



EYEHYAH! CYBERGRIME

A HITCHHIKER'S GUIDE TO INTERNET SAFETY

Together with

 Meta

EYEHAI!

CYBERGRIME

A HITCHHIKER'S GUIDE TO INTERNET SAFETY

Welcome, Explorers!

We spend so much time as our online personas, but how much do we really know about social media? And what is the impact on us and our personal wellbeing?

Here are 9 conversation cards that aim to spark meaningful reflection and sharing around the invisible risks that surround us daily, and to try to build a safer and more self-aware digital community.

It's time to head off-the-Grid!

Rules of Play

1. Gather another human being (it can be a friend or your child) and crack open this set.
2. The cards can be read in any order.
3. Look at the illustrations and see if you identify with the scenarios depicted in them.
4. When you're done, flip each card around and use the question prompts to quiz one another.
5. Take your time to answer each question. We recommend that you think deep, not fast.
6. These cards can be used for a group activity or even by yourself when you need a little reality check.



Safety Center resources and tools for Parents



Meta Family Center for Resources



Feed Control
Illustrated by @jq.wan



EYEHYAH! 
CYBERGRIME
A HITCHHIKER'S GUIDE TO INTERNET SAFETY

Discussion Card 01:

Feed Control

These questions are to be used as discussion starters with young people who are just embarking on their trip around the world wide web, and to empower them to become emotionally equipped for the journey ahead.

Q1

How on point is your 'for you' feed on Instagram?

Q2

How often does your feed show you things you're not interested in?

Q3

Look at someone else's IG feed. Compare how different it is to yours.

Q4

Have you ever noticed that when you 'like' something new or unusual, your feed starts to look different?

Tip: Be intentional about what content and accounts you choose to interact with if you want to have more control over what you see.



Misinformation
Illustrated by @aryamularama



EYEHYAH!

CYBERGRIME

A HITCHHIKER'S GUIDE TO INTERNET SAFETY

Discussion Card 02:

Misinformation

These questions are to be used as discussion starters with young people who are just embarking on their trip around the world wide web, and to empower them to become emotionally equipped for the journey ahead.

Q1

Have you ever been lured into clicking on an intriguing media headline?

Q2

How quickly do you judge a situation before reading the full article?

Q3

Have you ever shared a piece of news before reading the full article?

Tip: Before sharing any information, it is important to verify the source, understand the content, do your research, assess potential bias, and engage in thoughtful consideration.



Bot Spotting
Illustrated by @yell0w



EYEHAI!

CYBERGRIME

A HITCHHIKER'S GUIDE TO INTERNET SAFETY

Discussion Card 03:

Bot Spotting

These questions are to be used as discussion starters with young people who are just embarking on their trip around the world wide web, and to empower them to become emotionally equipped for the journey ahead.

Q1

Have you interacted with someone online, only to find out later that it was a bot? How did that make you feel?

Q2

Why do you think people create bot accounts?

Q3

How do you feel about bot accounts existing alongside you in the same social media space?

Tip: Study profiles for the following signs of potential bot-activity: Incomplete or nonsensical information, generic usernames, bios and/or profile pictures, high-frequency of posting, large follower count with minimal engagement, and grammatical and spelling errors.



Physical Responses

Illustrated by @jamesclaphamillustration



EYEHAI! CYBERGRIME

A HITCHHIKER'S GUIDE TO INTERNET SAFETY

Discussion Card 04:

Physical Responses

These questions are to be used as discussion starters with young people who are just embarking on their trip around the world wide web, and to empower them to become emotionally equipped for the journey ahead.

Q1

Do you find yourself constantly checking and refreshing your feed throughout the day?

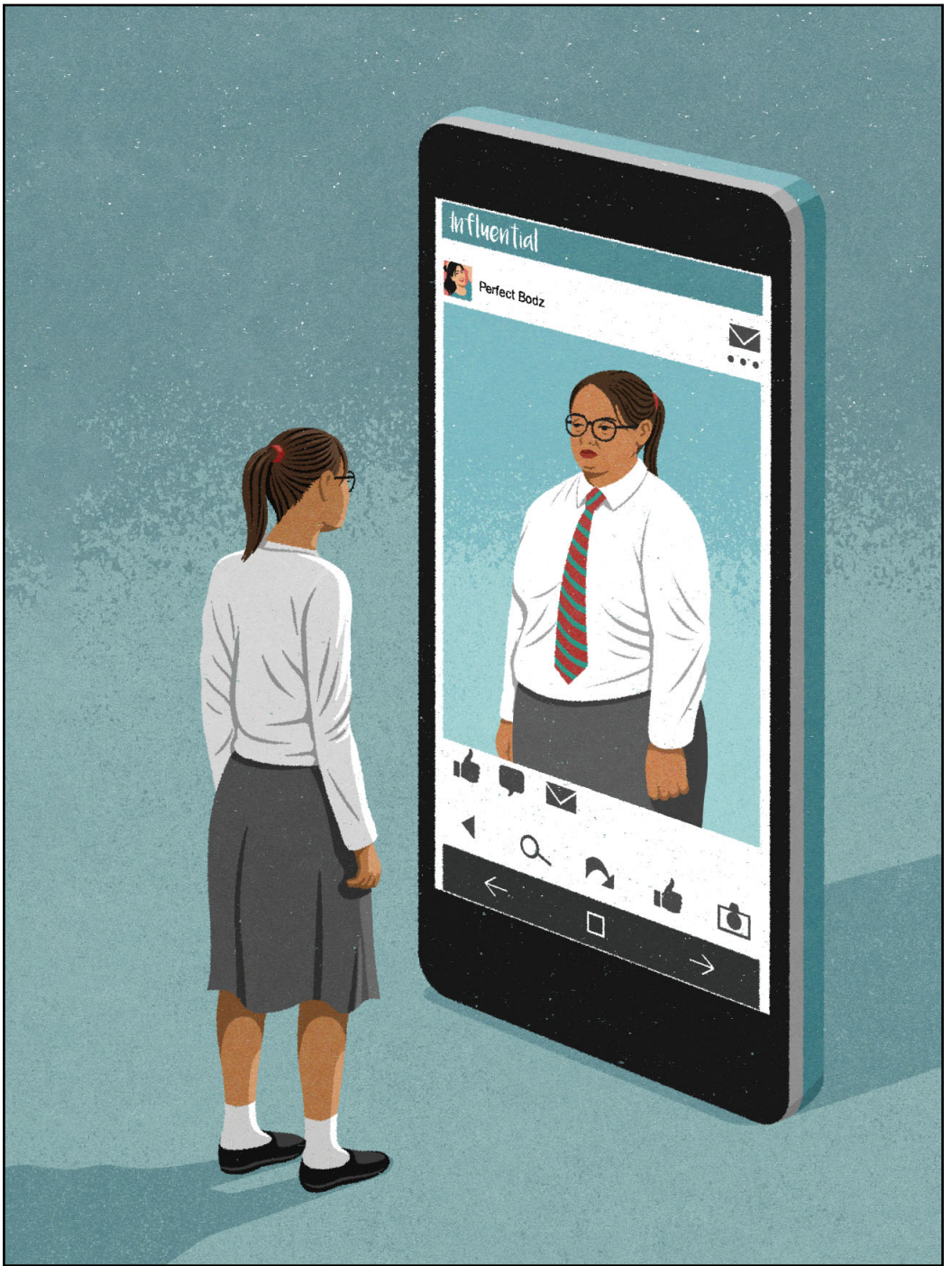
Q2

Can you identify physical sensations you feel when you spend too much time on social media?

Q3

When was the last time you slept late due to 'doomscrolling' on social media?

Tips: Try the 'Take a break' and 'Quiet Mode' tools on Instagram or implement the 20-20-20 rule: for every 20 minutes spent on your phone or computer, take a 20-second break to focus on something at least 20 feet away.



Social Comparison

Illustrated by @johnholcroftillustration



EYEHAI! 
CYBERGRIME
A HITCHHIKER'S GUIDE TO INTERNET SAFETY

Discussion Card 05:

Social Comparison

These questions are to be used as discussion starters with young people who are just embarking on their trip around the world wide web, and to empower them to become emotionally equipped for the journey ahead.

Q1

Can you think of a specific time when social media made you feel good about yourself?

Q2

Now, think about a time when it made you feel inadequate or unhappy. Reflect and share.

Q3

Do you think online achievements are more gratifying than offline achievements? Share your reasoning.

Tips: Social media triggers our desire for social connection, leading us to constantly seek acceptance. Consider taking a break and unfollowing accounts that make you unhappy.



Fear of Missing Out | FOMO
Illustrated by @harimerdeka



EYEHAI!

CYBERGRIME

A HITCHHIKER'S GUIDE TO INTERNET SAFETY

Discussion Card 06:

Fear of Missing Out FOMO

These questions are to be used as discussion starters with young people who are just embarking on their trip around the world wide web, and to empower them to become emotionally equipped for the journey ahead.

Q1

Have you ever experienced FOMO?

Q2

Think about a recent situation which triggered those feelings. Can you describe how that made you feel?

Q3

Have you ever gone through a day without using your phone or going on the internet?

- ◊ If so, how did you feel at the start of the day and then later at the end?
- ◊ If not, can you think of any reasons why you haven't or won't try it?

Tip: Great things online are not always as they seem to be. We often only experience other people's 'Highlight Reels', and don't see the other moments that make up their full and true reality. Take pleasure in your own joyful moments, and don't let someone else's happiness undermine your own.



Dangerous Trends

Illustrated by @funkyunion_



EYEHYAH! 
CYBERGRIME
A HITCHHIKER'S GUIDE TO INTERNET SAFETY

Discussion Card 07:

Dangerous Trends

These questions are to be used as discussion starters with young people who are just embarking on their trip around the world wide web, and to empower them to become emotionally equipped for the journey ahead.

Q1

Have you ever encountered viral trends online?

Q2

How do you think social media contributes to these viral trends?

Q3

Why do you think teens and Gen Zs are so prone to following trends?

Tips: Social media often glorifies risky behaviours, so it's advisable to refrain from participating in such trends. Instead, seek rewarding offline experiences like joining a sports-teams, or engaging in extracurricular activities.



Cyberbullying
Illustrated by @thegoodcitizen



EYEHAI!

CYBERGRIME

A HITCHHIKER'S GUIDE TO INTERNET SAFETY

Discussion Card 08:

Cyberbullying

These questions are to be used as discussion starters with young people who are just embarking on their trip around the world wide web, and to empower them to become emotionally equipped for the journey ahead.

Q1

What do you understand about Cancel Culture?

Q2

Have you ever witnessed it before?

Q3

Can you think of some examples of Cyberbullying?

Q4

Imagine someone is leaving nasty comments on your friend's post. Would you help?

◊ If so, what would you do?

◊ If not, why not?

Tip: An Upstander takes action when they witness bullying.
Roughly 50% of bullying incidents cease when someone chooses to intervene.



Stranger Danger
Illustrated by @mattcstokes



EYEHYAH!

CYBERGRIME

A HITCHHIKER'S GUIDE TO INTERNET SAFETY

Discussion Card 09:

Stranger Danger

These questions are to be used as discussion starters with young people who are just embarking on their trip around the world wide web, and to empower them to become emotionally equipped for the journey ahead.

Q1

How do you make friends online?

Q2

**Are online friends the same as real-life friends?
Why do you think so?**

Q3

Have you been in a situation where you had to assess whether a stranger online was not who they said they were?

Tips: Be aware of who you are getting into a conversation with and check their profiles across other social media platforms. Are they consistent in how they present themselves?