

# K-12 Cyber Awareness Month 2024

Guide for School Boards on the K-12 Cyber Awareness Month (CAM) 2024 campaign

October 1st - 31st, 2024

## RESOURCES IN 2024:



K-8 Cyber Awareness Month



9-12 Cyber Awareness Month



Year-round resources – all ages

FOLLOW THE CYBER AWARENESS MONTH SOCIAL MEDIA CHANNELS, AND SHARE THE CONTENT!



Technology Leadership for Ontario's School Boards

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For more information: [www.ecno.org/cyber-awareness](http://www.ecno.org/cyber-awareness)

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## Overview

Since 2020, ECNO, school boards, and the Ministry of Education have partnered to develop a K-12 cyber awareness campaign for English and French language school boards in Ontario.

The primary goal of the campaign is to help boards promote increased awareness of online risks and encourage safer and more secure practices across their school communities when using digital technologies and the internet, as well as encourage safe online practices at home.

The purpose of this document is to provide school boards with an overview of the 2024 K-12 Cyber Awareness Month (CAM) campaign and associated resources. The campaign resources are packaged for boards to use as-is, or tailor it to meet specific board internal cyber awareness needs. Each board can choose to direct their audience to the main [K-12 CAM campaign webpage](#) or create their own branded landing page with links to campaign resources.

## Ready-made content

School boards can choose to use the K-12 Cyber Awareness Month campaign as defined; it is ready for use as a “campaign-in-a-box” for both elementary and secondary classes. School boards can also choose to tailor it to align with specific board needs and cyber awareness plans.

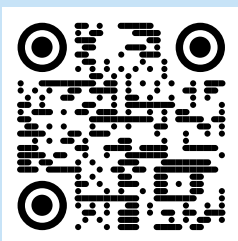
Boards may also want to supplement the campaign materials with board-specific information such as policies, processes and procedures as a reminder to school communities.

Boards can also find information about other cyber awareness campaigns such as the [Ontario Cyber Security Division's Cyber Security Awareness Month](#) and the [Get Cyber Safe Cyber Security Awareness Month](#), and may wish to leverage resources from those campaigns as well. Additionally, a new [K-12 Zone](#) has been created by the Ontario Cyber Security Division with additional resources specifically aimed at K-12 audiences. The K-12 Zone is updated this year to include additional resources. All the latest information can be found on the K-12 Zone site.

All boards are encouraged to review the myriad cyber awareness resources available to them and determine what works best for their own cyber awareness campaign needs.

## Why is this work so important?

Over the past decade, we have seen the adoption of digital technologies and the Internet at an unprecedented pace, affecting every aspect of our lives including work, education and staying connected. More recently Artificial Intelligence (AI), especially Generative AI, has further influenced our relationship with technology. These evolving tools, communities and practices influence the way we learn, work, create and innovate.



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The quick and vast adoption of digital technology has increased cyber risks and online threats, as evidenced in the media and through various warnings issued by industry and government entities. Cybercriminals have taken advantage of this exponential increase in internet usage and continue to look for new ways to exploit users, irrespective of age.

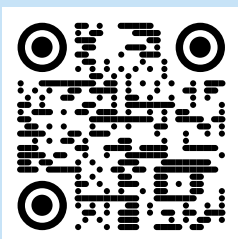
By adopting safe and secure practices you are not only protecting yourself, but also reducing the likelihood of cyber-attacks against all members of the school community and within your household. Collectively, we can make our online and virtual lives safer for everyone by developing and maintaining personal safe online habits.

The K-12 Cyber Awareness Month campaign has been developed to promote best practices in cyber safety, cyber security and online privacy in the K-12 sector. It is an adaptation – tailored for the K-12 environment – of the internationally recognized October Cyber Security Awareness Month which is often mentioned in the media.

## **Actions we can take together to be cyber heroes**

**The resources in this campaign offer helpful information, reminders and tools so that staff, educators, school leaders, students and parents/guardians can become more cyber aware and vigilant by:**

- Using the internet and digital technology for good, spreading positivity and respect.
- Using AI safely and responsibly and being aware of its risks.
- Watching for and reporting questionable activities such as phishing, misinformation, and scams.
- Standing up for themselves and others when inappropriate online behaviour is noticed.
- Keeping personal or sensitive information to themselves and continuously being thoughtful about which information to share online and with whom.
- Sharing and promoting what they learn about safe and secure practices with friends and loved ones.



**For more information:  
[www.ecno.org/cyber-awareness](http://www.ecno.org/cyber-awareness)**

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# K-8 Cyber Awareness Month

The Cyber Heroes Unite theme is a campaign specifically aimed at K-8 students. It is a call to action for everyone to be vigilant in our commitment to online safety, privacy, and responsible use of digital technology whether in class or at home.



## Each week in October promotes specific topics:

- Week 1 – Cyber Essentials, covering the basics
- Week 2 – Building awareness of the risks of Artificial Intelligence
- Week 3 – Navigating our connected worlds such as social media and gaming
- Week 4 – The importance of digital wellness

## Resources:

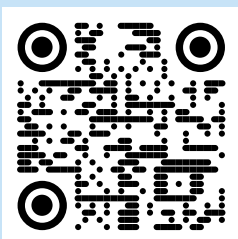
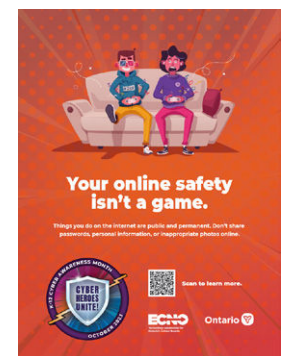
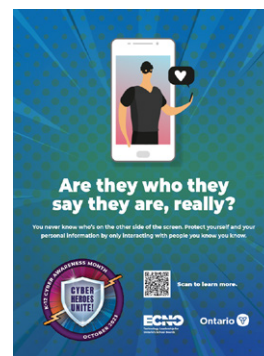
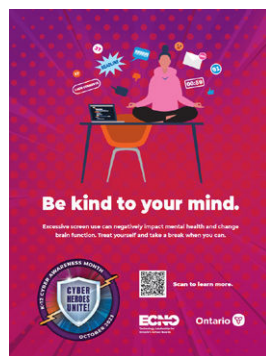
### Videos (12)

Each weekly theme introduces three videos, which use child-friendly characters to tell a story that reinforces a particular message. Transcripts are also available.



### Posters (15)

A total of 15 colourful posters can be placed in classrooms or common areas to reinforce the key messages of the campaign. Poster graphics can also be used on social media, in newsletters, printed as postcards or even printed on t-shirts! Black and white versions are also available.

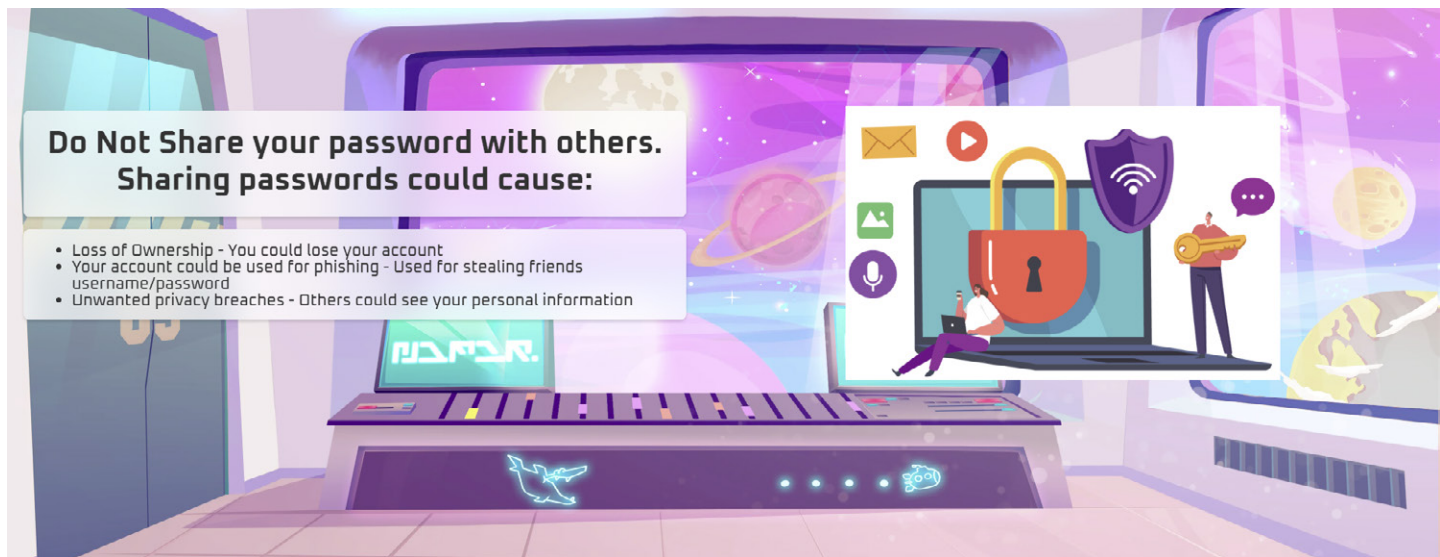


For more information:  
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## Kahoot games



**Do Not Share your password with others.  
Sharing passwords could cause:**

- Loss of Ownership - You could lose your account
- Your account could be used for phishing - Used for stealing friends username/password
- Unwanted privacy breaches - Others could see your personal information

## Teacher lesson plans and in-class exercises

Created by educators, several classroom exercises, games and lessons are also available to make it easier for teachers to introduce cyber awareness into classroom discussions and activities.

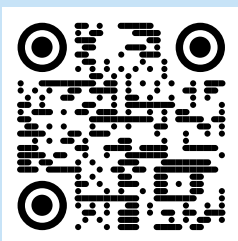


## Infosheets

See [page 8](#) to learn more about informative infosheets that you can also integrate into your in-class experience.

## Additional resources

Links to other online resources providing useful information about cyber safety and security are also available on each weekly theme's web page.



For more information:  
[www.ecno.org/cyber-awareness](http://www.ecno.org/cyber-awareness)

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# 9-12 Cyber Awareness Month

The Digital Me materials encourage youth in Grades 9-12 to take control of their digital knowledge and online presence, and to make informed choices concerning their digital identity and technology use. It includes useful information, tips and resources. It is a call to action for everyone to be vigilant in our commitment to online safety, privacy, and responsible use of digital technology whether in class or at home.

## The Digital Me portal contains resources in four themes:

- Theme 1 – Cyber Essentials
- Theme 2 – Artificial Intelligence and You
- Theme 3 – Your Online Community
- Theme 4 – Digital Wellbeing



## Resources:

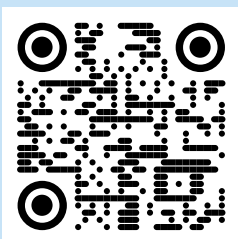
### Videos (12)

Each weekly theme introduces three videos which tell a story that reinforces a particular message. Transcripts are also available.



### Posters (12)

These captivating posters can be placed in classrooms or common areas to reinforce the key messages of the campaign. Poster graphics can also be used on social media, in newsletters, printed as postcards or even printed on t-shirts! Black and white versions are also available.



For more information:  
[www.ecno.org/cyber-awareness](http://www.ecno.org/cyber-awareness)

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## Teacher lesson plans and in-class exercises

Created by educators, several classroom exercises, games and lessons are also available to make it easier for teachers to introduce cyber awareness into classroom discussions and activities.

## Infosheets

See page 8 to learn more about informative infosheets that you can also integrate into your in-class experience.

## Additional resources

Links to other online resources, providing useful information about cyber safety and security are also available on each weekly theme page.



# Year-Round Resources

## Cyber Awareness Infosheets

A series of 12 detailed Infosheets provide additional information and context for in-class discussion or as a resource to send home.

### Topics:

1. Cyber Hygiene
2. Cyber Scams and Phishing
3. Being Kind Online
4. Keep your Information Private
5. Online Grooming and Luring
6. Back Up your Data
7. Safe Gaming and the Metaverse
8. Digital Wellness
9. Social Media
10. Summer Cleanup
11. Connected Homes
12. Understanding Artificial Intelligence



### Summer Cleanup

Refreshing your digital space

**Unused apps or programs**  
Take an inventory of the apps downloaded on your phone or computer. Don't use any that have not been used for a while. If you don't use the app, delete and remove old information from being shared. Some retailers offer regenerative credits so it's best to delete them to avoid any risk.

**Accounts... going, going, gone**  
Go through your email and accounts that are no longer active. If you have a problem with your digital privacy and security in the event of a data breach:

- Accounts can be found by taking the following steps:
  - Search for your name and email addresses.
  - Contact your preferred manager for any unwanted accounts.
  - Log through old emails.
  - Check through old calendars and calendars.
  - Check mail made for old connected accounts.

**Clear cache and cookies**  
Deleting this data is a great way to clear information on local storage and in the browser, making it a great tool to help you stay up-to-date on your cache and cookies helping to refresh your online privacy.

**To protect yourself, you can:**

- Customise your browser security settings to alert you when the browser is about to download something to the desktop.
- Turn off auto-fill for any personal details.

**E-Waste**  
Electronic devices are a waste for short-lived electronic devices that are no longer wanted. The good news is there are the alternatives required to help you recycle your e-waste.

**Types of e-waste that can be donated or recycled:**

- Smartphones and tablets.
- Digital cameras and mobile players.
- External hard drives, printers, monitors, external hard drives, USB sticks.
- Gaming consoles.

**Before you donate or recycle your device:**

- Backup your information to another device or the cloud.
- Format hard drive and check that memory cards are removed.

To dispose of e-waste, search online for drop-off locations in your neighbourhood.

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### Cyber Scams and Phishing:

Don't be a victim!

**Most common types of online scams:**

- **Phishing and smishing** is a technique used by cybercriminals to steal sensitive information from a "sea" of users - through email or text messages.
- Phishing emails often try to trick you into giving up your login or credit card information. They look like they're from someone you know or trust.
- These messages urge you to click a link, open an attachment, call a hotline or justify an email address.
- The scammers then proceed into providing their personal information and requesting further details or payments by cybercriminals.

**File safe apps** are used by cybercriminals to claim harm to users and their devices. They are designed to appear like legitimate applications. Instead, they steal your private data, messages, or steal your personal information.

**Watches the self-protection:** These sites offer low priced, high demand products that steal devices.

**Verifying** online requests must include a trusted, and shopper information is stolen.

**How to avoid scams:**

- Don't open attachments, do not click links, and do not respond to suspicious messages from the sender using an alternate or suspicious email address, phone, text, or communication channel.
- Avoid suspicious apps and data permissions for anything that doesn't fit the app's purpose.
- Always use secure sites for the 5 W's: **Who, What, Where, When, Why** - always verify the legitimacy of the sender, the product, the price, and the information.
- Do not provide personal information on social media.

**If you think you may be a victim of a scam:**

- Stop all communication with the scammer.
- Seek help from an adult or police.
- Report the scam to your local police.

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### Digital Wellness

Using technology in a healthy way

Digital Wellness aims to promote healthy habits essential to using technology in ways to maintain a healthy lifestyle.

**How to improve our digital wellness:**

- **Stay healthy:** Children and youth spend 10-12 years old should get 60 minutes of moderate to vigorous physical activity daily.
- **Limit recreational screen time:** Screen time should be limited to 2 hours per day.
- **Get enough sleep:** Children ages 10-12 years old need 9-11 hours of sleep; teens need 8-10 hours of sleep; young adults need 7-9 hours of sleep.
- **Build healthy relationships:** It's important that kids spend time with others and practice good communication skills and emotional regulation.
- **Discuss healthy online activity:** You are encouraged to explore the online world and to know how to manage your online privacy.

**Prescription nature:**

As a community, we need to ensure that positive effects of technology on mental health and well-being are maximised and negative effects are minimised. Spending too much time on screens can impact mental health and well-being.

**Here are some ways you can connect with nature:**

- Use technology to explore nature.
- Go for a walk in a park or forest.
- Log online in the green and watch the clouds.

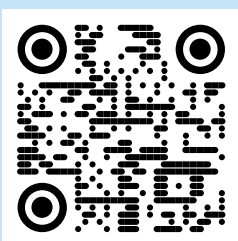
**Getting help:**

Active Kids provides free, 24/7 confidential support for your mental health and well-being. Help is available online by visiting [www.activekids.ca](http://www.activekids.ca) or by calling 1-800-487-0888.

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## Events Calendar

Sometimes a themed day such as “World Mental Health Day” can be a useful prompt for more discussion about cyber awareness. Use our handy events calendar to help guide focused discussions.

## Other Awareness Campaigns

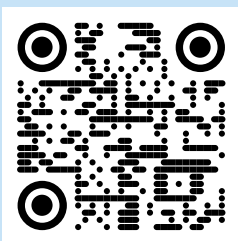
In addition to the K-12 CAM campaign described in this document, school boards may also wish to explore the following awareness campaigns from the Ontario Cyber Security Division (CSD) and Get Cyber Safe, a national public awareness campaign provided by the Government of Canada:

**Ontario’s Cyber Security Division (CSD)** – Throughout the month of October, CSD will share with the Broader Public Sector (BPS) – campaign information, interactive games, videos and articles through the [Cyber Security Ontario website](#). BPS organizations, including school boards, will be able to leverage the resources within their organization. In addition to the CSD campaign, a new K-12 Zone is available specifically for schools. It contains videos, games, articles, and quizzes specifically geared towards students, parents, and educators. The [K-12 Zone](#) is open to the public (no registration or login needed). Free user registration is required to access the CSD campaign.

**Get Cyber Safe, Government of Canada** – The Get Cyber Safe Cyber Security Awareness Month website provides additional useful themes and materials. For more information refer to the [Get Cyber Safe Cyber Security Awareness Month webpage](#).

## Other Notable Resources

In addition to the multiple links to various resources shared throughout the campaigns, the IPC (Information Privacy Commissioner of Ontario) has set a goal to champion the access and privacy rights of Ontario’s children and youth. Schools, educators, children/youth, parents and communities can find several practical privacy resources on their [Resources for children and youth webpage](#).



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