



Digital wellnests

Let us play in safe nests!

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List of other books in this series

The African Centre of Excellence for Information Ethics (ACEIE) has published the following books relating to Digital Wellness and Information Ethics:

The Digital Wellness Toolkit

A proposed toolkit to support the promotion of Information Ethics in schools and communities across Africa.

The above-mentioned toolkit consists of the following material:

- Book One: Digital Wellness Programme – Manual for workshop facilitator
- Book Two: Digital Wellness Programme – Activity book for workshop participants
- Book Three: Digital Wellness Programme – Resource and concepts book
- Book Four: Digital Wellness Programme – Secondary school teacher’s manual
- Book Five: Digital Wellness Programme – Activity book for secondary school learners
- Book Six: Digital Wellness Programme – Primary school teacher’s manual
- Book Seven: Digital Wellness Programme – Activity book for parents of primary school learner

Editors for Books One to Seven: Malan, B. & Bester, B.C. (2015). African Centre of Excellence for Information Ethics: Pretoria.

- Book Eight: Digital Wellness Programme – A roadmap for campus community

Editors for Book Eight: Klazar, E., Jordaan, M., Malan, B. & Bester, B.C. (2015). African Centre of Excellence for Information Ethics: Pretoria.

- Book Nine: Digital Wellnests: Let us play in safe nests!

Writers: Fischer, R. & Von Solms, S. (2016). African Centre of Excellence for Information Ethics: Pretoria. (Illustrations by Makkie du Plessis and edited by Dr Beverley Malan).

Information Ethics Books

- Information Ethics in Africa – Cross-cutting Themes
Ocholla, D.N., Britz, J.J., Capurro, R., & Bester, B.C. (eds) (2013). Information Ethics in Africa: Cross-cutting Themes. Pretoria: African Centre of Excellence for Information Ethics (ACEIE).
- Curriculum to teach Information Ethics at universities in Africa
Malan, B. & Bester, B.C. (eds) (2014). Curriculum to teach Information Ethics at universities in Africa. Pretoria: African Centre of Excellence for Information Ethics (ACEIE).
- Concepts in Information Ethics – an Introductory Workbook
le Sueur, C., Hommes, E., & Bester, B.C. (eds). 2014. Concepts in Information Ethics - an introductory workbook. Pretoria: African Centre of Excellence for Information Ethics (ACEIE).

Foreword

Digital citizenship refers to online activities by individual users that navigate the online environment by having online profiles on social media networks, using and retrieving information online and by also making information available online. One's activities online should be guided by a moral compass similar to the moral compass that guide one's everyday behaviour. Most adults today are digital immigrants, meaning they were not using Google, Social Media Networks and mobile devices since they were children. Hence they migrated from the physical environment to an online environment. However, toddlers, children and teenagers, also known as digital natives, have never known a world not characterised by having access to the internet and Information and Communication Technologies (ICTs). The aim of this book is to illustrate, in a fun and colourful way, some aspects of this online environment – showcasing the possibilities and dangers and also offering advice to children, parents and teachers. That is why the title of this book is Digital Wellnests – Let us play in safe nests!

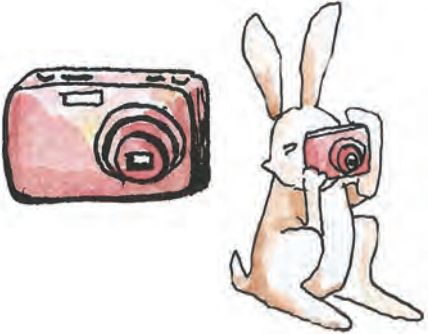


Theo Bothma

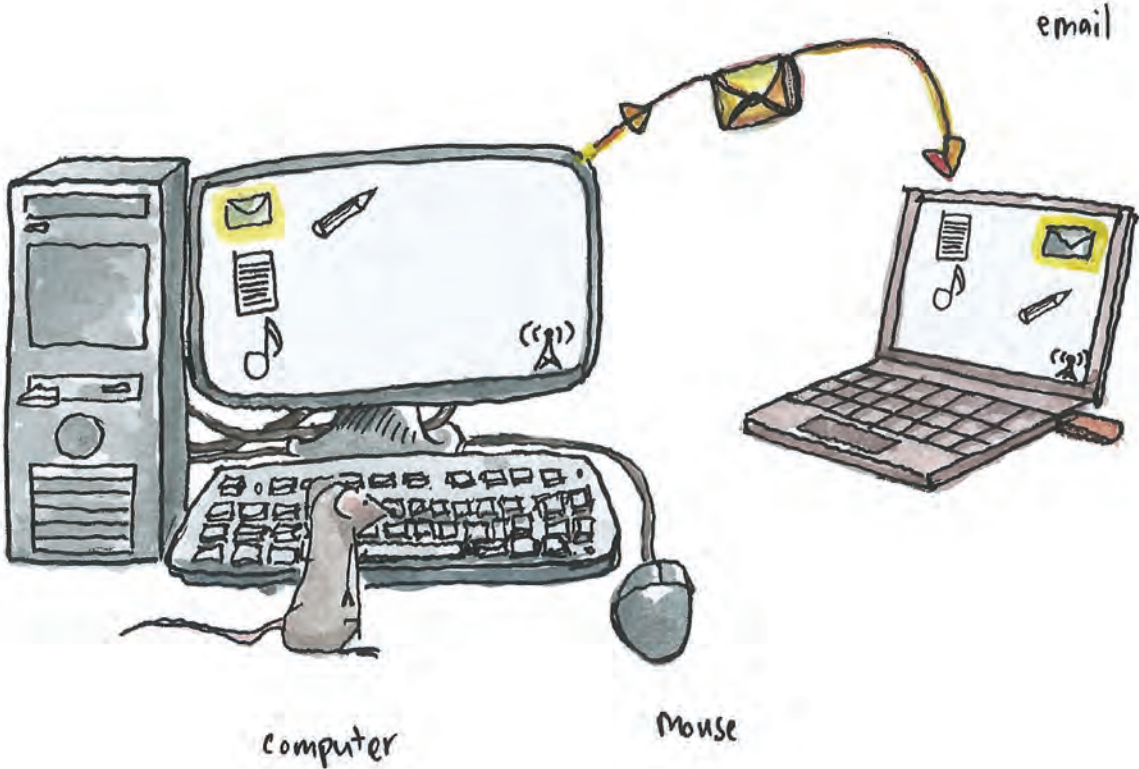
Introduction

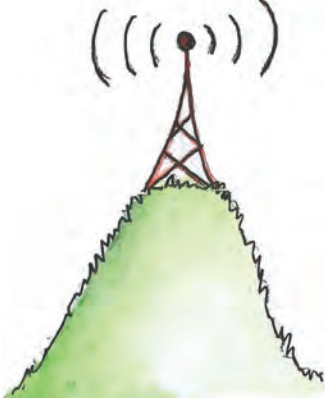
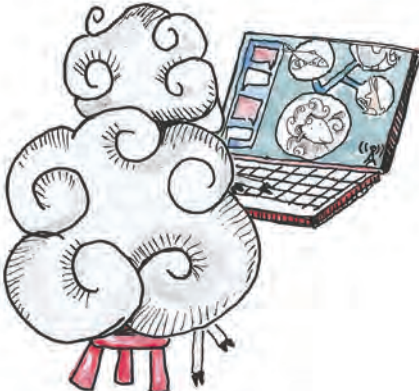

This booklet contains some illustrated poems referring to common issues experienced by children and adults alike, when accessing the cyber environment. We seek to portray these experiences in a playful, yet responsible manner in order to raise awareness and provide guidance. All the events take place in an imaginary animal kingdom. Words relating to Information Ethics and Information and Communication Technologies (ICTs) are used. This introduction will both explain and illustrate these concepts, such that both the parent and the child can identify it. Drawn icons can be used by the parent to have the child point it out during the stories, i.e. picture of cell phone is listed in the concepts and then the child must identify the picture again within the poems (picture of cell phone will differ from pictures of computer and tablet). After each poem there is a short moral lesson as well as some questions that the parents/teacher/guardian can ask the child (or the child can ask of them).

Coetzee Bester

Concepts

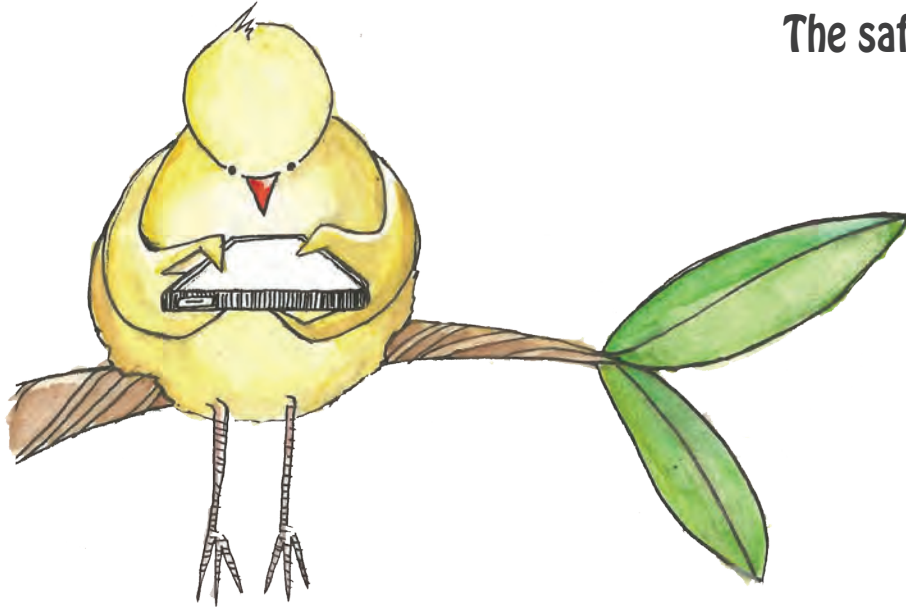
Concept	Picture	Description
Camera	 An illustration showing a red digital camera on the left and a white rabbit on the right holding a red camera up to its eye as if taking a picture.	Device that can take pictures.
Cell phone	 An illustration showing a yellow duck on the left holding a black mobile phone. To the right of the duck are two other mobile phones: one is a flip phone and the other is a smartphone.	Mobile device that is used to contact other people, by either phoning, texting or e-mailing.
Kindle	 An illustration showing a grey dog on the left sitting and reading a blue book. To the right of the dog is a black Kindle e-reader device with its screen open, displaying text.	Mobile device which one can use to read electronic (e-books) books on.

E-mail		Electronic mail that is sent and received between people.
Computer		Electronic device that is used to store, compile and distribute data.
Mouse		Electronic device used with computer to navigate the screen and content of the computer.

Signal Tower		Tower that sends and receives signals.
Social Media		Collective used to refer to online social networking sites and tools that enable the creation and sharing of information in an online social environment.
Tablet		Mobile device with same functions as a computer, cell phone and e-book reader and is touch-screen. Is bigger than a cell phone but smaller than a computer and has more uses than an e-book reader.

Poems

The safety of nests



Hallo little bird, high up in the tree
How lovely must your view be – how much do you see?!
Do you fly at all, or do you stay inside all day?
Do you visit your friends when your parents are away?
“Oh no” says little bird, “I do so much more
I activate my phone’s internet and visit the online store
There I can download apps and play my favourite games
My phone is so useful it keeps me busy all day”.

What do your parents say when you are so often online
Are you always honest or do you sometimes lie?
“Oh yes” says little bird, “I tell them so much more
My parents and teachers guide me well
Their advice I cannot ignore.
I never hide the places I have been or sites I have seen
And when something is scary,
My parents and teachers will hear from me”.

Mother bird was very concerned
For her little ones wanted to fly
They were still so young for the world out there
She didn’t want them to cry

But the little birds high in their trees
Were guided so safely and behaved so swell
Mother bird is very sure that one day when they fly,
They will fly very well.

Moral

The internet is full of exciting opportunities, be honest when using it.

Question: What must little bird tell her parents or teachers when she goes online?

Question: What is an application (app)?



Safety Snail's e-mails

Jenny the Snail has just received mail
But this was not a normal letter
It's on the screen in an envelope with black script
And she thought: "This is even better!"

One day Jenny visited her e-mail
And saw a letter from a stranger,
It was written in characters of hearts and cabbage
And because she didn't know the person, she suspected danger.

Instead of clicking to read, she decided to delete the e-mail
So Jenny selected the icon with the dustbin
And although she is a very curious snail
Jenny knows today she did win



Moral

Do not open unknown or suspicious e-mails or messages.

Question: Why is a dustbin used for Jenny's e-mail?

Question: What would have happened if Jenny opened the e-mail?



Lucky the Fish

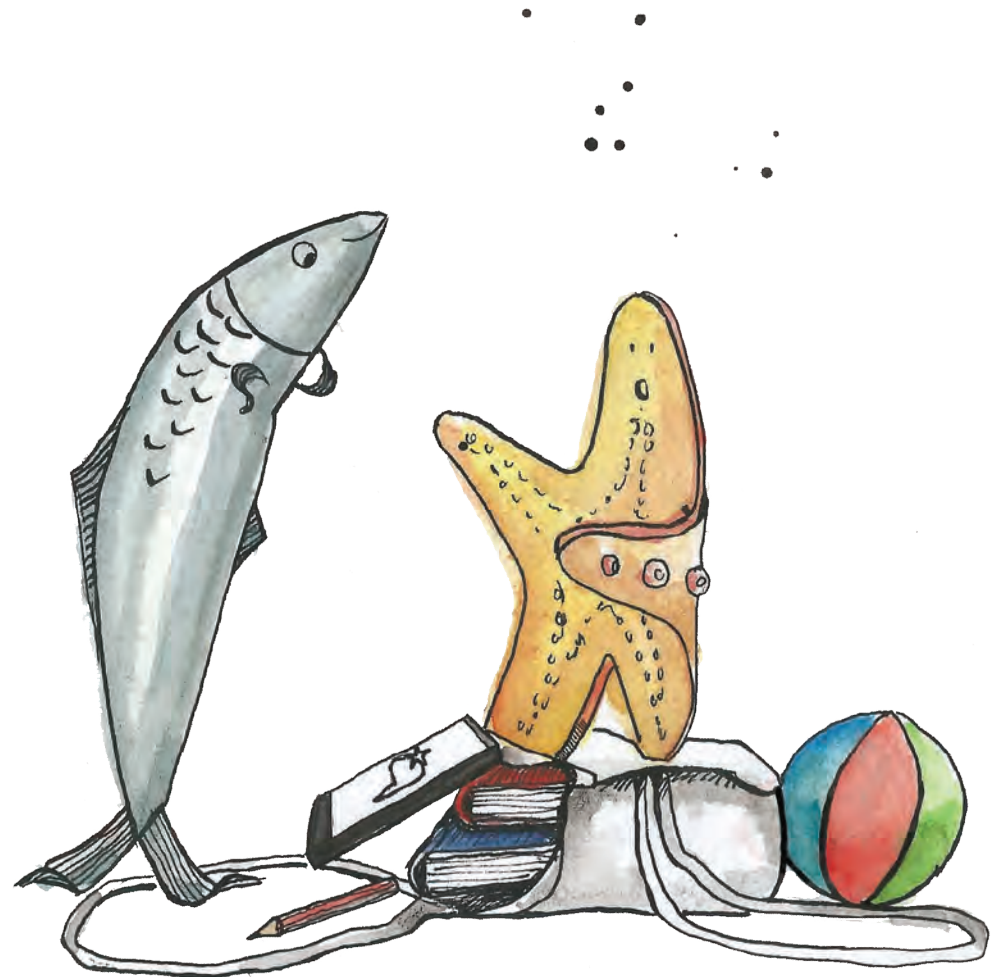
Lucky the fish was swimming home from school.
He received a new text message and said, "How cool!"
As he read the message on his phone,
He saw the message was sent from "Unknown".
He got very excited as he read,
"Wow! I have won a prize", Lucky said.

Sunny the starfish was playing nearby
And came over to Lucky to say "Hi".
Lucky shows the message to his friend Sunny,
But instead of being excited, Sunny said: "How funny".
Lucky told him, "I must just click in this link,
Then I get my prize. What do you think?"
"No!" said Sunny, "This is not wise.
Do you know the number? Did you enter for the prize?"

Lucky said, "I did not enter a competition, no.
But I am a lucky fish, you know".

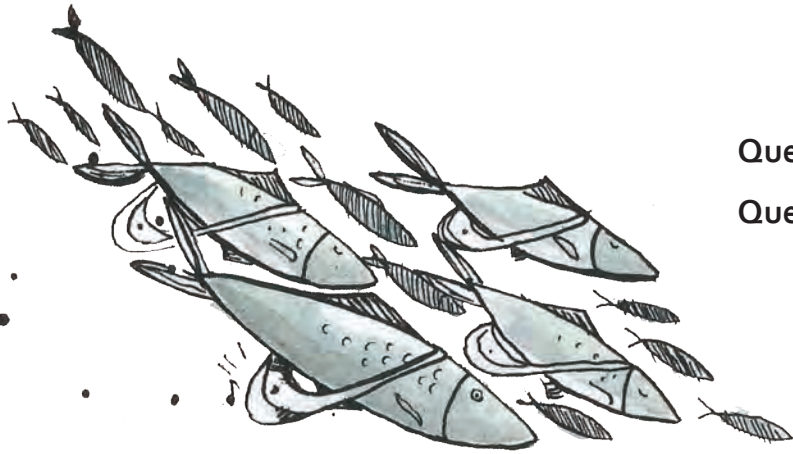
"I know you are lucky", Sunny said, "but listen to me,
Nobody just gives away prizes for free.
There is no prize - it is a trick,
Bad guys will infect your phone as soon as you click.
They may give you a virus, or steal your information,
They can even track you down and find your location!
Never reply to any message or e-mail from a stranger,
It will most certainly put you in danger."

"Wow!" said Lucky, "Thank you for helping me.
Strangers are dangerous. On the phone and in the sea."
So Lucky deleted the message and remained protected.
His identity was safe and his phone not infected.



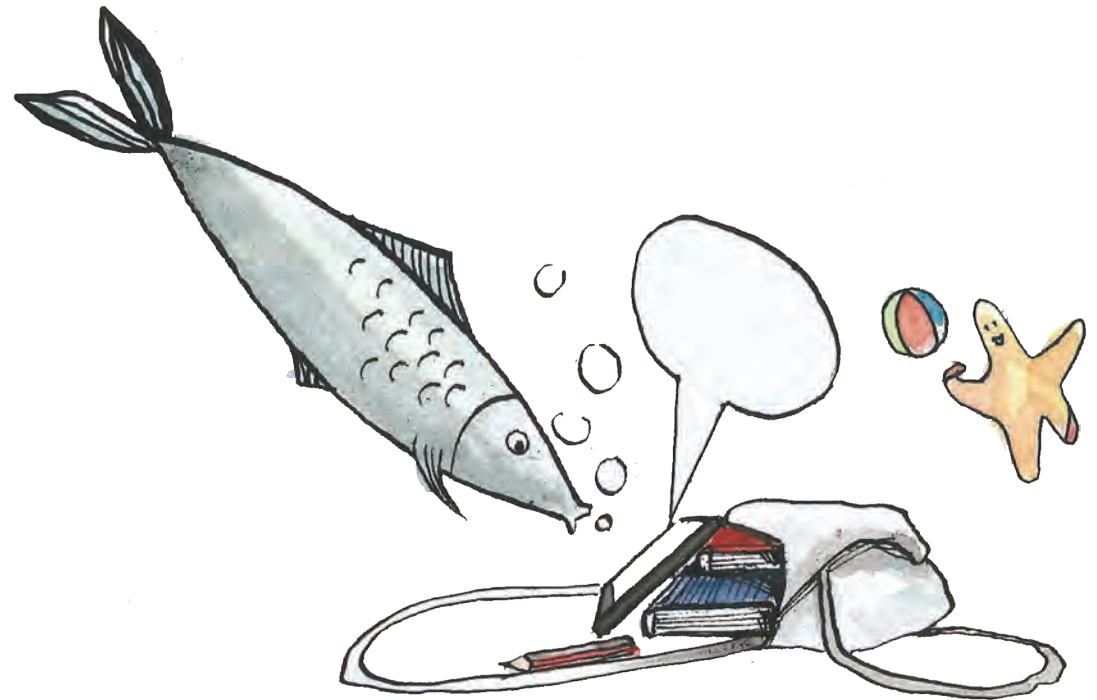
Moral

Do not access or respond to unknown and suspicious messages.



Question: Is it a good thing that Lucky told his friend Sunny about the message?

Question: Can Lucky experience the same situation when he is on his computer?



Rabbit with the tablet

There was a tiny Rabbit
With a very fancy tablet
He wanted to play games on it
For it was a very smart gadget

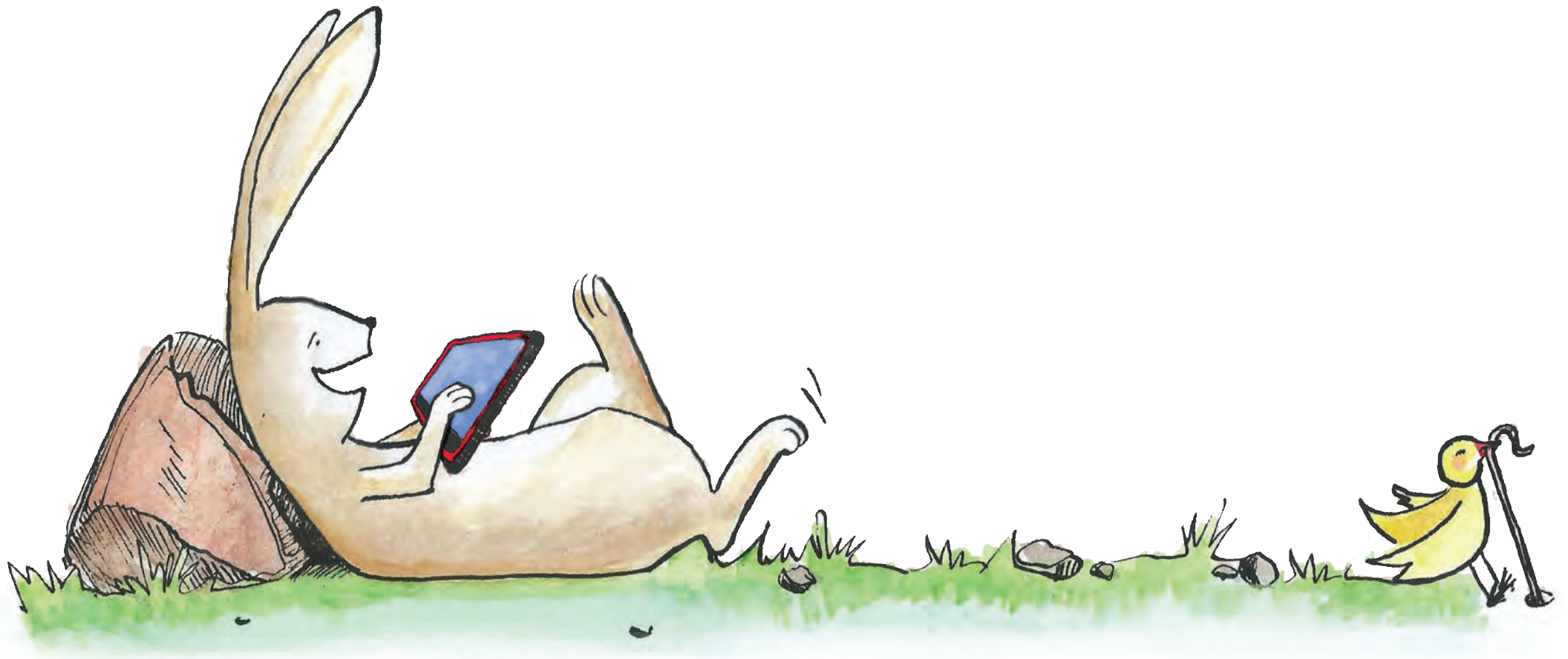
The tablet could go onto the internet
And visit many online sites,
Some of them were not so pretty
So he got a very big fright!

The Rabbit had little Monkey friends And
they also wanted to play,
But because of all the choices on the internet
On the safe sites they would not stay

Little Rabbit was not sure what to do
Because mommy would be mad –
Going into dangerous online sites
Is not very safe, is it very bad

The parents and the teachers are careful of the tablets
And all their possibilities for wrong and right,
The entire animal community that has access to these gadgets
Must work together to secure it from online frights!





Moral

Be careful and safe when visiting online websites.

Question: Are all online websites bad?

Question: What are the positive aspects of the internet?

Elephant and his shoe

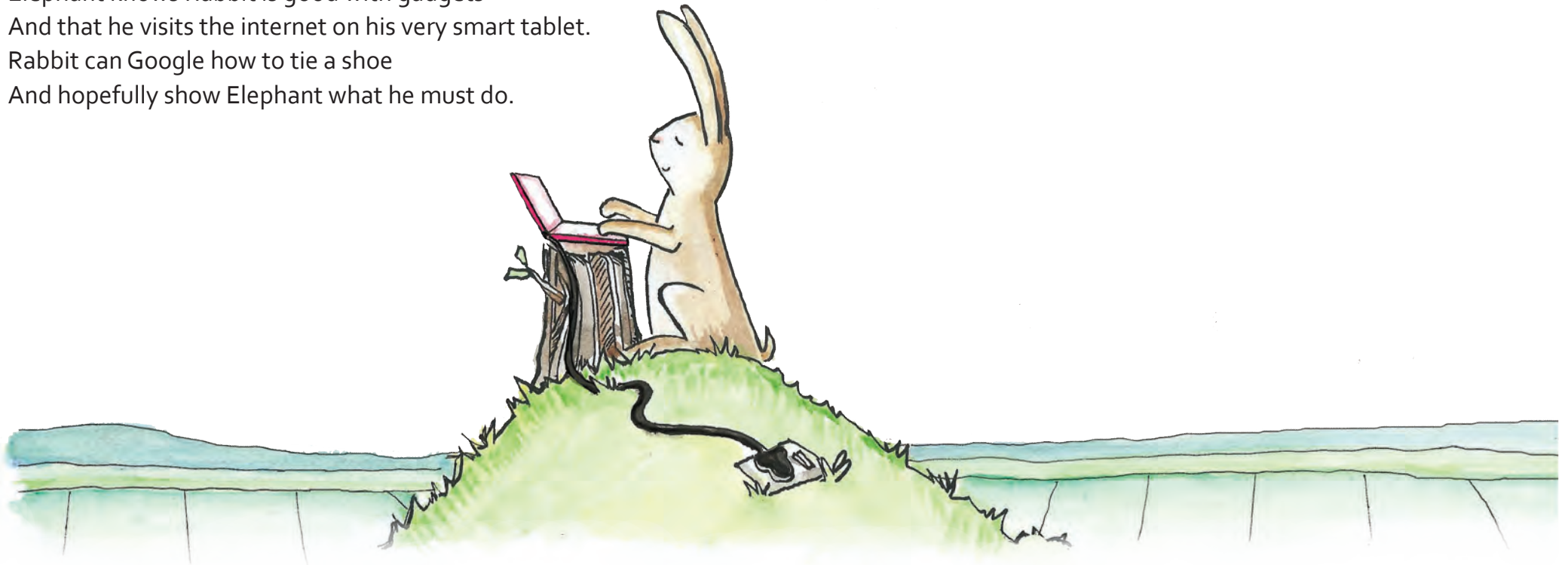
Rabbit had a good friend, Elephant
Who could not tie his shoe
Although he had such a long trunk
He still did not know what to do

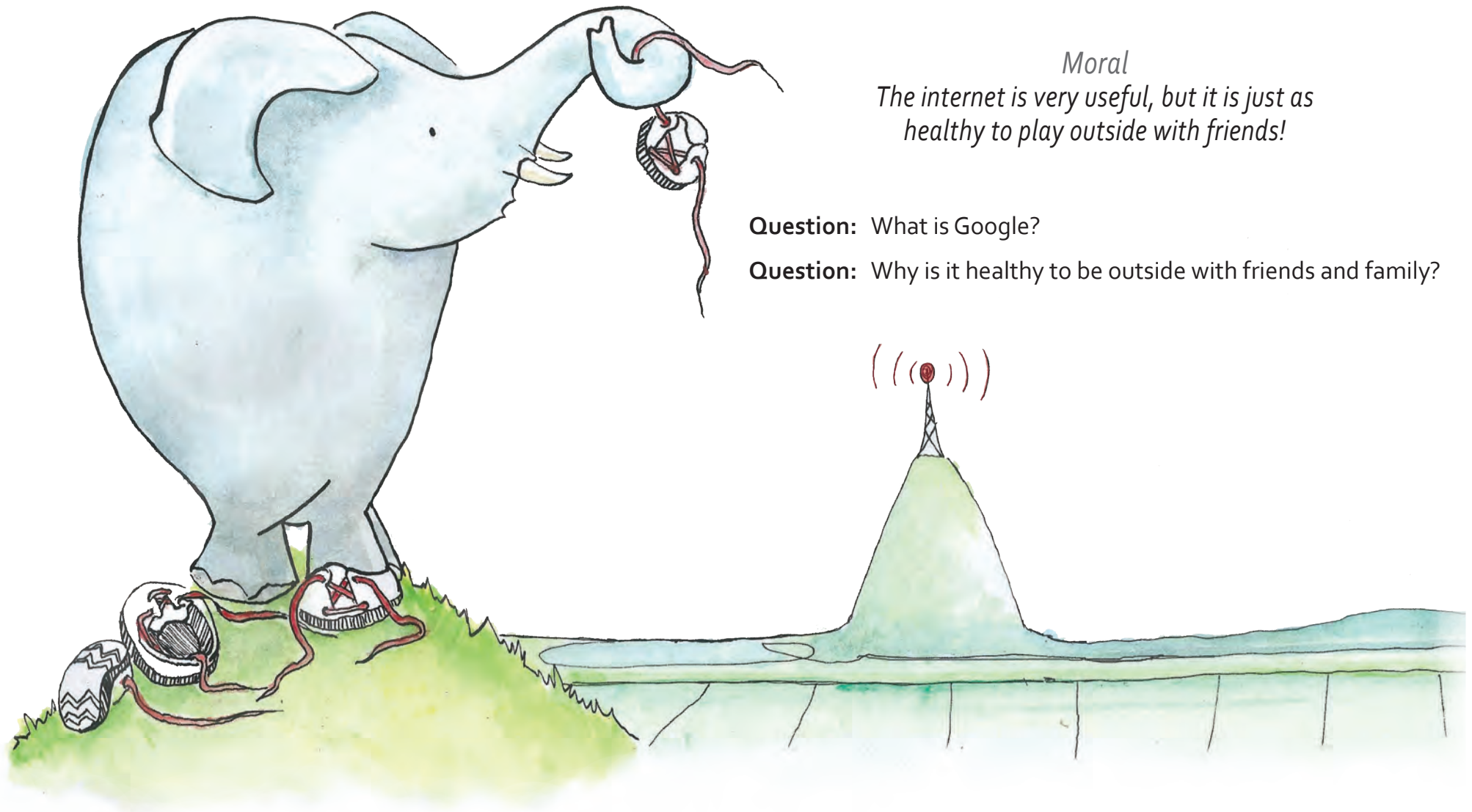
So Elephant invited Rabbit to his house
High-high up on a hill with a tree
Elephants have big bodies –
So they need lots of space with lots to see!

Elephant knows Rabbit is good with gadgets
And that he visits the internet on his very smart tablet.
Rabbit can Google how to tie a shoe
And hopefully show Elephant what he must do.

Living on the hill provides for a very good signal in most places
And now Rabbit can use the internet to help Elephant tie his laces.
Although Elephant could not tie his shoe he is smarter than he
looks,
For he uses his parents' Kindle to access electronic books.

To thank Rabbit he offered him his parents' device
But Rabbit said no, even if the offer was really nice
He wants to go outside and play in the grass
Playing with friends is much nicer than playing with electronic glass.





Moral

The internet is very useful, but it is just as healthy to play outside with friends!

Question: What is Google?

Question: Why is it healthy to be outside with friends and family?

Sheepish Shelly

Shelly the sheep loves to use Facebook
She updates her status and shares photos that she took.

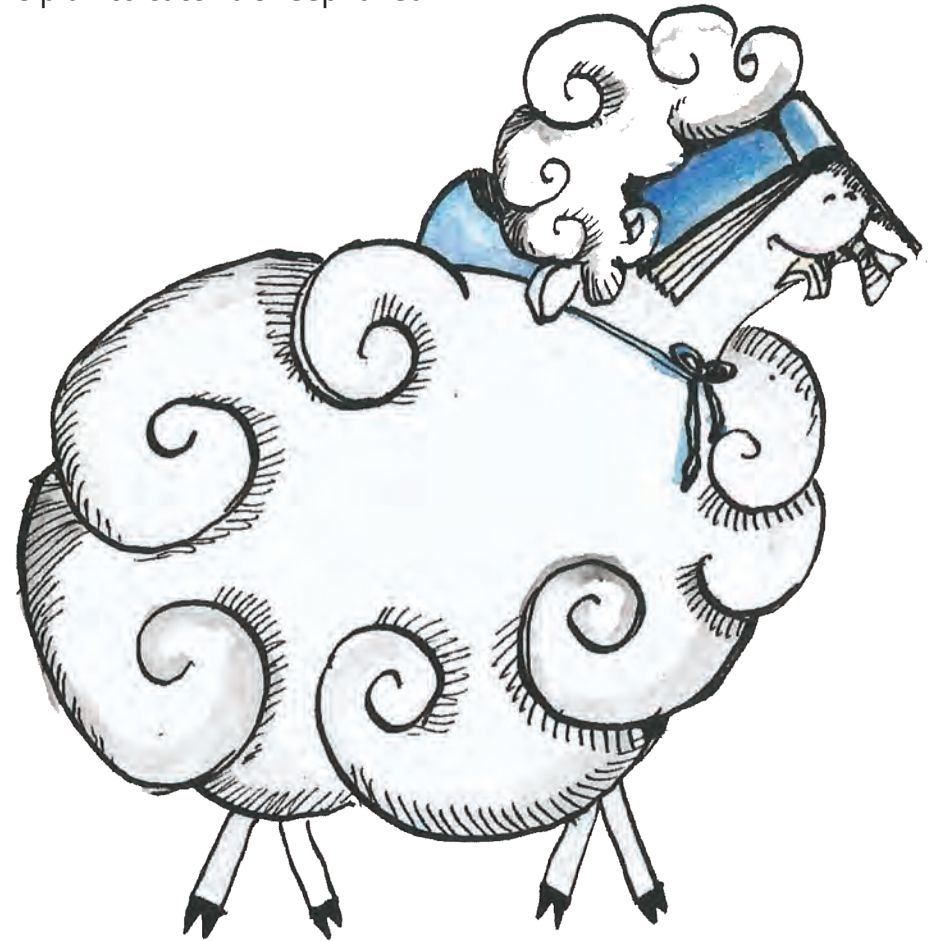
"Oh look", Shelly said, "A new Friend request.
Having many friend is just the best".
She looks at the name and recognises it not.
Wolfie Bigpaw - sound a bit odd.
But the profile picture shown a friendly lamb
Standing at the local dam.

So without any further hesitation
Shelly accepts the friend invitation.
"Off to Grandma", she typed as she walked,
Without knowing she was being stalked.
She walked through the trees without hearing a stir
Of the wolf that is coming to catch and eat her.

How did the wolf know where Shelly would be?
She posts everything online for her friend to see.
Her Facebook page showed her personal information
Including her address and grandma's location.

The friend she accepted was not a kind lamb.
It was the wolf in disguise - a big bad scam!
So the wolf knew exactly where she would be
As she posted everything for her friends to see.

As the wolf prepared to catch her for lunch
The big bad wolf received a big punch.
A policeman saw Shelly walk up the road
When he also saw that she was followed.
Quickly the wolf was caught and jailed
And his plan to catch a sheep failed.





Moral

Only accept friend requests from people you know.

Question: What are better and safer ways for Shelly to communicate with her friends and family?

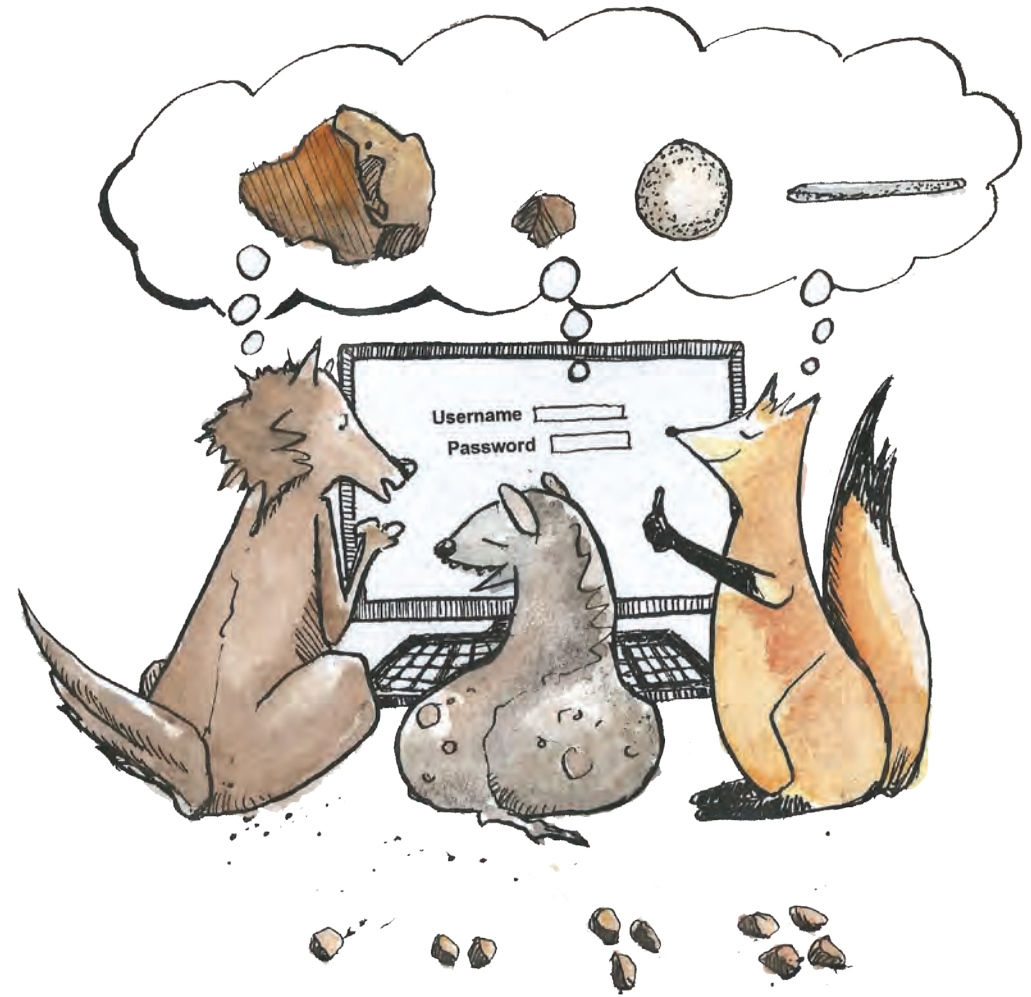
Question: What can Shelly do to improve her safety when she places notices online?

Wolf, Hyena and Fox

One, two, three, four
Are passwords you should not use anymore
Wolf, Hyena and their friend Fox
Are making a new password by using rocks
Big, small, round or flat
Are combinations hard to hack
So by using capitals, numbers, exclamations marks and more
Will stop intruders entering your online door
Wolf tells Hyena "We must help set the password for our friends;
If we have their passwords, think how much fun we can have!"
Hyena laughs because he thinks it's a good idea
They can access friends' profiles
And find personal information to see.
But Fox is smart and warns everyone –
"Remember when you create a password,
You must tell no one!"

Moral
Make sure your password are strong
and not easy to guess.

Question: Where do these rules also apply in real life?



Healthy Bear



Buddy the Bear wants to play a game
And logs onto the site online.
Suddenly he sees on the screen
A big, red flashing sign.

He did not know what it was
That suddenly appeared on his laptop.
He did not click on anything
When this screen suddenly popped up.

"Please update you anti-virus"
Buddy read on the screen.
"It will protect you against viruses
And keep your computer clean."

"I don't need to update"
Buddy thinks as he closes the sign.
"I'm always very careful
When I play online."

As Buddy starts his online game
The screen suddenly goes black.
He could not press a single key
To make the game he played come back.





Buddy took the laptop to his dad
And he started to cry.
His dad said "It's a virus
That made your laptop die".

"Where did it come from, Daddy?"
Buddy asked his dad.
"I'm very careful online
And don't visit sites that are bad.

"Viruses are everywhere"
Buddy's dad explains
"They are on websites, emails, downloads
And even in some games.

So just as vitamins keep you strong
So that you don't get sick from germs.
Anti-virus is the computers medicine
Against attacks, viruses and worms.

Always keep the anti-virus updated
So that your laptop is protected.
It's the computer's vitamins
So that it does not get infected.

So Buddy's dad fixed his laptop
And again he could play online.
But now the anti-virus is always updated
So that his laptop will be fine.

Moral
*Update your anti-virus programme on
phone and laptop to keep them safe.*

Question: How often must the anti-virus be updated?



Happy Hippo

Ron the Rhino has many friends in his class.
He plays with them at break time and they share lunch on the grass.
As they laughed and talked about websites that are cool,
Henry the Hippo walked down from the school.

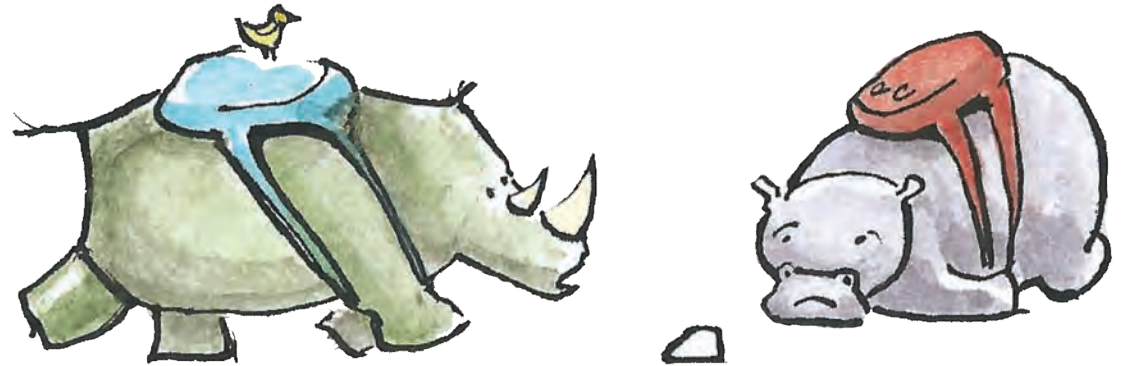
Henry was crying while looking at his phone,
So Ron went to Henry so that he won't be alone.
Why are you crying? Ron asked his friend.
So Henry showed him a message that somebody sent.

"You are a fat Hippo and ugly too...
Go away from here. No one likes you!"
Who sent this to you? Ron asked. This is very cruel.
Is it from somebody here at the school?

I don't know, said Henry. I get one every day.
I was not mean to anybody. Why am I his prey?
But it's just text messages - maybe it's not a big deal.
I don't want to tell people how this makes me feel.
I have not told anybody that this makes me feel hurt.
It's not like it's a real bully tugging on my shirt.

This is from a real bully, said Ron. He wants you to be sad.
This bully is mean and cruel and what he is doing is bad.
Just because it's on your phone doesn't mean you should not tell.
Bullying on a phone or computer is bullying as well.

These messages are hurtful, mean and cruel.
We must tell your mom or dad or the teacher at the school.
You are not ugly and I am your friend.
Let's go and tell the teacher so that the bullying can end.

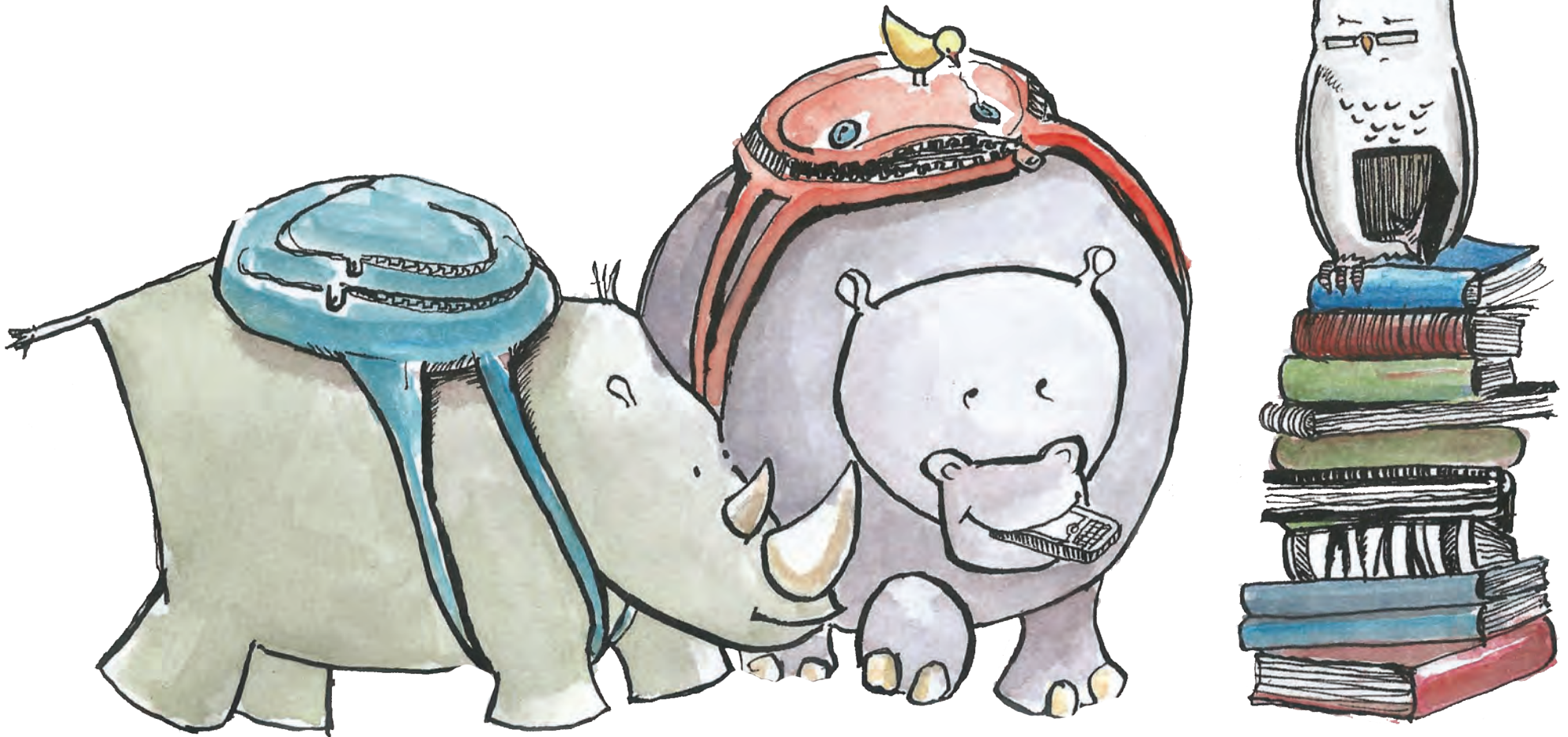


So they walked up the hill to tell Teacher Owl at last.
And soon thereafter, the bullying was a thing of the past.

Moral

When you are being bullied or see someone is being bullied, tell someone you trust.

Question: Why is online bullying just as hurtful as physical bullying?



Buffy the Bully

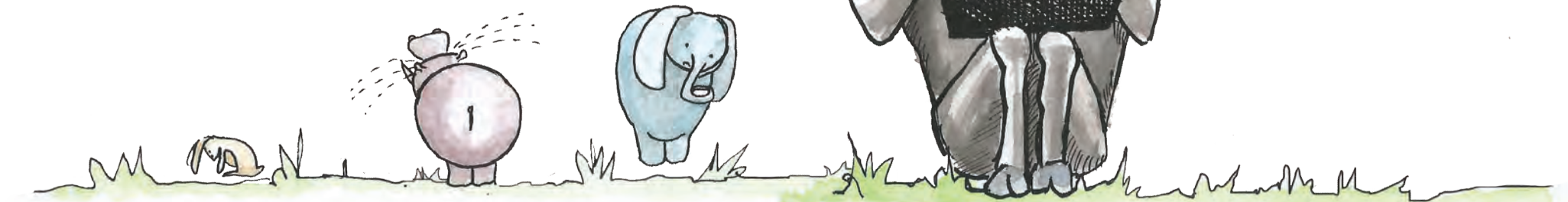
In Africa on the wide open plains
Many animals live together
From Elephants to Lions
They all enjoy the sunny, warm weather
Sometimes it will rain and then the animals will go home
To family or to friends,
And as soon as the sun comes out
They will be outside playing again

Buffy is a Buffalo and does not like being outside
So come rain or sunshine
He is usually found inside
His best friend is his laptop on which he can connect
So instead of making real friends,
He makes friends on the internet.

Sometimes Buffy feels sad because of the friends outside
He may feel excluded and that is why he likes to hide
But he doesn't speak to mom and dad
And they do not know that something is wrong
Why would they? For Buffy is very smart and very strong

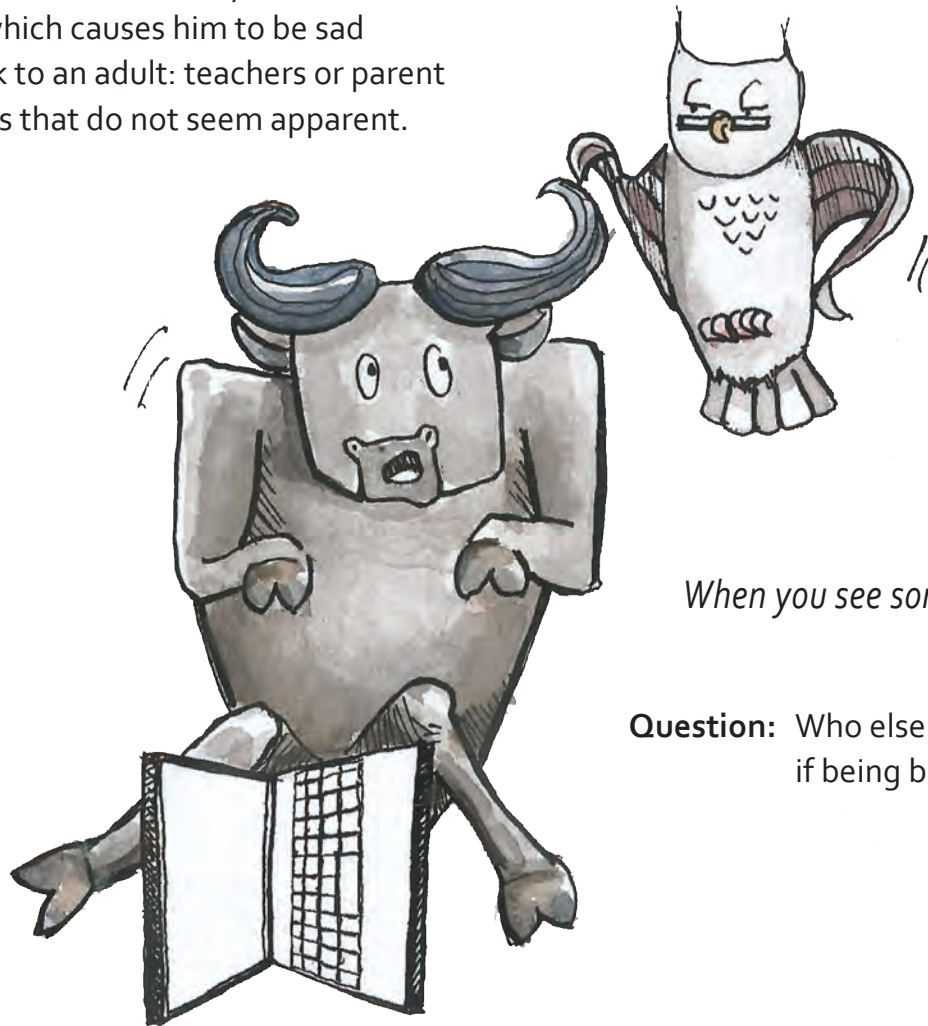
Feeling sad and alone Buffy takes it out on his friends
He starts with the ones he made on the internet
By posting mean messages he starts telling lies
He doesn't care about those he is hurting and those that cry

Teacher Owl sees some other little animals are unhappy
And she asks them "What is wrong?"
They tell of being bullied but they do not know who is to blame
Because the bully is on the internet they do not know the name



Teacher Owl is very wise and sees well with her eyes
That Buffy is sad and doesn't play with animal friends
By spending time with him and talking about his home
She realises that Buffy is really hurting and very alone

Buffy tells the truth and admits to his lies
Such as the ones he posted about other animals online
Being a cyber bully it does not mean Buffy is bad
He has some problems which causes him to be sad
It is much better to speak to an adult: teachers or parent
To solve deeper problems that do not seem apparent.



Moral

When you see someone is a bully, tell an adult whom you trust.

Question: Who else can you contact when you, or someone you know, if being bullied?

Identity Cricket

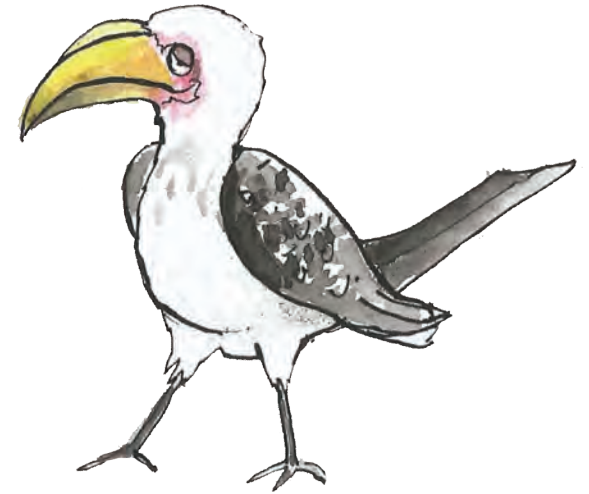
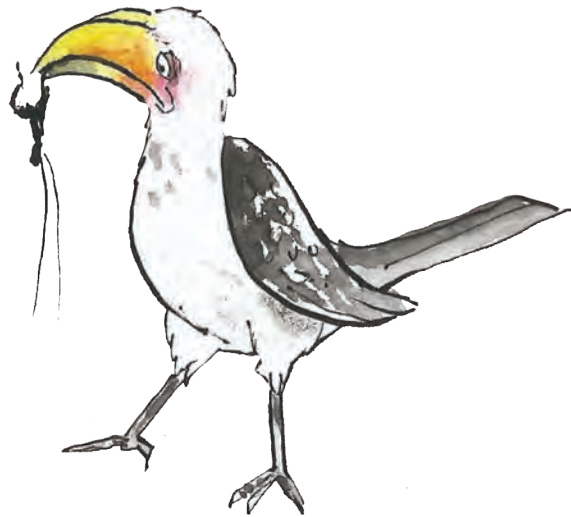
Little Cricket lived in a thicket
And he used to make a lot of noise
Because of this and where he lives
He didn't make friends with the local boys

He felt so lonely and so sad
Because he really wanted a friend
So he went online on social media
Because this is a solution to an end

He loaded his picture and his address and more
And invited everyone he knew
So he was very happy one day
When he heard a knock on the door!

So chirpy was Cricket when he opened the door
For now he has a new friend
But this was a stranger who came knocking
And sadly Cricket met his end.





Moral

Do not make personal information available online for others to see.

Question: Why is it dangerous for Cricket to confuse his online identity with his real life identity?

Question: Can online activities solve problems faced in the real life?

Cyber Cat

There was a cat a Cyber Cat
Who wore a very tall black and white hat
He went online to play online
And did a little this and a little that

He was very good and got much better
To enter restricted sites
To gain entrance to these he will type
Script into a few coded lines



From good to better, hard became easy, and Cyber Cat went in everywhere
He got into banks and sent lots of money to his family and friends
Cyber Cat did in fact steal and this is a crime
So with his black and white hat, Cyber Cat had to do some time.

Moral

Hacking is an example of illegal online activities, there are consequences for illegal actions.

Question: What other illegal online activities are there?

Question: When you suspect someone you know is doing the same, what can you do about it?



Cannot see Chameleon

King Lion one day held a competition
To find the healthiest animal in the kingdom
The search went far and wide
And all the animals had their own opinions

"Nothing can hurt a big body
So the winner is sure to be the biggest"
Others said "No – the winner will be the cheetah,
For who can catch the quickest?!"

The search started to find this creature
And the biggest and the quickest soon fell out
They all had infections and viruses
Of which they told no one about

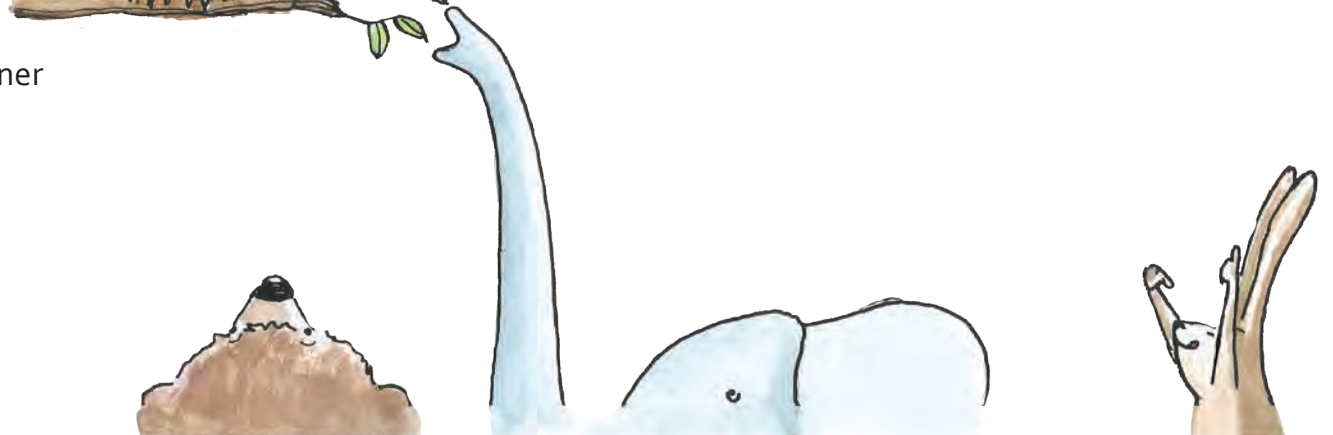
King Lion asked Teacher Owl to help
Because she could see well with her eyes
Her job was to find the healthiest animal
For surely someone must win the prize

A few days later, King Lion announced the winner
And the animal kingdom was shocked to hear
The healthiest is little Chameleon
Not a cheetah, elephant or bear



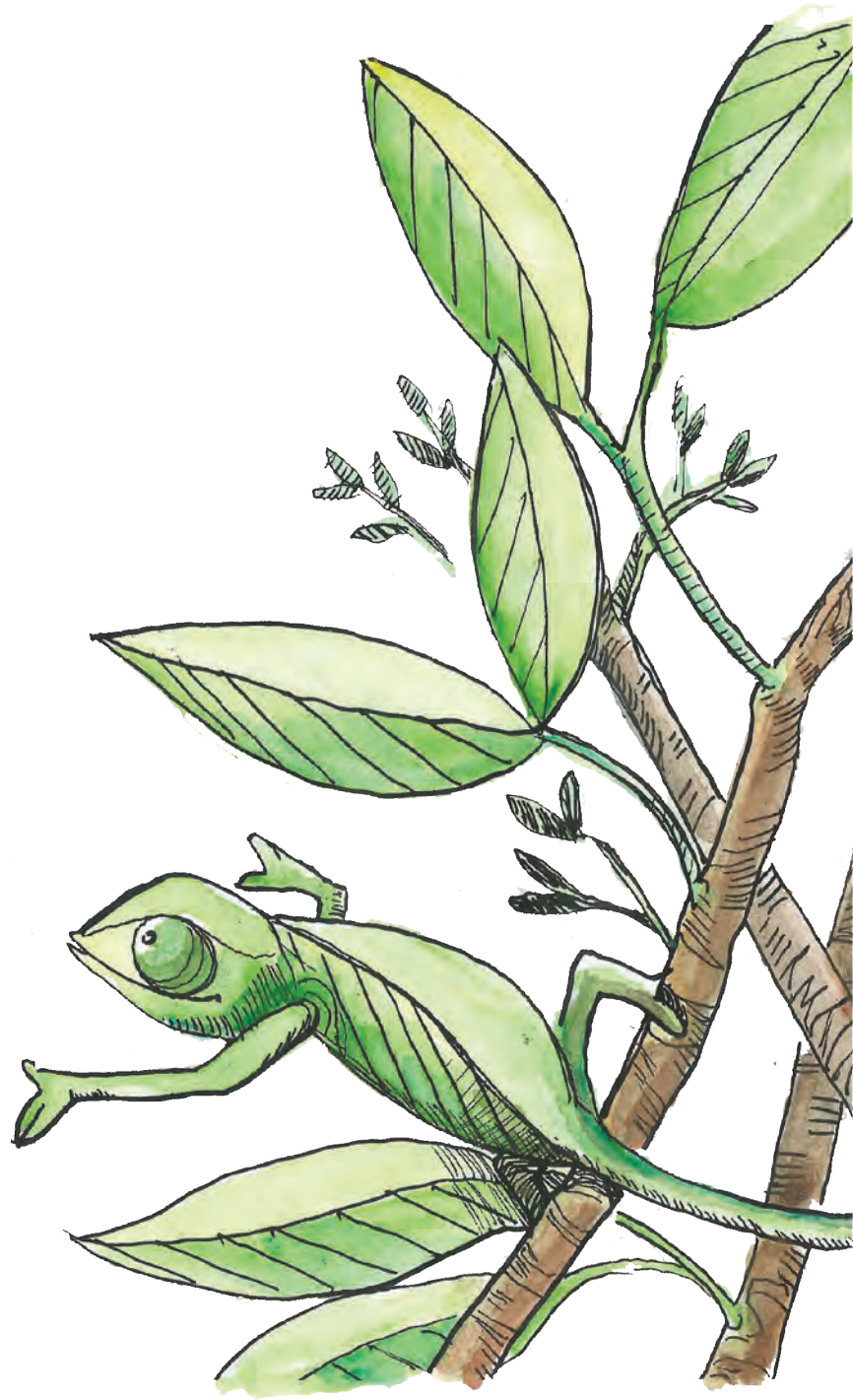
"How can it be?" they responded in shock
And asked Teacher Owl to explain,
"Chameleon secures herself from predators
And uses camouflage to protect her domain".

"She is even here right now
But her you cannot see
There is little Chameleon hiding safely
On a branch in a tree".



Moral
Protect yourself when you are connected to and using the internet.

Question: Why is it important to be healthy and safe online and in real life?



Zebra and his stripes

Stop, wait and consider
Before you cross the road
Remember the zebra lines you have to cross
To get safely to the other side?

Zebra also has stripes in black and white
And out in the African sun on the plains
He really has nowhere to hide
"What else has those colours?" the other animals ask Zebra
"Nature is green and brown and the sky is blue
Nothing else is white and black, except you!"

Zebra galloped around the animals
Proud of what he has to say
"I am a daily reminder for all of you –
On how to be safe!"
Remember those zebra lines when you have to cross the road?
Look left-right-left before you cross, you say inside?
Same as the internet, you must imagine the lines
Stop, wait and consider
Before you post anything online.

The animals were surprised and glad for the advice;
Even Rabbit nodded his head and said this is true
You really must consider everything you say and do!

Moral

Think before you post anything on social media.

Question: What other good habits are there in real life and when you are online?



Short Messages from the animals

Message 1

Remember the golden rule,
Online, in a game or outside your school.
Don't talk to a stranger.
This will keep you safe from danger.

Message 2

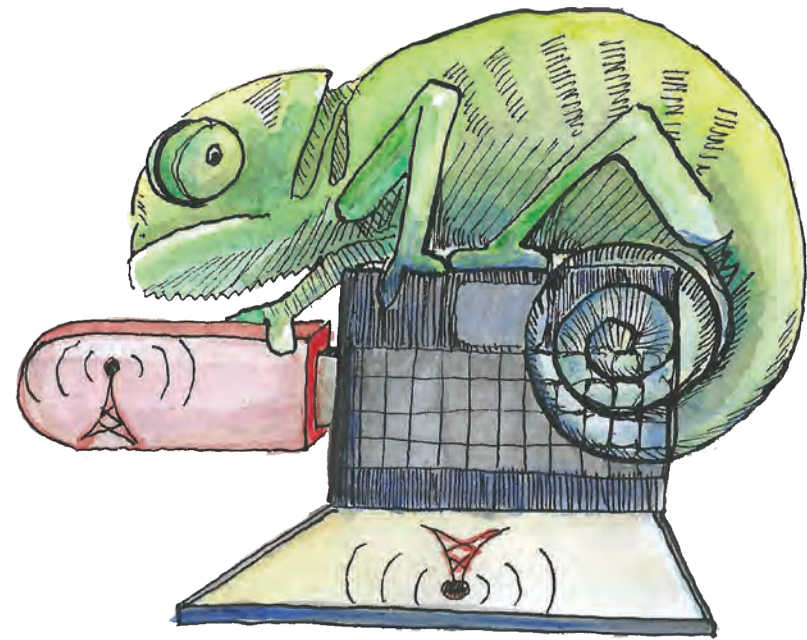
I never give personal information to anyone I don't know.
I don't tell them my name, address or where I go.
This information is private and remains alone mine.
A real friend will not ask personal questions online.

Message 3

I got messages from kids at my school.
They said things that were hurtful and mean and cruel.
It made me feel really sad,
Until I told my mom and dad.
When someone is bullying you or a friend,
Tell a grown-up so that it can end.

Message 4

When I play on my computer or phone,
I play for an hour then leave it alone.
I go outside and play in the sun.
It is healthier and much more fun.



Message 5

When I accept online friends on my phone,
I invite them into my life and home.
I only invite friends that I know.
Requests from strangers receives a big "no!"

Message 6

If somebody tries
To give you a prize.
It might be a trick
To fool you to click.
Before I click a link,
I stop and think.

Message 7

Always, always be aware
That somewhere out there, anywhere,
A stranger can see what you share.
So always, always be aware.

Message 8

When you have a tablet with internet
Be careful when visiting websites.
There's dangerous places and scary spaces
That can give you great big frights.

Message 9

Every time I go online
To find websites that are cool.
I ask for help from dad or mom
Or a teacher at the school.

Message 10

Remember, remember to never forget
A strong password is not the name of your pet.
It's letters and numbers all mixed together.
Hard to guess, but easy to remember.

Message 11

Never, never go alone
To meet a friend you met online.
Always, always tell dad or mom
As they must always go along.

Message 12

When going to the shopping centre
I pay for the things I took.
I must also pay in the online world
For a song or a game or a book.

Message 13

Vitamins keep my body strong
So that I don't get sick from germs.
Anti-virus is a computers' medicine
Against viruses, trojans and worms.

Message 14

Stop, wait and consider
Before you post online
Once it is on the internet
You really cannot hide

