

Better Internet for Kids

# Resource competition

*April 2026*





## Guide for parents: how to protect your child from online exploitation

### ► Language

Albanian

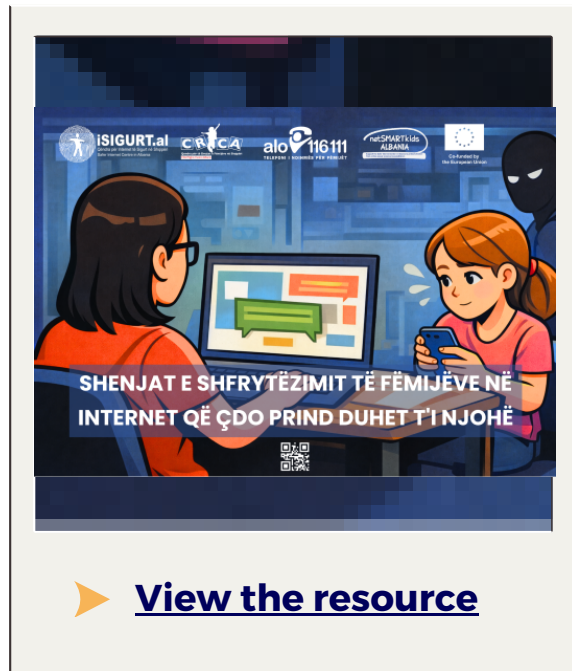
### ► Description

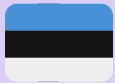
This guide for parents and caregivers is a short, practical and informative resource designed to help parents, families and caregivers to better understand the risks children may face online and how to protect them effectively.

It explains in simple and accessible language how online exploitation, manipulation, and harmful digital interactions can occur, while highlighting early warning signs such as changes in behaviour, secrecy around devices, withdrawal from social activities, or contact with unknown individuals.

The guide aims to strengthen parents' awareness of the emotional and psychological impact that online risks can have on children, and encourages proactive prevention rather than reactive intervention.

The guide also aims to empower parents as the first line of protection in a rapidly evolving digital environment. It promotes open communication, trust-building, and the establishment of clear family rules for safe technology use, while also encouraging parents to seek support from professional services and reporting mechanisms when needed.





## Smart Club videos Nutiklubi videod

### ► Language

Estonian, English

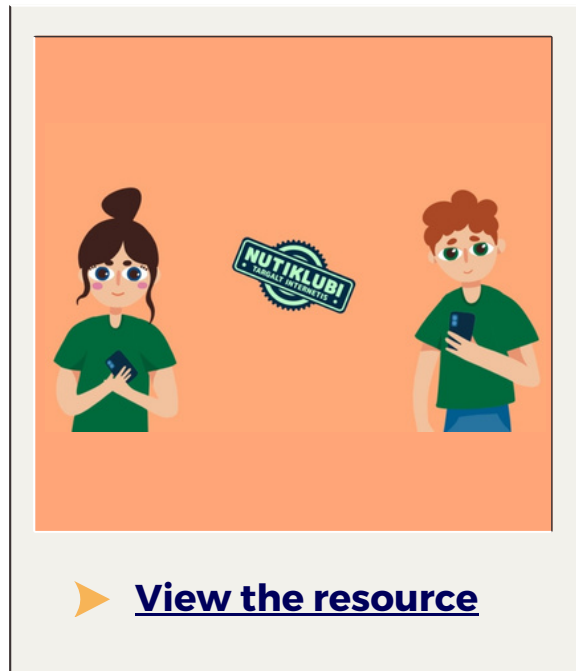
### ► Description

A girl called Kaisa and a boy called Rasmus have created a Smart Club to help you navigate the internet smartly. Learn with them.

Short Smart Club videos provide information about how to protect **personal data**, what to do in case of **cyberbullying** and **trolling**, and about the importance of taking **breaks** from using the screens and smartphones.

The target group is children and young people.

The videos were created in cooperation with the youth panellists - child rights ambassadors of Estonian Union for Child Welfare and media agency La Eqwador. The videos have been published by the Estonian Union for Child Welfare (Lastekaitse Liit) as part of the Estonian Safer Internet Centre project Smartly on the Web (Targalt internetis), which is co-funded by the European Union and Ministry of Social Affairs.





## SuperDigiSchool SuperDigikoulu

### ► Language

Finnish

### ► Description

A live streamed remote lesson (held on 8 October 2025) was aimed at all Finnish students in grades 7-9, as well as lower secondary school teachers and other professionals. The lesson included interviews, comedic inserts, challenges and other activities for young people following the lesson.

Additionally, a learning material was created for teachers to help them deal with the themes after watching the remote lesson.



► [View the resource](#)

In 2025, SuperDigikoulu focused on the following themes:

**Cyberbullying:** what does bullying on digital platforms look like? How should you act or help a friend in a cyberbullying situation? When does bullying online become a crime?

**Digital safety:** how can you keep yourself and your friends safe from online dangers? What are the latest online threats facing young people?

**Artificial intelligence:** can you recognise AI generated videos and messages? What should you do if you fall victim to an AI driven scam? A deepfake of a friend – a harmless joke or identity theft?

The recording of the lesson was distributed to enrolled schools as an option to be watched later together with students.

The digital lesson reached more than 95,000 lower secondary school students in over 430 schools across Finland. The first ever SuperDigiSchool, held in October 2024, gathered over 70,000 students.

SuperDigiSchool was organised in collaboration between the Mannerheim League for Child Welfare (MLL) and the telecommunications company Elisa.



## Citizen AI

### ► Language

French

### ► Description

CitizenAI is a ready-to-use educational programme designed to introduce young people to artificial intelligence, with a specific focus on generative AI. It supports both teachers and facilitators in delivering structured, engaging sessions that build critical understanding and responsible use of AI technologies among learners aged 13 to 17. The programme is organised into two complementary learning pathways:



#### **Pathway 1: understanding artificial intelligence and generative AI**

This pathway helps learners explore how artificial intelligence works, with a focus on generative AI systems. Structured in 7 steps, it provides a clear and accessible introduction to what AI is – and what it is not. Learners discover how AI systems process data, learn from patterns, and generate outputs, while also understanding their limitations.

#### **Pathway 2: using generative AI responsibly**

This second pathway focuses on practical use and can be implemented individually or in group settings. Delivered in 6 steps, it supports learners in developing effective and responsible usage habits when interacting with generative AI tools.

Each pathway is supported by a comprehensive pedagogical guide, enabling educators to implement the activities easily in classroom or workshop settings, with no prior expertise in AI required. CitizenAI is aligned with secondary education curricula (Cycle 4 and upper secondary level) and contributes to the development of essential digital literacy, critical thinking, and responsible technology use skills.



# My child and AI - growing up with artificial proximity

## Mein Kind und KI - Aufwachsen mit künstlicher Nähe

### ▶ Language

German

### ▶ Description

In the new klicksafe parents' guide "My child and AI. Growing up with artificial proximity", the German Safer Internet Centre puts AI chatbots and so-called AI companions in the focus of media education.

These systems are programmed to build relationships with humans and simulate emotional exchange.



The brochure explores the question of whether and how young people can be emotionally influenced by AI bots. It also offers parents and caregivers concrete support for media education with ten practical tips as well as impulse questions that promote dialog between parents and children. The brochure also contains a glossary with the most important terms relating to AI systems.

The information brochure was produced by klicksafe in cooperation with Nummer gegen Kummer.



## The sun and the cloud: the power of words

### ► Language

Greek, with English and French subtitles

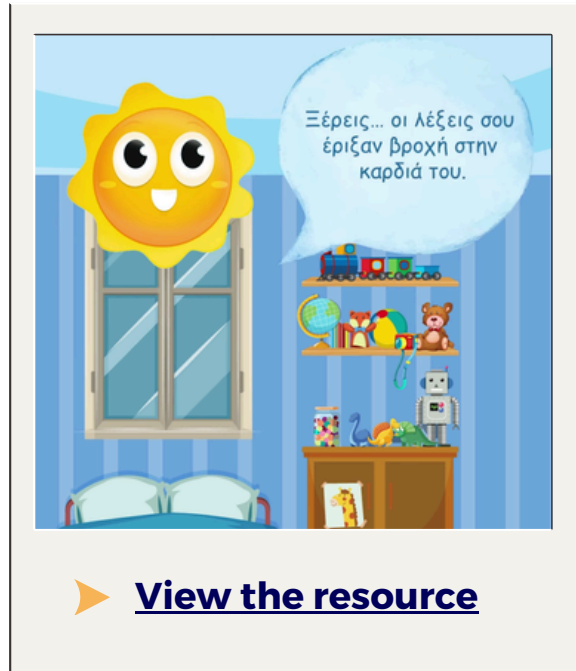
### ► Description

“The sun and the cloud: the power of words” is a short, engaging animated video that explores how the words we use can shape how others feel, with a particular focus on communication in digital environments.

Through simple visuals and relatable situations, the video shows that everyday expressions are not always received in the same way by everyone.

By presenting contrasting reactions, the video helps viewers understand that communication is not only about what we say, but also about how it is interpreted, especially in online contexts where tone and intention are not always clear. The sun and the cloud as metaphorically used to reinforce a key message for children: **communication is something we can learn and improve, and we always have the ability to reflect, adjust, and choose kinder ways to interact.** It highlights the importance of empathy, respect, and awareness, helping young users recognise that messages, comments, or posts can affect others in meaningful ways.

This resource is primarily intended for children, particularly those in primary education, and is especially relevant for introducing concepts related to digital communication, online safety, and respectful interaction. It can also be used by educators and parents as a starting point for discussions on digital citizenship, empathy, and the prevention of online bullying, helping children understand that words, whether written or shared online, can have a real and lasting impact.





## Switched On

### ▶ Language

English, Irish


### ▶ Description

The Switched On Programme has been developed to assist and support educators when teaching 11-13 year olds how to be safe, responsible and competent digital citizens.

The Switched On programme will raise pupils' awareness of how they can be active digital citizens in a variety of digital-related activity - whether it be creating or publishing content, socialising, learning, researching or playing games.

Through the programme pupils will explore key topics such as recognising misinformation and disinformation, staying secure online, managing screen time, and protecting personal information and privacy.

Switched On: a digital citizenship education programme for the fifth and sixth class (primary) was developed in collaboration with and supported by Coimisiún na Meán.



Switched On

**A Digital Citizenship  
Education Programme**

For 5th & 6th Class

▶ [View the resource](#)



## Emoji, slang, tone indicators, and abbreviations cheat sheet

Emocijzīmju, slenga, toņa indikatoru un saīsinājumu špikeris

### ▶ Language

Latvian

### ▶ Description

"Emoji, slang, tone indicators, and abbreviations cheat sheet" is a practical and easy-to-use guide designed to help better understand how young people communicate in the digital environment.

It explains the meanings of popular emojis, slang words, abbreviations, and tone indicators, highlighting how their interpretation can change depending on context.

The resource also raises awareness about **how certain symbols or expressions may be used in risky, misleading, or harmful online situations**, supporting safer and more informed communication. Additionally, an [online quiz is available](#), allowing users to check their knowledge and understanding of emojis and youth slang in an engaging way.





## DigiRallye Winter Edition

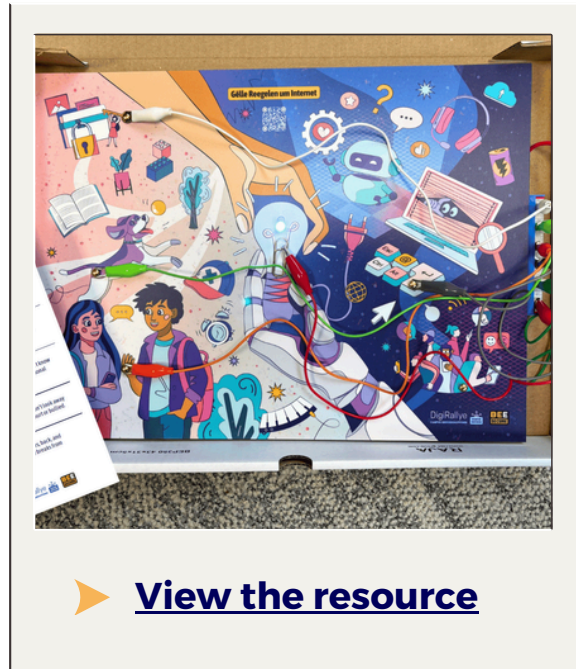
### ► Language

English

### ► Description

An unplugged, story-driven programme for digital education beyond screens (ages 7-12).

In a world without electricity, children rediscover the digital world... offline. Participants take part in an immersive experience where a simulated power outage removes access to digital tools.



► [View the resource](#)

Working in small groups, they rotate through a series of hands-on workshops that transform familiar digital activities, such as messaging, gaming and coding, into analogue challenges. This approach enables children to explore online behaviours, risks and mechanisms in a concrete, engaging and accessible way.



## DigiDuck

### ► Language

Dutch

### ► Description

In September 2025, a new edition of DigiDuck was launched. In this special issue of Donald Duck, online safety and digital skills take centre stage.

Everyone with a subscription to the weekly magazine received a copy at home, and it was also distributed to public libraries and schools across the Netherlands, accompanied by a teaching guide with practical tips for using DigiDuck in the classroom.

Children (and adults) are familiar with Donald Duck and the other characters, which makes it easier to discuss more complex topics such as **artificial intelligence, strong passwords, fake news**, and updating **smart devices**. The situations sketched in the stories are relatable and concrete, encouraging readers to reflect on their own lives regarding online safety and digital skills.

DigiDuck is a tangible outcome of a public-private partnership between Microsoft, DPG Media, Wortell, Dé Codeerschool and veiliginternetten.nl (SIC-NL). Together, these organisations developed accessible and engaging yet informative content about digital safety. DigiDuck is also online available for everyone.





## Click safely

Кликни со срце

### ▶ Language

English, Macedonian, Albanian

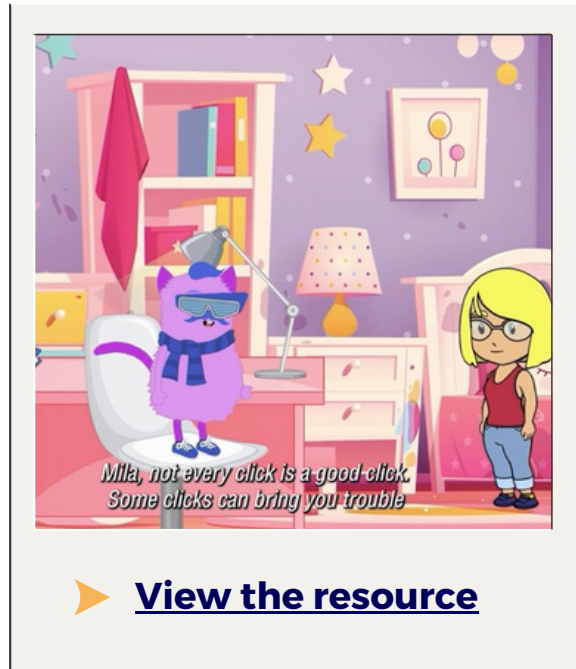
### ▶ Description

“Click safely” is an animated awareness video developed within the MKSafeNet Safer Internet Centre in North Macedonia.

Through the story of a young girl, her friend, and a digital guide character, the resource teaches children how to stay safe online by recognising cyberbullying, avoiding suspicious links, protecting personal information, questioning fake profiles, reporting harmful behaviour, and asking trusted adults for help.

The storyline also promotes healthier digital habits, including balanced screen time and the importance of real-life friendships and support.

The resource is suitable for adaptation across the wider Insafe-INHOPE network through translation, subtitling, dubbing, or cultural localisation, and can be used in school campaigns, awareness activities, social media outreach, and public events.





## "Hooked" Here's how to take control of your screen time

### ▶ Language

English

### ▶ Description

It's a guide developed for Safer Internet Day 2026 by the Norwegian Safer Internet Centre. The guide is aimed for children and young people, but there is a version for parents and caregivers as well. The guide explains how apps keep you hooked, and gives tips on how to become the boss of your own screen time.



▶ [View the resource](#)



## Internet horror characters (posters)

### Los personajes de terror en Internet (posters)

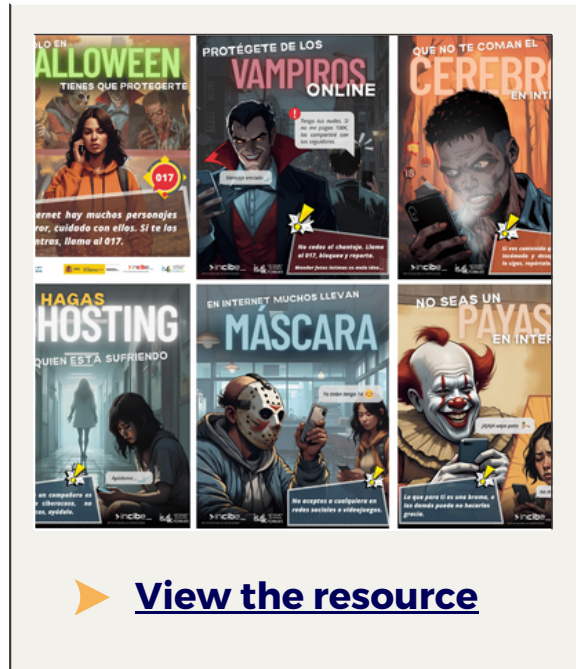
#### ▶ Language

Spanish

#### ▶ Description

This is a resource in the form of posters (5 different designs) which, by featuring legendary horror characters as protagonists, aims to raise awareness among young people about certain risks and dangers online and how they can deal with them:

- Don't give in to sextortion by online vampires.
- Don't let inappropriate content consume your mind.
- Don't ghost someone who is suffering.
- Many people wear masks online; don't accept friend requests from just anyone on social media or in video games.
- Don't be a clown; what you find funny might not be funny to others.



▶ [View the resource](#)