

# WORKSHOP RESULTS

At the beginning of the workshops, we initiated a discussion by asking students about their daily online activity. We specifically inquired about how much time they spend on the internet each day. Additionally, we wanted to know if any of them had ever encountered a digitally dangerous situation. In total, 107 students participated in the workshops. Among these participants, there were 37 boys and 70 girls. The ages of the students ranged from 13 to 18 years old.

The survey results were quite revealing. Most students reported spending between 3 to 5 hours online each day. Interestingly, a significant portion of the students, about 15%, admitted to spending more than 8 hours online daily. This high level of online activity raised some concerns. During the workshop, we further explored their online experiences to understand their exposure to digital risks. Some students shared their encounters with potential dangers on the internet, since 7% of them said that they had experience with potentially dangerous situations online. These included experiences with cyberbullying, phishing attempts, and exposure to inappropriate content. The discussions highlighted a critical need for better digital safety education. The workshops aimed to address these concerns by providing practical advice and strategies for safer internet use, since majority of students 64% did not answer if they had potentially dangerous situation, since they were not sure what exactly are dangerous situations online. Unfortunately, some of them did not recognize them and consider them normal, even if they are not. That is why we emphasized the importance of setting boundaries and being mindful in online presence. Students were encouraged to recognize and avoid risky behaviors and websites. Throughout the sessions, interactive activities were used to reinforce these lessons. The workshops also fostered a sense of community among the students. They shared personal stories and supported each other in understanding and overcoming online challenges. This peer support was invaluable in reinforcing the lessons learned.

	Gender		Time (hours) spent online			
Age (years)	Boys	Girls	0-2h	3-5h	6-8h	More than 8 hours
13	9	13	2	17	2	1
14	10	14	7	13	4	0
15	5	10	1	3	7	4
16	5	19	1	12	6	5
17	7	11	1	6	8	3
18	1	3	0	1	0	3
	37	70	12	52	27	16
	35%	65%	11%	49%	25%	15%

	Have you ever been in digitally dangerous situation?		
Age (years)	Yes	No	Without answer
13	0	8	14
14	2	4	18
15	2	6	7
16	1	9	14
17	1	4	13
18	1	1	2
	7	32	68
	6%	30%	64%

We posed two crucial questions to the students to analyze their awareness about digital safety. We asked who they would contact if they encountered digital safety problems. Additionally, we inquired about which types of data they deemed acceptable to share online with unknown persons. The results from these questions provided insightful feedback. Encouragingly, 50% of the students indicated that they would seek help from their parents or family members if faced with digital safety issues. This shows a strong reliance on family support in navigating digital challenges. However, the workshop also highlighted areas needing further attention. Despite the encouraging results, there remains a significant need to enhance awareness about digital safety. Many students still exhibited uncertainty regarding the types of data that are safe to share online. The tendency to share personal information with unknown individuals online remains a pressing issue. Young people often find it challenging to navigate the complexities of online environments safely. This makes them susceptible to sharing data that could compromise their safety and privacy.

To address this, the workshop emphasized the importance of understanding what constitutes safe and unsafe sharing of information online. We discussed various types of data, such as personal identification details, contact information, and location data, emphasizing that these should never be shared with strangers online.

	Who to contact when you have digital safety problems				Which data are acceptable to share online with unknown persons?		
Age (years)	Parents/family	Adult person	Police, relevant institution	Without answer	Correct	Incorrect	Without answer
13	11	6	1	2	6	9	7
14	17	2	1	4	8	9	7
15	10	2	3	0	3	11	1
16	11	2	1	10	2	17	5
17	4	5	0	9	6	8	4
18	1	2	0	1	1	1	2
	54	19	6	26	26	55	26
	50%	18%	6%	26%	24%	51%	25%

At the end of workshop, we gave students a substantial questionnaire to see how much they acquired knowledge about digitals safety. The questionnaire was consisted of sixteen questions with multiple choice answers. Students needed to give correct answers in their opinion.

**1. What should you do if you receive a message from an unknown person asking for your personal information?**

**A) Reply to the message and send the requested information**

**B) Ignore the message**

**C) Report the situation to an adult you trust**

**2. What constitutes safe behavior on social networks?**

**A) Sharing your current location**

**B) Privacy settings and control who can see your posts**

**C) Accepting all friend requests**

**3. What should you check before downloading an app or game?**

**A) You check the reviews**

**B) You don't need to check anything, just download the application or game immediately**

**C) You ask your friends to take it off for you**

**4. What is a digital footprint?**

**A) Print on a digital scanner**

**B) A series of data that we leave each time we use the Internet**

**C) Digital device**

**5. If you see someone suffering online violence, what should you do?**

**A) To join in and make fun of the one who suffers digital harassment**

**B) To ignore the whole situation, it's not your problem**

**C) To report on the platform or to an adult you trust, that is, to seek help**

**6. If you come across inappropriate content on the Internet, what should you do?**

**A) To share it with your friends**

**B) To report it and to discuss it with an adult you trust, that is, to seek help**

**C) To save it on your device**

**7. What should you do if someone is harassing you online?**

**A) To threaten him**

**B) To ignore him**

**C) To block a person and to report inappropriate behavior on the platform or to an adult you trust, i.e. to seek help**

**8. What should you do if someone you don't know online suggests you meet in person?**

**A) I come to the meeting**

**B) I tell an adult I trust and discuss the situation**

**C) I ignore the request**

**9. Is it safe to share your password with friends?**

**A) Yes, if I believe them**

**B) No, because it is not safe to share your passwords with anyone**

**C) Yes, provided they share their password with me**

**10. What are the risks of posting personal information, such as address and phone number, online?**

**A) There is no risk, it is common and normal**

**B) It can lead to a violation of privacy and unwanted situations and contact**

**C) It's not a risk, it just makes my profile look more interesting.**

**11. What will you do if you get a message that you will get a free phone or some other gift if you click on a link?**

- A) You click on a link to get a phone or a gift**
- B) You ignore the message**
- C) You report a message on the platform**

**12. Is it okay to use the same password on every account?**

- A) Yes, because that's the easiest way to remember it**
- B) No, because it increases the risk of the account being hacked**
- C) Yes, but only for non-essential orders.**

**13. What should you do when you know that someone is suffering from online violence?**

- A) To make fun of him**
- B) To advise him or her to report the violence or to seek help for him or her**
- C) Nothing, because it is none of your business.**

**14. How should you react when you receive an anonymous online threat?**

- A) You answer and defend yourself**
- B) You block the sender and report him on the platform or to an adult you trust**
- C) Nothing, that's normal**

**15. What can be the consequences of participating in an online challenge with dangerous activities?**

- A) Popularity on the Internet**
- B) Violations and illegal situations**

**C) Making new friends.**

**16. What should be done with an email from an unknown sender asking for personal information and money?**

**A) Answer and send him information, especially when a large sum is involved**

**B) Delete the email and report it**

**C) Forward the email to your friends so that they can also receive money**

**The answers were following:**

Question	A	B	C
1	1	61	45
2	3	97	7
3	95	10	2
4	33	66	8
5	2	25	80
6	7	90	10
7	11	21	75
8	5	52	50
9	28	69	10
10	5	97	5
11	3	97	7
12	25	70	12
13	1	89	17
14	11	90	6
15	8	91	8
16	3	102	2

Overall, the workshops were a success. They provided essential knowledge and skills that will help students stay safe online. The high level of engagement and positive feedback from the participants highlighted the effectiveness of this educational initiative. In the workshop on digital safety, we especially put the stress to raising awareness about digital safety for girls, since they are vulnerable in an online environment. We explained the importance of protecting personal information online and understanding the different forms of online



threats and taught them how to set up and manage privacy setting on social media platforms to control who can see their posts and personal information. Understanding cyberbullying is crucial, so we presented real-life scenarios and discussed strategies for dealing with it, including blocking and reporting offenders. We emphasized the need for caution when communicating with strangers online, teaching girls to identify and avoid potentially dangerous conversations. We showed examples and offered tips on verifying the legitimacy of emails and messages. We practiced protecting personal information and creating strong passwords and using two-factor authentication. Participants learnt about the concept of a digital footprint and how it could impact future opportunities, encouraging them to think before they post. Safe social media practices were also highlighted, discussing the risks of oversharing and location sharing. We also addressed the impact of excessive screen time on mental health, promoting a healthy balance between online and offline activities. At the end of the workshop, we shared resources and support information, such as trusted websites and national contact points.