

*The game...*

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**8-12  
years**

**HAPPY  
ONLIFE**



*Together in the digital world!*



EUR 27011 EN

*In the classroom  
and at home...*



European Commission  
Joint Research Centre  
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## HAPPY ONLIFE – RULES OF THE GAME

This is a funny and intriguing game for children and youngsters aged 8 years or more. It is also recommended for adults. The game promotes the golden rules for a safe and proper use of the Internet.

Age: 8 + years old.  
Players: from 2 to 6 players.  
Length: around 20 or 30 minutes.

#### Material of the game

- ▶ 1 dice
- ▶ 40 *Challenge* cards: 10 cards *Let's Chat!*, 10 cards *Stop Online Bullying!*, 10 cards *Watch Out!*, 10 cards *Play Safely!*
- ▶ 10 cards *Anti-Virus!*
- ▶ 1 board
- ▶ 6 coloured tokens

#### Aim of the game

The aim of the game is to be the first to arrive at the *Finish* square, answering correctly the various questions of the *Challenge* cards.

#### Players

There can be from 2 to 6 players aged 8 years or more. If available, an adult could act as moderator. Note that players can be individuals or teams each consisting of 2 or 3 players.

#### Svolgimento del gioco

- ▶ Lay down the *Challenge* cards in the appropriate placeholders on the board.
- ▶ Each player takes a coloured token and places it on the *Start* square on the board.
- ▶ Players play in turn.
- ▶ The youngest player starts the game by rolling the dice and moves his/her token along the squares given by the number on the dice. The player then gives the dice to the player on his/her left who will play proceeding in the same way.

#### If the player stops on

- ▶ One of the squares marked with the symbol of the *Challenge* cards: *Let's Chat!*, *Stop Online Bullying!*, *Watch Out!*, *Play Safely!*, the moderator or the player on his/her right reads out the *Challenge* question and the challenged player tries to answer. If the answer is wrong, the challenged player places his/her token on the *STOP* square next to the *Challenge* square to think over his reply. He/she will go on playing from this square at his/her next turn. Having answered the question, the card is placed underneath its deck.
- ▶ An *Anti-Virus* square. Congratulations! The player receives an *Anti-Virus!* card, which could be useful when stopping on a *Virus* square (square 11 and 26).
- ▶ A *Virus* square, where the player is attacked by a computer virus. He/she has to reconfigure everything and waits a turn, unless he/she has an *Anti-Virus!* card (e.g. acquired from square 4 or square 19).

#### Note

- ▶ When stopping on square 8, the waiting time could be longer, you have to proceed by following the arrows on the squares next to it.
- ▶ The square *Jump to 10* enables the player to move onto square 10.
- ▶ The *Challenge* cards marked with the symbol ♁ are special. By answering correctly to questions ♁, you will acquire an *Anti-Virus!* card.





**STOP ONLINE  
BULLYING!**



**HAPPY  
ONLIFE**



**STOP ONLINE  
BULLYING!**



**HAPPY  
ONLIFE**



**STOP ONLINE  
BULLYING!**



**HAPPY  
ONLIFE**



**STOP ONLINE  
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**STOP ONLINE  
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**HAPPY  
ONLIFE**



**STOP ONLINE  
BULLYING!**



**HAPPY  
ONLIFE**



Someone sends you upsetting messages. What do you do?

- 1 You ignore it, block the sender, keep the message and show it to an adult.
- 2 You send nasty messages back.
- 3 You get your friends to send the person unpleasant messages.
- 4 You find another way to get revenge.

Correct answer: 1 - Ignore it, block the sender, keep the message and show it to an adult.



Your friend is posting embarrassing pictures of your classmates online. What do you do?

- 1 You ignore it, there are no pictures of you.
- 2 You advise your friend to remove them as he/she could get into trouble with school or even the police. You share this situation awareness with an adult.
- 3 You copy the pictures and send them on to others.
- 4 You tell your classmates and leave it to them to sort out.

Correct answer: 2 - You advise your friend and share this with an adult.



What is NOT cyber-bullying?

- 1 To send smileys from time to time to the person you like.
- 2 Every day, someone from your class laughing at a classmate and posting messages on the class favourite social-network.
- 3 To share every now and then pictures of one of your classmate without his/her consent.

Correct answer: 1 - To send from time to time smileys to the person you like.



When people bully others online

- 1 It is the responsibility of the person who is being bullied.
- 2 It is the responsibility of the bully.
- 3 It is the responsibility of the bully, but also of the bully's supporters and the silent witnesses.

Correct answer: 3 - It is the responsibility of the bully, but also of the bully's supporters and the silent witnesses.



If you regularly send mean or upsetting messages to someone, you are ...

- 1 Allowed to do this thanks to "freedom of speech".
- 2 Just having fun.
- 3 Cyber-bullying the person.
- 4 Protected because it is anonymous.

Correct answer: 3 - You are cyber-bullying the person. Stop it.



What is bullying?

- 1 Two boys or girls that have a fight.
- 2 Being proud of taking every day your mate's snack. What a laugh!
- 3 Whispering a wrong answer to your mate during a test.

Correct answer: 2 - It is a planned and repetitive aggression from a bully.



Can you be prosecuted for bullying?

- 1 No. Bullying is not considered as a criminal act.
- 2 Yes. Bullying is considered as a criminal act.
- 3 Yes. You can be prosecuted for acting against the law (violence, defamation, identity theft,...).

Correct answer: 3 - Yes. You can be prosecuted for acting against the law in different ways.



You had a strong argument with a friend. You decided to take revenge and you wrote bad messages on his profile page online. Just after, you realised that you overreacted and it was a stupid thing to do.

Can you cancel the messages?

- 1 No. I can't cancel the messages. This is an irreversible process.
- 2 Yes. I can, but it is possible that already someone saw, commented, or shared those messages.

Correct answer: 2 - I can cancel the messages, but someone could have already seen, commented, shared those messages. In principle, the internet never forgets anything that you write, there could remain a trace.



One of your 534 Facebook friends has made a comment on your wall that you don't like at all. What do you do?

- 1 You write back on his/her wall with the same tone. "We reap what we sow!"
- 2 You do not react on the spot. You wait to cool down before writing a private message.
- 3 You ignore it.

Correct answer: 2 - You wait to cool down before then writing a private message.



One of your classmates is not interested in Twitter. All the class laugh about it and one day someone decided to create a fake profile under his name. What could be the consequences?

- 1 The classmate is happy and thanks all.
- 2 Maybe this was just too much. The creators close the account and apologise.
- 3 The classmate could make a complaint.

Correct answer: 3 - Even after closing the account, the classmate could make a complaint for identity theft. There could be criminal charges.



**LET'S CHAT!**



**HAPPY  
ONLIFE**



**LET'S CHAT!**



**HAPPY  
ONLIFE**



**LET'S CHAT!**



**HAPPY  
ONLIFE**



**LET'S CHAT!**



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**HAPPY  
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**LET'S CHAT!**



**HAPPY  
ONLIFE**



**LET'S CHAT!**



**HAPPY  
ONLIFE**



You've met someone in a chat room and been talking to him/her. The person seems very nice and asks to meet you, what should you do?

- 1 Meet up because you've been chatting to the person for a while and he/she seems really nice.
- 2 Call the police.
- 3 Go along, but take a friend with you.
- 4 Talk to a trusted adult about what is the best thing to do.

Correct answer: 4 - Talk to a trusted adult about what is the best thing to do.



You are on holiday next to the sea. Your worst nightmare is to forget:

- 1 The charger for your online device/console.
- 2 Your swimsuit.
- 3 Your toothbrush.

Correct answer: 2 - Your swimsuit.



You've met someone at the school bus stop. You wish to make him/her a friend, what should you do?

- 1 You look for him/her online and you ask to be friend.
- 2 During the next few days, at the bus stop, chat with the person to find out who he/she is.
- 3 Ask to one of your Facebook friends to spy information about this person.

Correct answer: 2 - Chat with the person to find out who he/she is.



When you post a photo online...

- 1 You do not control it anymore.
- 2 You can cancel it anytime.
- 3 You can ask Google to cancel it.
- 4 You can forbid other users to download it.

Correct answer: 1 - You do not control it anymore, it can be copied, sent, posted, commented or tagged.



What do you do if someone you do not know wants to be added as your friend in a Social Network?

- 1 Decline contacts from strangers.
- 2 Add the person, the more the merrier.
- 3 Call the police.
- 4 Chat with the person to find out who he/she is.
- 5 Accept friends of friends only.

Correct answer: 1 - Decline contacts from strangers.



You want to break up with your boy/girlfriend. What should you do?

- 1 You send an sms/whatsapp message.
- 2 Make a date and talk with him/her.
- 3 You publish your new Facebook status: single!

Correct answer: 2 - Make a date and talk with him/her.



With your parents you have decided to limit the time spent on internet. After dinner-time no technology! It's late and you realize that you need to know about something you will easily find online. What should you do?

- 1 You pay your brother and you convince him to go online on your behalf.
- 2 You wait till tomorrow.
- 3 You hide yourself in the bathroom and go online secretly.

Correct answer: 2 - You wait, make a note on paper so you can check it tomorrow.



It's Sunday! All members of your family plan to have lunch together. What do you not need on the table?

- 1 Salt and pepper.
- 2 Smartphone.
- 3 Lasagne.

Correct answer: 2 - Smartphone



When you communicate with people online you should:

- 1 Say whatever you like, they don't know who you are.
- 2 Be responsible - do not hide behind a screen identity.
- 3 Never communicate online.

Correct answer: 2 - Be responsible - do not hide behind a screen identity. A rule of thumb is to never say anything you would not say to a person's face directly.



If a contact is getting annoying or aggressive, what do you do?

- 1 Ignore the person, speak about it with your parents or an adult of trust and block the contact.
- 2 Call the police.
- 3 Send the person a virus.

Correct answer: 1 - Ignore the person and block the contact.



**WATCH OUT!**



**HAPPY  
ONLIFE**



**WATCH OUT!**



**HAPPY  
ONLIFE**



**WATCH OUT!**



**HAPPY  
ONLIFE**



**WATCH OUT!**



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**WATCH OUT!**



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**WATCH OUT!**



**HAPPY  
ONLIFE**



**WATCH OUT!**



**HAPPY  
ONLIFE**



You're using the Internet to help you with your homework when a banner pops up saying you have won a great prize! What should you do?

- 1 Click on it straight away - It's always good to win something.
- 2 Ignore it - you haven't won anything and it will probably take you to a site that will try to sell you something. Clicking on the banner may even infect your computer with a virus.
- 3 Go and ask a trusted adult what to do.
- 4 Just click on the banner to see what it's all about.

Correct answer: 2 - Ignore it.



Your mother has posted on your favourite Social Network a funny picture of you when you were 4 years old. She thought you were cute, but you feel embarrassed. What should you do?

- 1 You insult her back.
- 2 To have revenge, you publish a picture of her with a beauty mask and curlers on her head.
- 3 You ask her to delete the picture and you explain that she should have asked for your opinion beforehand.

Correct answer: 3 - Ask to delete the picture.



How private should you keep your mobile phone number?

- 1 Not much, it's just a number.
- 2 Only share with people you know and trust.
- 3 Don't tell it to anyone!

Correct answer: 2 - Only share with people you know and trust.



How can you keep your computer safe from viruses?

- 1 Make sure it does not get cold.
- 2 Turn it off at night.
- 3 Use anti-virus, anti-spyware, spam-filter software and update your system regularly.
- 4 Don't play online games with it.

Correct answer: 3 - Use anti-virus, anti-spyware and spam-filter software and update your system regularly.



When you open a Facebook account, what should you choose as "Privacy settings"?

- 1 The Default settings, whatever they are.
- 2 Set everything public and available.
- 3 Make content available to friends of friends.
- 4 Make content available to friends only.

Correct answer: 4 - Make content available to friends only.



Someone has tagged you, but you do not agree with the content of that tag. What could you do?

- 1 I can delete the tag.
- 2 I cannot delete the tag, so I don't care.
- 3 I cannot delete the tag, so I must ask the person who tagged me to delete it on my behalf.

Correct answer: 3 - The system does not allow you to delete the tag. Think before "tagging"!



You took a picture of one of your teachers. As he/she looks funny and ridiculous, you decide to share the picture with friends and publish it on the Internet. Are you allowed to do so?

- 1 Of course! I took the picture, so I can share and publish it.
- 2 I have to ask for permission of the teacher.
- 3 I cannot do it.

Correct answer: 2 - The permission is needed, and might be granted.



You wish to share video and pictures with family and friends. Which Internet tools could you use?

- 1 Youtube: everybody will have access!
- 2 Facebook: I will receive a lot of "Like's"!
- 3 I can share a private link to those persons, who may be interested.

Correct answer: 3 - I can share a private link to those persons, who can be interested in. This will help avoid identity theft.



You wish to open a Facebook account. Do you know the minimum age required to do that?

- 1 There is no established age limit.
- 2 You need to "come of age" (18 or 21).
- 3 Facebook requires everyone to be at least 13 years old before they can create an account.

Correct answer: 3 - To be at least 13 years old.



You have received a phone call from someone you don't know. You realise that this person has several pieces of information about you. What could you do?

- 1 You check what is the information available about you, on the Internet. If you find that your mobile number is available, you try to delete it.
- 2 You ask to this person how he/she managed to find your details.
- 3 You change your phone number.
- 4 You ask him/her to stop calling you.

Correct answer: 1 and 2 - Check if your details are available on Internet about which you are not aware or check your details with the person making 'cold-calling'.



**PLAY SAFELY!**



**HAPPY  
ONLIFE**



**PLAY SAFELY!**



**HAPPY  
ONLIFE**



**PLAY SAFELY!**



**HAPPY  
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**PLAY SAFELY!**



**HAPPY  
ONLIFE**



One of your friends plays online multiplayer games. He/she became friend with one of the players who now invite him/her to meet for real. What is your advice?

- 1 Go with an adult only if the meeting is at daytime, in a public space full of other people.
- 2 Inform your parents and decide with them how, when and where meeting your online friend.
- 3 You look for more information on the player on the net.
- 4 You do not go.

Correct answer: 1 - People can be very different online and offline. Some can even turn out to be friendly at all.



You are playing an online multiplayer game. It is time for dinner. What do you do?

- 1 You do not eat. You cannot abandon your clan right now!
- 2 You get 5 more minutes from your parents to close the game.
- 3 You pass the game to your brother. He will eat after you!
- 4 You pause the game. You will get back to it tomorrow.

Correct answer: 4 - It is important to be able to stop the game anytime. Gaming can turn-out to be badly addictive.



You are playing in an adult online multiplayer game. The players of your team invite you to join them for a drink at the local pub. What do you do?

- 1 You go to the pub and do not tell anything to your parents.
- 2 You ask your 20 year old cousin to come with you.
- 3 You realise that this is not for you. You find a way to excuse yourself and you do not go.

Correct answer: 3 - Playing adult games is not for you. You must find a way to excuse yourself and you do not go.



You have received a new videogame for your birthday. You started to play but now you are stuck in the game. What is best to do?

- 1 Ask your best friend.
- 2 Ask help from your parents. You may find and watch together a tutorial to help.
- 3 You look for a solution online to continue the game.

Correct answer: 2 - Friends are good to help but your parents might be able to help you more than you think.



You discovered a website where you can download music and movies for free. What do you do?

- 1 Download all the material you wish.
- 2 Because you are not sure whether it is legal or harmful for your computer, you download the files to someone else's computer instead.
- 3 Check if this site is legal before downloading.
- 4 Turn off your computer and take a bath.

Correct answer: 3 - Check if this site is legal before downloading.



When playing online games, what is the best thing to do?

- 1 To use your real name.
- 2 To use a made-up name, a "nickname".
- 3 To wear gloves.

Correct answer: 2 - To use a made-up name, a "nickname".



A friend sends you an email with the photo of a giant human skeleton with three legs. What do you think?

- 1 This is true. It is a photo, so it must be true.
- 2 This is a fake. Photos can be altered using a computer.

Correct answer: 2 - Photos can be altered using a computer.



If a new window pops up whilst you are browsing, what should you do?

- 1 Close pop-up windows by clicking on the red X at the top right corner. Never click inside these windows!
- 2 Ignore it and leave it open.
- 3 Click inside it, you might have won something.

Correct answer: 1 - Close pop-up windows by clicking on the red X at the top right corner.



For school you have to search for information on a famous explorer. You google the name and find plenty of information online. What do you do?

- 1 I copy and paste the information I find from one of the pages I like.
- 2 I check around, make my own summary and mention my sources.
- 3 I use the info from the page at the top of the results list, that's the best information.

Correct answer: 2 - I check around, make a summary and mention my sources.



You are in bed. You can't get to sleep. Images of the video game you have played all afternoon come before your eyes each time you close them. It is late and tomorrow you have school classes. What do you do?

- 1 You read a book so that you change your mind hoping that sleep will come soon.
- 2 You have probably played too much today. Next time try to alternate with other activities.
- 3 You turn back to play.

Correct answer: 1 and 2 - Screen watching for long periods can disturb you in many ways. Bright lights directly in your eyes in the hour before bedtime can suppress hormones related to the physical act of sleeping.



**ANTI-VIRUS!**



**HAPPY  
ONLIFE**



**ANTI-VIRUS!**



**HAPPY  
ONLIFE**



**ANTI-VIRUS!**



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**ANTI-VIRUS!**

## EXTRA ACTIVITIES

These cards collect ideas for additional activities promoting a constructive vision of online behaviour.

## ROLE PLAY



Empathize with one another to see with their eyes and share their feelings through role playing, to face the same experiences online.

## TOOLBOX



A toolbox to be filled together: let's build it with the tools most suited to our community.

## CYBER-BULLYING? NO THANKS!



Create a positive consciousness through multiple activities at school, involving the whole community. Create a logo in support of this statement.

## STORYTELLING AND DIALOGUE



Through the experience of storytelling of real or fantasy events, promote dialogue in schools and in families.

## ART ATTACK!



Through art, express and communicate problems and solutions for a secure life online.

## VIDEO COMPETITION



A video competition: the viewpoint of the youngsters on online events and their suggestions for addressing them.

## PHOTOGRAPHY COMPETITION



A photography competition on how to support fair relationships [collaborative projects, games, etc.]

## THEATRE



Through theatrical fiction present possible situations and suggest positive developments for a safe onlife.

## A SAFE PLACE



Create a "safe place" at school where youngsters could meet with peers and get advice and support. Therefore promote equal opportunities, and being sure to be well received.

## SCHOOL BOOKLET



A manual to prevent and address online problems made "for and by" all the school community.

## FESTIVAL



Promote various initiatives such as performances, exhibitions and movies dedicated to raise awareness on the risks and opportunities of the online world.

## BEST RULES OF ONLIFE ETHICS



Shared rules of common ethical objectives agreed through the participation of all: children, teachers and parents.

## GAMES



Game as a means of expression, prevention and solution, both individually and in groups, to achieve a balanced life between the physical and online dimensions.



## STOP ONLINE BULLYING!

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- ⚡ If you feel uneasy with something happening online, ask for help! Talk to your parents or to an adult you trust! There is also the charity Childline at 0800 11111, [childline.org.uk](http://childline.org.uk) in the UK or 1800 66 66 66 and [childline.ie](http://childline.ie) in Ireland.
- ⚡ Keep calm, do not respond to provocation and track/save threatening messages to be able to possibly show to the judiciary in case of investigations.
- ⚡ If you witness an incident of (cyber) bullying, act! Report it to a trusted adult.



## WATCH OUT!

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- ⚡ Meeting with someone you only came to know via the web can be dangerous! First of all, talk to your parents and have them come with you!
- ⚡ On the Internet what you see is often not completely true! Visit various sites to check information!
- ⚡ Take care of your personal data! Do not disclose your name, address, phone number, school.



## PLAY SAFELY!

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- ⚡ Enjoy yourself without harming others! Bring kindness and courtesy even online!
- ⚡ Defend your privacy! Think up an unlinkable pseudonymous nickname for your games on the web!
- ⚡ Respect yourself! Do not let the game decide for you. Set a playing time and respect it.



## LET'S CHAT!

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- ⚡ Post mindfully! Think before posting, everything you post on Internet remains forever. Do not write anything you would not say to someone's face.
- ⚡ Mind your digital reputation! Pay attention to what is said, posted and shared on the web.
- ⚡ Beware of scams! Pop-ups or ads are often tricks to get you to spend money with a single click! Close them with the cross icon immediately!

