



CyberBuddy



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Guide to CyberBuddy Digital Escape Rooms

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Introduction

This guide introduces the concept of Digital Escape Rooms, which are online activities designed to improve learners' critical thinking, problem-solving, and social awareness skills. Learners are invited to explore a variety of scenarios and quizzes that mirror real-life scenarios, encouraging both individual and collaborative learning. These escape rooms provide an innovative educational approach that blends storytelling with interactive problem-solving. Learners are motivated to think strategically and creatively through engaging content and practical quizzes. By completing these escape rooms, learners will receive support in developing their digital and media literacy skills to act responsibly online.

The guide gives further insight into the 18 topics of the CyberBuddy Digital Escape Rooms. Each topic is explored, offering a brief introduction and an overview of the key competencies addressed in each escape room. Whether learners wish to improve their understanding and skills in managing online harassment, social isolation, and other online threats, these digital escape rooms offer an engaging and secure learning environment.

Concept of Digital Escape Rooms

A Digital Escape Room is an immersive online experience designed for users to test and strengthen their thinking skills alongside their peers.

Through completing the puzzles and mini-games learners can apply the following skills to solve and complete the digital escape room:

- Critical thinking,
- Problem-solving,
- Social awareness,
- Independent research,

Digital escape rooms offer an innovative approach to education and promote active participation and real-world problem-solving. These interactive activities aim to engage individuals in their learning, prompting them to apply knowledge creatively and practically. Digital escape rooms combine storytelling, puzzle-solving, and critical thinking to create an immersive environment. This motivates learners to collaborate and think strategically to overcome obstacles. This approach aims to enhance engagement and foster a deeper understanding of the subject matter, as learners must apply what they've learned to progress.

One of the key benefits of using digital escape rooms in education is the opportunity to develop and use a variety of skills simultaneously. Learners are encouraged to think critically, communicate effectively, and work together towards a common goal. These activities often require a blend of different competencies, from logical reasoning to digital literacy, ensuring a comprehensive learning experience. The collaborative nature of these escape rooms also mirrors real-world scenarios, where critical thinking and problem-solving are essential. As learners work through the quizzes and escape rooms, they gain confidence in their abilities and learn to approach problems from different perspectives.



Digital escape rooms also offer the flexibility to tailor content to specific learning objectives or individual learning needs. Teachers can choose escape rooms that are in line with curriculum goals or target specific skills, making them a versatile tool in any educational setting. Furthermore, the immediate feedback provided during these activities allows students to learn from their mistakes and adjust their actions in real time, promoting a growth mindset.

Overview of Digital Escape Room Topics

Impersonation and Identity Theft

In this escape room, learners will get an opportunity to witness how easy it is to fall victim to impersonation and identity theft online and the consequences this might have on them. The main character's trust is tested when she befriends a stranger, who later tries to manipulate her into sharing personal information. Through a series of lessons, the learner has an opportunity to apply their existing knowledge and skills as well as learn new ones and achieve a new perspective on the topic.

The digital escape room addresses the following competencies:

- Factual knowledge of the consequences of impersonation on the victims.
- Factual knowledge about identity theft prevention.
- Practical knowledge of identity and personal data protection.
- Understanding the procedures for reporting and blocking abusive users on social media platforms.
- Applying critical assessment of online interactions and identifying harmful behaviour.
- Improving skills in setting up and managing privacy controls on social media accounts.
- Awareness of the risks associated with having a public profile online.
- Willingness to express empathy towards individuals who experience online harassment and recognise the emotional impact it can have on them.
- Willingness to demonstrate proactive behaviour in protecting oneself and others from online harassment.

Sharing your sensitive content

In this escape room, the learner witnesses many different situations where people fall victim to unwanted content being shared online. The learner has an opportunity to put themselves into the protagonist's shoes and decide what they would do in these situations as well as reflect on their own past and future actions when posting content online.

This digital escape room addresses the following competencies:

- Factual knowledge of the consequences of sharing sensitive content online.
- Factual knowledge about what constitutes sensitive content.
- Practical knowledge of identity and personal data protection.
- Understanding the procedures for reporting and blocking abusive users on social media platforms.
- Applying critical assessment of online interactions and identifying harmful behaviour.
- Improving skills in setting up and managing privacy controls on social media accounts.
- Awareness of the risks associated with having a public profile online.
- Willingness to express empathy towards individuals who experience the consequences of sharing sensitive content and recognise the emotional impact it can have on them.

- Willingness to demonstrate proactive behaviour in protecting oneself and others from sharing sensitive content.

Cyberstalking

Learners have the opportunity to witness the effects of a controlling relationship, and how this can negatively affect personal and professional achievements. The escape room also explores different options on how to deal with similar situations from a personal well-being and legal point of view.

The digital escape room addresses the following competencies:

- Factual knowledge of the consequences of impersonation on the victims.
- Factual knowledge about identity theft prevention
- Practical knowledge of identity and personal data protection.
- Understanding the procedures for reporting and blocking abusive users on social media platforms.
- Applying critical assessment of online interactions and identifying harmful behaviour
- Improving skills in setting up and managing privacy controls on social media accounts.
- Awareness of the risks associated with having a public profile online.
- Willingness to express empathy towards individuals who experience online harassment and recognise the emotional impact it can have on them.
- Willingness to demonstrate proactive behaviour in protecting oneself and others from online harassment.

Doxing

Doxing definition - the action or process of searching for and publishing private or identifying information about a particular individual on the internet, typically with malicious intent.

Students can learn several valuable lessons during this escape room. It highlights the importance of online security and being cautious about sharing personal information on social media. It also focuses on the importance of taking action when faced with online harassment, such as seeking support from trusted adults and involving authorities. The escape rooms presented encourage students to be proactive in protecting their digital privacy and to understand how to recognise instances of cyberbullying and online abuse.

The digital escape room addresses the following competencies:

- Factual knowledge of the definition and recognition of the phenomenon of doxing and its forms, including the sharing of unknown, known private information and use for punitive purposes.
- Factual knowledge about the emotional and mental health implications of doxing.
- Practical knowledge of preventive and reactive measures to deal with future situations, such as knowledge of privacy rights and procedures for reporting threats.
- Understanding the importance of online security and protection of personal information.
- Apply knowledge to identify risks and consequences of online interactions with unknown people.
- Develop skills that allow you to identify the effectiveness of the measures taken.
- Awareness of risks associated with online exposure and online safety measures (such as blocking a user and reporting to authorities).
- Recognise the need to communicate with family or support figures when dealing with online threats.

- Develop self-protective and coping attitudes to manage anxiety and fear resulting from threatening situations.

Manipulated Images

The story in this escape room highlights the impact of cyberbullying and manipulated images on emotional well-being and academic performance. It stresses the importance of seeking support, as demonstrated by the protagonist, who turned to her parents, prompting the school to take action. The school's awareness initiatives aim to foster empathy and responsible digital behaviour. The main character's transformation into an advocate for online safety inspires resilience and highlights the significance of seeking support to overcome escape rooms. The digital escape room addresses the following competencies:

- Factual knowledge on recognising the phenomenon of manipulated images and its implications, including key terms related to the topic and digital identity protection.
- Factual knowledge about the emotional and social context implications, including legal implications.
- Knowledge of the behaviour of actors involved in the phenomenon and the cause-reaction relationships on a social and personal level.
- Apply strategies to deal with situations of cyberbullying and online defamation.
- Awareness and application of strategies to deal with situations of cyberbullying and online defamation.
- Promote the development of empathy and supportive, solidarity-driven attitudes.
- Promote a mindful and responsible use of technology, protecting your digital identity and respecting that of others.
- Knowledge and identification of appropriate resources such as parents, schools, and authorities to address and resolve issues related to manipulated images.
- Promote greater proactivity in facing personal escape rooms caused by manipulated images and resilience.

Outing

Outing definition - telling someone else (or others) about a person's sexual orientation or gender identity without their approval. In some cases, it's done without any harmful intent. But other times, the person revealing the information does so to retaliate or to bring shame.

This escape room teaches students about online responsibility and privacy, highlighting how sharing private information or accessing accounts without permission can harm friendships. Luca's decision to seek help demonstrates the importance of communication, while Andrea's experience highlights the consequences of jealousy and thoughtless actions. The involvement of family and school underscores the value of support in online conflicts, encouraging students to be mindful of their digital behaviour and its real-life impact.

The digital escape room addresses the following competencies:

- Factual knowledge regarding the meaning and implications of coming out in the digital world, including learning specific terms (banned account, violation of code of conduct and sharing of inappropriate content).
- Factual knowledge regarding the impact of the theft of private information and subsequent sharing without consent on one's interpersonal relationships.

- Practical knowledge aimed at creating preventive behaviours with respect to the possibility of future violations of the resolving codes of conduct in the best management of highly ambivalent situations characterised by uncomfortable emotions.
- Understanding non-protective or dysfunctional behaviours with respect to one's own ways of managing one's digital identity (lack of caution in accessing and managing one's accounts).
- Become aware of the importance of responsibility in online actions and their consequences.
- Apply online security rules, promoting the critical ability to evaluate the effectiveness of one's interventions and the importance of trust and confidentiality of online and offline information.
- Greater awareness of the consequences of one's actions online and offline.
- Develop empathy by understanding the motivations and feelings of others.
- Promote peer collaboration and the ability to mediate conflicts by developing effective communication and mediation skills.

Receiving Inappropriate Messages

From Emma's story, students can learn the importance of online safety, setting boundaries, and the emotional impact of receiving unsolicited content. It highlights the need to protect your digital privacy and to be cautious when interacting with strangers on social media and dating apps. The story also highlights the value of not tolerating disrespectful behaviour, encouraging students to use security tools such as blocking, reporting inappropriate users, and seeking support from friends and trusted adults when faced with uncomfortable situations online. It teaches the importance of creating a respectful online environment and being proactive in protecting one's mental well-being in digital spaces.

The digital escape room addresses the following competencies:

- Factual knowledge of what constitutes "Receiving Messages (you don't want to)" and its various forms, including negative comments and abusive messages.
- Factual knowledge of the impact of receiving messages on mental health and self-esteem
- Practical knowledge of privacy settings on social media and dating platforms and how to use them.
- Understanding the procedures for reporting and blocking abusive users on social media and dating platforms.
- Applying critical assessment of online interactions and identifying harmful behaviour
- Improving skills in setting up and managing privacy controls on social media and dating accounts.
- Awareness of the risks associated with having a public profile and chatting with strangers online.
- Willingness to express empathy towards individuals who experience "receiving messages" and recognise the emotional impact it can have on them.
- Willingness to demonstrate proactive behaviour in protecting oneself and others from receiving messages (you don't want to).

Sharing your personal data unintentionally

From this escape room, students can learn the importance of protecting their personal information online, especially when interacting with strangers in digital spaces such as gaming forums. This story emphasizes the risks of oversharing, even in friendly conversations, as it can lead to harassment and emotional distress if the information ends up in the wrong hands. It highlights the need to trust one's instincts, set boundaries, and be cautious when accepting friend requests or sharing details about

your life online. This story emphasises the importance of online safety and encourages seeking help from trusted adults and reporting the behaviour to authorities if someone experiences cyberbullying or threats.

This digital escape room addresses the following competencies:

- Factual knowledge of what constitutes unintentional data sharing and its various forms, including negative comments and abusive messages.
- Factual knowledge of the impact of unintentional data sharing on mental health and self-esteem.
- Practical knowledge of privacy settings on social media platforms and how to use them.
- Understanding the procedures for reporting and blocking abusive users on social media platforms.
- Applying critical assessment of online interactions and identifying harmful behaviour
- Improving skills in setting up and managing privacy controls on social media accounts.
- Awareness of the risks associated with having a public profile online.
- Willingness to express empathy towards individuals who experience unintentional data sharing and recognise the emotional impact it can have on them.
- Willingness to demonstrate proactive behaviour in protecting oneself and others from unintentional data sharing.

Sextortion

Sextortion definition - the practice of extorting money or sexual favours from someone by threatening to reveal evidence of their sexual activity.

In this escape room, students can learn the critical importance of protecting their privacy online and the dangers of sharing intimate content with others, even if they seem trustworthy. The story emphasises the risks of online exploitation and manipulation, highlighting how easily someone's trust can be abused. It teaches the value of listening to your instincts and reaching out for help when feeling threatened, rather than suffering in silence. By seeking support from trusted friends and authorities, users can find the strength to overcome even the most intimidating situations. The story highlights resilience, the power of community, and the importance of speaking out against online abuse to prevent further harm.

The digital escape room addresses the following competencies:

- Factual knowledge of what constitutes sextortion.
- Factual knowledge of the impact of sextortion on mental health and self-esteem.
- Practical knowledge of steps to protect oneself, when sending explicit content.
- Understanding the procedures for reporting and blocking abusive users on social media platforms.
- Applying critical assessment of online interactions and identifying harmful behaviour.
- Improving skills in setting up and managing privacy controls on social media accounts.
- Awareness of the risks associated with sending explicit content.
- Willingness to express empathy towards individuals who experience sextortion and recognise the emotional impact it can have on them.
- Willingness to demonstrate proactive behaviour in protecting oneself and others from sextortion.

Online harassment

Through this digital escape room, students can explore the importance of setting boundaries and protecting their privacy on social media to avoid online harassment. The escape room scenario shows how quickly negative, anonymous comments can affect self-esteem and discourage someone from pursuing their passions. It highlights the value of seeking support from trusted friends and adults when facing cyberbullying, instead of dealing with it alone. By taking action to block, report, and tighten privacy settings, students can regain control of what they experience in online environments. The storyline also draws attention to the power of friendship, empathy, and community in overcoming online abuse, highlighting the need to speak up and support one another in challenging times.

The digital escape room addresses the following competencies:

- Factual knowledge of what constitutes online harassment and its various forms, including negative comments and abusive messages.
- Factual knowledge of the impact of online harassment on mental health and self-esteem.
- Practical knowledge of privacy settings on social media platforms and how to use them.
- Understanding the procedures for reporting and blocking abusive users on social media platforms.
- Applying critical assessment of online interactions and identifying harmful behaviour.
- Improving skills in setting up and managing privacy controls on social media accounts.
- Awareness of the risks associated with having a public profile online.
- Willingness to express empathy towards individuals who experience online harassment and recognise the emotional impact it can have on them.
- Willingness to demonstrate proactive behaviour in protecting oneself and others from online harassment.

Spread of Rumours and False Information

In this escape room, students witness the importance of verifying information before sharing it online and the impact that false rumours can have on someone's reputation and mental well-being. The story highlights how easily misinformation can spread on social media, leading to social isolation and distress. It also highlights the value of empathy and courage, as seen when one friend decides to investigate the truth and help restore another's reputation. The escape room illustrates the dangers of acting out of jealousy or insecurity, showing that impulsive actions can lead to serious consequences. However, taking responsibility and seeking to make amends can help repair the damage.

The digital escape room addresses the following competencies:

- Factual knowledge on the impact of rumours and false information on an individual's mental health, reputation and relationships.
- Factual knowledge of what constitutes online rumours and false information
- Practical knowledge of the steps to take when encountering false information online, including verifying facts, confronting the source, and taking corrective action.
- Critically evaluating information encountered online, questioning its validity, and seeking verification before sharing.
- Understanding how spreading false information and rumours can negatively affect individuals' reputations, mental health, and relationships.

- Identifying the underlying emotions, such as jealousy and the need for validation, that can drive individuals to spread false information.
- Willingness to express empathy towards individuals who are affected by false information, understanding the emotional and psychological impact it can have.
- Willingness to take accountability for their own actions online, recognising the importance of taking responsibility for spreading misinformation and making amends.
- Awareness of the value of honesty and integrity in online interactions.

Harmful challenges

This escape room highlights the importance of online safety, critical thinking, and seeking help when faced with digital threats. The story illustrates how seemingly harmless challenges can escalate into dangerous situations, causing fear and anxiety. It highlights the dangers of believing and spreading unverified information and the impact of online pranks and hoaxes. The experience teaches students to research and verify information before sharing, to be cautious about engaging with online content, and to reach out to trusted adults or friends when feeling threatened or overwhelmed. The key lesson is that support systems, open communication, and responsible online behaviour are essential for using the digital world safely.

The digital escape room addresses the following competencies:

- Factual knowledge about the potential risks and dangers associated with online challenges and viral trends.
- Factual knowledge of what constitutes harmful online challenges.
- Practical knowledge of the steps to take when encountering harmful challenges online, including verifying facts and seeking help.
- Ability to conduct research and gather information from credible sources to verify online content.
- Critical thinking skills to evaluate the validity and potential impact of online challenges and messages.
- Problem-solving skills to address and respond to challenging or threatening online situations appropriately.
- Willingness to take a cautious and sceptical approach to online content, particularly when encountering sensational or alarming information.
- Willingness to seek help and support from trusted adults or friends when faced with challenging or concerning online situations.
- Cultivating empathy and understanding towards individuals who may be affected by online challenges or threats.

Social Isolation

This escape room covers the topics of empathy, social inclusion, and supporting peers who may be isolated due to past negative experiences, such as cyberbullying. The story demonstrates how helping a classmate overcome social isolation not only benefits the victim but also strengthens friendships and teamwork. It highlights the value of open communication, understanding others' escape rooms, and advocating for a more inclusive community. It also describes how raising awareness about social issues can have a positive impact by encouraging students to be proactive in helping others and promoting digital safety.

The digital escape room addresses the following competencies:



- Basic knowledge of what social isolation is.
- Factual knowledge of the impact of social isolation
- Theoretical knowledge of the effect technology/social media have in creating isolation.
- Recognising when and why someone can feel socially isolated.
- Intervening and offering correct support to those affected by social isolation.
- Identifying relevant resources to educate yourself and to be able to offer support to others.
- Awareness of the effects that social isolation can have on the person.
- Willingness to have empathy towards the socially isolated person.
- Raise awareness of the signs that someone is socially isolated and how to help them.

Non-consensual sharing of photos on social media

This escape room teaches students the importance of friendship, support, and resilience in facing cyberbullying. It shows how online harassment can lead to feelings of isolation and self-blame while highlighting the power of empathy and communication in overcoming these escape rooms. Students learn to seek help from trusted adults, understand the legal issues surrounding non-consensual photo sharing, and recognise the importance of online privacy. The escape room encourages students to support victims, promote cyber safety, and raise awareness to prevent cyberbullying.

The digital escape room addresses the following competencies:

- Basic knowledge of consent and in the context of sharing information online.
- Factual knowledge of the laws and consequences directly related to non-consensual photo sharing.
- Understanding the importance of information privacy and how to protect it.
- Recognising when it is appropriate to share photos online and when not.
- Understanding how to manage personal privacy settings on relevant accounts and devices.
- Recognising when someone is a victim of non-consensual photo sharing and knowing how to support them.
- Willingness to respect other people's privacy and boundaries in real life and online.
- Awareness of the importance of empathy towards the person whose privacy has been violated.
- Willingness to offer support and act on behalf of the person whose privacy has been violated.

Addressing blackmailing

This escape room teaches students about digital safety, focusing on the risks of interacting with strangers online and sharing personal information. It highlights the dangers of online blackmail and encourages students to avoid engaging with threats, document evidence, and report incidents to authorities. The experience highlights the value of seeking support from trusted friends, family, and school staff. Students will also learn about their legal protections, the significance of privacy settings, and the need for caution in online interactions to prevent exploitation and maintain control over their digital lives.

The digital escape room addresses the following competencies:

- Factual knowledge of the concept of online blackmail, different forms of it and other scams used by the blackmailers.
- Factual knowledge about the laws and regulations around online blackmail and the consequences.



- Understanding how one can protect their personal information online.
- Ability to recognise online blackmail threats.
- Understanding and applying relevant privacy settings to one's accounts and devices.
- Analysing the blackmailing situation and understanding how to respond appropriately.
- Awareness of being protective of your personal information online.
- Awareness of the importance of feeling empathy towards victims who have been blackmailed.
- Willingness to act on behalf of the person who has become a blackmailing victim.

Hate Speech and Discrimination

This escape room highlights the escape rooms of adjusting to a new environment, especially when language barriers exist, and highlights the impact of exclusion and cyberbullying on students' well-being. It teaches the importance of empathy, cooperation, and supporting newcomers who may feel isolated. Students learn the value of stepping up to help peers rather than mocking them, recognising the harm that exclusion and online threats can cause. The scenario also highlights the role of teachers in addressing bullying, promoting inclusion, and creating a supportive school environment. It shows that with guidance, understanding, and solidarity students can overcome escape rooms and build a more inclusive community.

The digital escape room addresses the following competencies:

- Factual knowledge of what constitutes hate speech and discrimination online and its various forms, including negative comments and offensive messages.
- Factual knowledge of the impact of online hate speech and discrimination on mental health and self-esteem.
- Practical Knowledge that online interactions can carry risks and have significant real-world impacts.
- Understand reporting procedures and know how to request support.
- Applying critical assessment of online interactions and identifying harmful behaviour.
- Contribute to a safer, more respectful online community and mitigate potential negative consequences.
- Awareness of the importance of seeking support from adults, friends or family.
- Willingness to express empathy towards individuals who experience online discrimination and recognise the emotional impact it can have on them.
- Demonstrate proactive behaviour in protecting oneself and others being mindful of the posted and shared content.

Sharing location unintentionally

This escape room teaches students about the dangers and risks of online relationships, highlighting issues like trust, self-esteem, and the consequences of sharing personal information on social media. It illustrates how emotional dependence and fear of rejection can drive people to make impulsive decisions that harm themselves and others. The story highlights the importance of empathy, communication, and seeking help from trusted adults when dealing with conflicts, especially in the digital world. Students learn the effects of cyberbullying, how followers can worsen negative situations, and the importance of resolving misunderstandings without resorting to public shaming or revenge. It encourages responsible online behaviour, respect for privacy, and the value of real-life connections.

The digital escape room addresses the following competencies:



- Factual knowledge that social networks can be a problem for your digital privacy.
- Factual knowledge that maintaining privacy in the digital age is extremely difficult.
- Practical knowledge that social networks have become a virtual diary.
- Understanding that security is the key in this virtual world.
- Applying for more attention and caution in virtual environments.
- Adopting a more conscious and responsible approach to the information shared.
- Awareness of the risks of sharing location and other issues can be a serious privacy concern.
- Willingness to adopt a more conscious and responsible approach to the shared information.
- Willingness to learn how to be safer on social networks and avoid some of the most common online dangers.

Dealing with Online Threats and Insults

This escape room educates students to face online threats and insults and the importance of seeking help. It shows how anonymous harassment can affect mental health, leading to anxiety and academic decline. The story centres on a student's bravery in confiding in her friends, showcasing the power of support and teamwork. By involving trusted adults and using cybersecurity skills, the group uncovers the bully's identity and reports the issue, highlighting the need for safety and collaboration in using the digital world safely.

The digital escape room addresses the following competencies:

- Factual knowledge of basic online security concepts, such as secure passwords, encryption, and data privacy.
- Factual knowledge of how to trace IP addresses, identify patterns in online messages and use digital investigation tools.
- Practical knowledge of how social networks work, the impact of online interactions and basic principles of encryption and decryption of messages.
- Awareness of how to analyse information, identify clues and formulate solutions to complex problems.
- Understand the importance of collaborating effectively with colleagues to achieve a common goal, sharing tasks and communicating clearly.
- Understand how to use software and technological tools for research and communication.
- Understanding and sensitivity towards the serious impact of online bullying.
- Persistence in solving the problem, even when the escape rooms are difficult or time-consuming.
- Demonstrate ethical behaviour when dealing with personal and confidential information, respecting the privacy and rights of all those involved.

Conclusion

Digital escape rooms provide an engaging and appealing way for learners to develop essential digital literacy skills while promoting safe and responsible online behaviour. By engaging in real-world scenarios, students improve their critical thinking, problem-solving, and social awareness – valuable skills in today's digital world.

These interactive activities not only improve learners' understanding of online threats such as cyberbullying, doxing and privacy breaches but also encourage them to respond to these challenges confidently and responsibly. To make the most of the benefits of digital escape rooms, educators can encourage students to explore these in groups, encouraging collaboration and communication.



Learners are guided to reflect on their experiences and should be guided to discuss the scenarios and strategies they used to solve the challenges. This reflective approach deepens their understanding of digital safety and netiquette while also helping to build resilience and positive and proactive attitudes towards protecting their digital well-being.

