page on a social media website aimed at hurting a classmate, and/or posting a photo or video showing the victim in a bad light.



THE QUIZ AND THE ANSWERS

QUESTION 1

What is cyberbullying?

A

AN AGGRESSIVE AND INTENTIONAL ACT DONE ONLINE (INTERNET, SOCIAL MEDIA, ETC.), IN A REPEATED MANNER, THAT AIMS TO HARM, SCARE OR MOCK SOMEONE

Yes! Cyberbullying includes teasing, insults, threats or the publication of embarrassing photos without the victim's knowledge. It can lead to shame, depression, withdrawal from school, and even suicide.

B

A NEW FORM OF SOCIAL MEDIA FOR SHARING CHAT VIDEOS

Nope! Cyberbullying is when there is a series of repeated online attacks (internet, social media, etc.) aimed at harming, scaring or teasing someone.

C

SPENDING TOO MUCH TIME ON THE INTERNET

Nope! It is repeated online aggression (internet, social media, etc.) that can lead to shame, depression, dropping out of school, and even suicide.

D

QUESTION 2

What should you do if your friends threaten or insult a classmate on social media?

IGNORE IT BECAUSE IT'S NONE OF YOUR BUSINESS

Nope! Not doing anything means you're letting your friends harass someone. If you witness this serious act, don't just stand by. Try to talk to your friends and tell a trusted adult quickly.

TRY TO REASON WITH THEM AND TELL A TRUSTED ADULT

Yes! This is the first thing you should do if you witness cyberbullying.

COMMENT OR LIKE THE CONTENT ON SOCIAL MEDIA

Nope! This is passive cyberbullying. Liking or commenting on a mean-spirited statement or act increases its impact. Do not do to others what you don't want them to do to you.

QUESTION 3

If you are being teased on social media, what should you do?

TELL A RESPONSIBLE ADULT (PARENT, TEACHER, FAMILY MEMBER, POLICE OFFICER, ETC.)

Yes! That is the first thing you should do. Don't be ashamed. You're being cyberbullied; a trusted adult can help.

BLOCK THE CONTACTS WHO ARE TEASING YOU

Yes! These people are bullying you online. Only accept friend requests from people you know and trust on social media. In addition, be very careful about what you say and the pictures you post online.

REPORT THE CONTACT AND THE POSTS OR ACTIONS TO THE SOCIAL NETWORK

Yes! This can lead to the removal of the user and their posts from the social media network.

IMMEDIATELY RETALIATE BY RELEASING AN EMBARRASSING PHOTO OF THE OFFENDER

Nope! Getting back at your abuser turns you into a cyberbully too. This will make the situation worse and can also lead to you being punished too.

DISCUSSION QUESTIONS

- Do you know anyone who has been **victim of cyberbullying**? How do you **recognize a cyberbully**?
- Why might someone **feel ashamed to talk about cyberbullying**? What should you do if **you're being cyberbullied**?
- What can you do to **help a friend who is being cyberbullied**? Who should you **report cyberbullying to**?

FAKE NEWS

HOT NEWS



OVERVIEW OF THE EPISODE

At 7 in the morning, the phones of the young Cybervengers start to vibrate. Everyone has received the same message: some terrible news! They get together to talk about it and realize that sometimes what you read isn't always true.



AIM OF THE EPISODE

To learn how to spot, identify and avoid fake news.



WHAT IS FAKE NEWS

Fake news is false information

that aims to manipulate and misinform in order to deceive and influence people's opinions on a specific topic (economics, ideology, religion, politics, etc.). It can be written content, pictures or videos. The titles are always eye-catching, and the content is made-up or falsified in order to increase the number of people who visit the website.

For example, sometimes people will post articles and videos proving that the Earth is flat or announcing natural disasters that never happen.



THE QUIZ AND THE ANSWERS

QUESTION 1

In 1939, listeners believed which made-up story that played on the radio?

A

THE PRESIDENT'S RESIGNATION

Nope! The answer is in the episode :)

B

THE EARTH WAS BEING INVADED BY MARTIANS

Yes! Orson Welles, a famous filmmaker, did a radio show where he read The War of the Worlds, a story about a Martian invasion of Earth. Apparently, lots of people thought it really happened.

C

A ZOMBIE ATTACK

Nope! The answer is in the episode :)

D

QUESTION 2

How can you check if a news story you've heard is true?

IT'S SHARED BY RELIABLE NEWS SITES

Yes! Before you believe anything, always check the source!

IT'S PUBLISHED ON SOCIAL MEDIA

Nope! There's a lot of fake news that goes around on social media. Be skeptical of anything you read there.

IT HAS A PICTURE

Nope! Beware of edited, faked or distorted images that can be used to make fake news look real.

IT HAS INCONSISTENT DETAILS

Yes! If a date doesn't match the story, or if an image is different from the caption that goes along with it, then you should be suspicious!

QUESTION 3

How can you tell if you're dealing with fake news?

TITLES ARE SO SHOCKING OR EYE-CATCHING THAT YOU WANT TO KNOW MORE

Yes! Treat sensational information with caution and cross-check it with other reliable sources.

POWERFUL IMAGES THAT LOOK LIKE A MIXTURE OF PICTURES (MONTAGE)

Yes! Edited photos can be used to make fake news look credible. The photos can also be real but taken from another context, such as a photo from a vampire movie announcing an attack in your town.

UNOFFICIAL SOURCES ANNOUNCING SCOOPS

Yes! Unrecognized websites that claim to have the truth often share fake news. If several known sources are not sharing the news, it's probably not true!

DISCUSSION QUESTIONS

- Do you know anyone who **has ever believed and spread fake news?**
- How can you tell if something is **fake news?**
- Where and how **do you get your news?** How can you tell **the difference between real and fake news?**
- When you read a news story, **what might make you doubt if it's true?**
- What is **the danger if fake news spreads?**

IDENTITY THEFT

HACKERS AREN'T PLAYING AROUND



OVERVIEW OF THE EPIOSODE

Ben is one of the most popular students at school. He is loved and admired by all, the captain of the basketball team, the one who never misses a basket, nor the occasion to give a friendly smile. However, for the past few days, nobody will talk to him. Everyone is avoiding him. What's going on? What's happening to him?



AIM OF THE EPISODE

Know how to avoid data hacking, which can lead to identity theft

WHAT IS DATA HACKING

It is stealing sensitive data

such as identifiers and passwords to access important information stored online or on a phone, tablet or computer. By doing this, the computer "hacker" can access photos, videos, private conversations... This is a crime punishable by law.

WHAT IS IDENTITY THEFT

By accessing this sensitive data,

the hacker can steal the person's identity, impersonate them and damage their reputation by publishing malicious content.



THE QUIZ AND THE ANSWERS

QUESTION 1

For you, hacking data is:

HELPING JACK SPARROW FIND HIS SHIP!

Nope! Forget about Pirates of the Caribbean. Focus on securing your access to your phone, tablet or computer. If someone learns your login details (= username, password...), they can hack your data and steal your information. Some advice: keep your access codes secret!

EXCHANGING GIFTS WITH A FRIEND

Nope! Hacking data means using someone else's identifiers (= username, password...) to access photos or videos, or to send messages in their place. This is what happened to Ben.

STEALING AND PLAYING WITH AN INTERNET ACCOUNT LOGIN OR PASSWORD

Yes! This is serious! It is an act punished by the law. To avoid having your data and accounts hacked, choose identifiers (= username, password...) that are difficult to guess. Don't share them with anyone. And don't forget: create a different login for each of your accounts!

QUESTION 2

Which password would be most difficult to hack?

ABCDEFG

Nope! These are just the first letters of the alphabet. Too easy to find. Plus, it doesn't contain any lower case letters or special characters. **Here's the recipe for a strong password:** take the first letter of each word of a phrase you know by heart + a special character (@, #, & !...) + your favorite number + the first two letters of the site you are registering for. Alternate uppercase and lowercase letters and that's it!

CeTbDTfP&1

Yes! This password is (almost) impossible to guess. Good job! You've figured out what a strong password is. A word of advice: even if your passwords are super secure, don't share them, even with a friend. Would you lend your toothbrush to a friend? Your passwords are no different!

ben120409

Nope! This password has a first name and a birthdate. Much too easy to figure out. And it doesn't have any uppercase letters or a special character. Here's the recipe for a strong password: take the first letter of each word of a phrase you know by heart + a special character (@, #, & !...) + your favorite number + the first two letters of the site you are registering for. Alternate uppercase and lowercase letters and that's it!

QUESTION 3

Is Ben a victim of identity theft?

YES

Yes! Someone stole the notebook where he had written all his account details and used them to steal his identity (= pretended to be Ben). This malicious person then sent mean messages to his classmates but could have done even worse things, like publishing disturbing pictures or using the bank card registered in his phone to buy "Dragons and Sheep" bonuses like in episode 1. This is an act punishable by law.

NO

Nope! To usurp, according to the dictionary definition, is to appropriate power, status or property without having the right to do so, through violence or theft. It is an act punishable by law. In Ben's case, it was his account information that was stolen. Fortunately, he immediately told his parents and the school principal. The thief was found and the whole mess was quickly resolved.

DISCUSSION QUESTIONS

- Has someone you know been a **victim of hacking**? What happened to them? What did you think about it?
- Do you think your login** (username + password) **is strong**?
- Try to create a password that is difficult to guess.**
Example:
 - Take the first letter of each word of a phrase that you know by heart, like "It is so stupid to get hacked", add a special character and your favorite number.
 - Alternate uppercase and lowercase letters
 - Add the first letters of the site where you are registering (e.g., Tiktok)

This very strong password is "liSsTgH&1ti"



E- ADDICTIONS (1/2)

TRAPPED BY SCREENS



OVERVIEW OF THE EPISODE

During vacation, Sango stayed in town. When the rest of the Cybervengers join her, they no longer recognize her - they are very worried. What has happened to her? How can they help? And this time, will the Sage be there for them?



AIM OF THE EPISODE

Understand what an e-addiction is and that anyone can get trapped and become addicted.

WHAT IS AN E-ADDICTION

An addiction is an dependency* on a product such as tobacco, alcohol or drug(s)/ medication(s), or food. An e-addiction is an addiction to any type of screen, such as a television, a tablet, a computer, a telephone or a video game console.

When an addicted person cannot access the source of their addiction, they will experience physical and psychological manifestations of withdrawal that can be serious and require emergency care. In the case of a screen addiction, the person may become sad, aggressive, isolated, tired and generally uninterested in anything. They often need a doctor's help to stop this behavior.

** An addiction is a pathology characterized by the excessive, repeated consumption or use of something that can even become obsessive to the point of disrupting the person's daily life.*



THE QUIZ AND THE ANSWERS

QUESTION 1

What do Sango and the Sage have in common in this episode and that worries their friends?

THEY HAVE BECOME ADDICTED TO THEIR COMPUTER OR PHONE SCREENS.

Well done! That's the right answer!

They can't live without their screens. It's as if their lives depend on them! So they only think of isolating themselves to connect. Nothing else interests them. Without their screens, they get upset easily. And this can happen to both teenagers and adults.

QUESTION 2

How can you tell if someone you know has a screen addiction?

THEY ONLY THINK ABOUT EATING.

Nope! It is true that thinking about food all the time is not normal. This is called an addiction to or dependence on food. When someone suffers from a screen addiction (TV, tablet, computer, phone, video game console...), it is because they can no longer do without it and devote all their time to it. Often, they get angry at anything that distracts them from the game, the show or the reels that are on their screen. Talk to the person, if you can, to understand what is going on and suggest they talk to an adult.

QUESTION 3

How can you tell if someone you know has a screen addiction?

LEAVE THEM ALONE.

Nope! That is the worst solution. A person who is addicted to screens is looking to isolate themselves in order not to be disturbed. They can even behave aggressively towards anyone who wants to distract them. Try to have a conversation with them. Talk to a trusted adult who can give good advice. And remember, this can happen to anyone, teenager or adult. In fact, could your parents be hooked on their screens?

ON THE CONTRARY, SPEAK TO THEM.

Well done! That's the right answer! The best signs of friendship you can offer your friend are to understand what is happening to them and advise them to discuss it with a trusted adult or, if necessary, with a doctor or a psychologist to get help. Dialogue is always a good solution.

YOU SHOULD HELP THEM AND STAY CLOSE TO THEM BY SHARING THEIR PASSION FOR THEIR SCREEN.

Nope! This is not a good solution because you risk becoming hooked on screens too. This addiction comes along little by little. That is the trap. Don't abandon the person but rather stay with them and suggest activities you can do together, such as outings with other friends. You'll see, they will forget this obsession so on enough, just like Sango!

DISCUSSION QUESTIONS

Do you know someone, **who has been addicted to their phone or computer screen?** What happened to them? What did you think about it?

Have your parents or other adults you know set a good example? Do you have any examples that come to mind?

In your opinion, to get a good night's sleep and rest your brain, should you turn off your phone:

- **10 min. before going to bed or at least 1 hour before bed?**
(You should turn off your phone at least 1 hour before going to bed.)

Over the course of a day at home, **do you know how long you go without a phone, tablet, video game, etc.?**

THEY BOTH WEAR GLASSES.

Not only, Even if it is true (you are very observant!), that's not what is important to remember in this episode. What matters is that they have both become addicted to (hooked on) their screens (TV, tablet, computer, phone, game consoles...). They can no longer live without being connected. And this can be dramatic because nothing else interests them. They cut themselves off from real life, from their friends and family, from school, from nature.

THEY DIDN'T HAVE THE CHANCE, LIKE THE REST OF THE GANG, TO GO HIKING.

Not only! Even if it's true, that's not what we need to remember about our heroes. They have both become addicted to (hooked on) their computer screens or phones. They cannot live without being connected. This can be dramatic because nothing else interests them: neither friends nor family, not school, not nature... nothing! An addiction sometimes compensates for a need; it is important to identify this situation in order to get away from it. A doctor can really help.

THEY SLEEP DURING CLASS.

Well done! That's the right answer!

Someone who is addicted to screens (TV, tablet, computer, phone, video game console...) often changes their behavior: they sleep when they shouldn't, can get angry about nothing, won't talk to anyone, refuse any activity with friends or family. Addiction to screens makes you tired and irritable. If you notice that one of your friends is not getting enough sleep, for whatever reason, suggest that they talk to you about it.

THEY INVITE THEIR FRIENDS TO THEIR HOUSE EVERY DAY.

Nope! It's often the opposite that happens. If, like Sango, one of your friends doesn't want to see you or talk to their best friends, look out for that person. Talk to them. Try to understand what's going on. Dialogue is often a solution. And of course, don't hesitate to talk to a trusted adult.

E-ADDICTION (2/2)

DANGEROUS INFLUENCE



OVERVIEW OF THE EPISODE

Aïa has changed. In the last few weeks, she seems more interested in her popularity on social networks than in her Cybervengers friends. She's ready to do whatever it takes to create buzz around her content and get as many likes as possible from her virtual friends, even if that means getting hurt.



AIM OF THE EPISODE

Learn to identify the signs of addiction to social networks and how to protect yourself and others against the destructive influence virtual friends can have.



DEFINITIONS

Influence: to affect or change how someone or something develops, behaves, or thinks. Influence can be good or bad.*

Like: (on a social media, often illustrated by a thumb-up) to show that you think something is good on a social networking website *

Buzz: interested or excited talk about a new product, an event, or a person*.

What the science of addiction tells us

Likes and buzz can disturb the reward circuit of the brain. It is crucial to know how to identify e-addiction signs: more time spent on social networks, isolation from real-life friends, panic, fear of losing a phone, anxiety.

Find out more about e-addiction in episode 5.

* Cambridge dictionary

THE QUIZ AND THE ANSWERS

QUESTION 1

Which changes to Aïa's behaviour alert her friends about the issues she is facing?

SHE LIES TO HER FRIENDS.

True. Aïa says she hurt herself by slipping in the shower when she actually did it while taking part in a dangerous dare, so she could be more popular on social networks. Note: social network addiction can cause people to tell lies.

SHE AVOIDS THEM AND SAYS SHE DOESN'T HAVE TIME TO SEE THEM ANYMORE.

Also true! When someone suddenly changes their behaviour towards others, we need to question it. Social network addiction often creates isolation from the usual friendship group.

AT HOME, SHE AVOIDS FAMILY DINNERS AND MORE GENERALLY AVOIDS HER FAMILY.

Also true! Escaping from family and believing that it can be replaced with virtual friends, is one of the main risks of addiction to social networks, as is the quest for likes, which triggers a positive feeling followed by a big sense of emptiness afterwards.

QUESTION 2

Which risks does Aïa take to get more likes?

SHE HURTS HERSELF.

True. To impress her virtual friends and get more likes, she feels she has to post videos of more and more extreme dares and ends up taking risks by accepting dangerous challenges.

NONE.

Wrong. To impress her virtual friends and obtain likes from them, she's ready to take unnecessary and dangerous risks.

TO LOSE HER FRIENDS.

Also true! By neglecting her real-life friends and focusing on virtual friends, she may lose her friends and end up truly isolated.

QUESTION 3

Should you limit screen time to make it easier to break away from social networks?

YES.

True. The first thing to do when a social network addiction forms, in particular and to screens, is to limit time spent in front of screens, which is often underestimated. There are apps designed to help control our screen time. Then, we need to fix a maximum screen time and stick to it. Sometimes it's necessary to seek support from friends or family.

NO.

Wrong. Reducing screen time is crucial for breaking free from social networks and the addiction they can create. Deciding to switch off screens at a certain time, not to bring phones into your room, and getting help from friends or adults, can help take back the control of your time, life and to limit the influence that emotions created by social networks can have on us.

IT DEPENDS...

True. Some of us are naturally able to manage our screen time but most of us aren't. So yes, limiting screen time is often the first step. And if you can't cut your screen time down alone, then the addiction is already quite evolved, meaning you need to seek the support of a parent or an adult.

DISCUSSION QUESTIONS

- Just like Aïa, have you ever **lied to impress virtual friends**?
- Have you ever **used social networks for a good cause**?
- Have you ever **done anything risky to create buzz or get more likes online**?



ARTIFICIAL INTELLIGENCE (IN LEARNING)

AI ISN'T YOUR BRAIN



OVERVIEW OF THE EPISODE

It's the evaluation period. Everyone is getting ready to start revising, except Clara, who seems to be calmly floating above all this excitement. Her attitude intrigues her friends. On the day of the exam, in class, a new rule is introduced: no phones in class. Clara breaks down...



AIM OF THE EPISODE

Raise awareness of the potential pitfalls of using AI in learning methods. To recall the mechanisms of how knowledge is acquired.

DEFINITIONS

Generative Artificial Intelligence

This is a technology capable of creating content—text, images, music, or videos—in natural language, making it accessible to everyone. It relies on powerful computer models that learn by analysing vast amounts of data (texts, sounds, images). Once trained, the AI can produce increasingly accurate content.

The prompt

A prompt is an instruction or question in natural language given to an AI to perform a task.

For example:

"Write a story about an adventurer in space" – this sentence is a prompt. The AI will use it to generate an appropriate response.



THE QUIZ AND THE ANSWERS

QUESTION 1

Why did Clara have the impression that she 'knew' even though she had not actually 'learned'?

A

BECAUSE SHE HAD MEMORIZED THE ANSWERS THAT THE AI DICTATED TO HER.

False. She had not memorized the answers, she was not retaining anything, relying only on the machine to answer the questions.

B

BECAUSE SHE CONFUSED KNOWING AND LEARNING.

True! The AI gave her the correct answers, which gave her the illusion of mastery, without effort of understanding or memorizing. By copying the AI without thinking, one develops neither memory nor critical thinking. AI is just a tool, a machine: it can help you, but it is up to you to reflect, to think for yourself, to ask yourself questions. That is how your brain learns! Just like athletes train their muscles, the brain must be trained daily to remain effective. AI can help understand certain points of a lesson, help us structure an answer, ask you questions to check that you have retained your learning. Only active learning allows for long-lasting retention.

C

BECAUSE HER FRIENDS HELPED HER REMEMBER.

False. She never revised with her friends. She only relied on AI to provide answers to questions. It's risky for your grades, especially if the AI 'hallucinates'.

QUESTION 2

Why does Aïa retain information better when she revises with Sango and Ben?

BECAUSE THEY MAKE JOKES AT EVERY QUESTION.

False. Although enjoyable, jokes do not promote learning.

BECAUSE BY ASKING QUESTIONS AND DISCUSSING, SHE UNDERSTANDS THE ANSWERS BETTER.

True! Revising in a group involves explaining, asking questions, rephrasing: it really helps to understand and remember longer. Interaction is important. Revising in different places is also good for memory. And asking questions in varied contexts makes memories stronger! Everyone has their own method to learn: some need to read over several times, others need to write and make notes, others need to recite out loud. This requires knowing yourself and thinking for yourself to create connections between our knowledge in our brain.

BECAUSE SHE INVENTED A SECRET TECHNIQUE: SPATIAL TELEPATHY.

False. There is no magic technique, the only good method is to work your brain.

QUESTION 3

Why is using TopMindXXL all the time, for every search, not a great idea for the planet?

BECAUSE TOPMINDXXL TAKES CONTROL OF PHONES AT NIGHT.

False. This is a myth.

BECAUSE AI DRAINS BATTERIES... AND THE PLANET'S RESOURCES TOO!

True! AI needs huge servers that run 24/7 and consume a lot of electricity. To train an AI model, data centers use thousands of processors. And, a lot of water is needed to cool these enormous servers. All of this uses our planet's resources. Some people are very worried about the use of these resources and climate change. This is called eco-anxiety.

BECAUSE IT DOESN'T EVEN KNOW THE CAPITAL OF FRANCE.

False. AI can respond when the question is properly asked. However, for a simple question, a search engine is just as effective as a prompt and consumes less electricity.

DISCUSSION QUESTIONS

Do you know what an AI hallucination is?

We talk about a hallucination when an artificial intelligence invents information that seems true... but is completely false.

For example: saying the Eiffel Tower is in Marseille or inventing a law that doesn't exist.

Have you ever fallen victim to an AI hallucination?

And if the AI has misled you?

The important thing is to spot it, to say so, and to talk about it. Mistakes are part of learning, especially with such new tools. Don't panic!

* Asking a question to AI is like turning on a small LED bulb for several minutes. Once, is not much... But if AI receives millions of questions every day, it's as if all the lights in a large city stayed on all the time.

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