CyberBuddy

**How to play
with our Digital
ESCAPE ROOMS**

Digital **ESCAPE ROOMS** based on **storytelling** are an innovative and engaging method to deal with **cyberbullying** in secondary schools, thanks to their ability to convey important messages and raise awareness among students in an interactive way. Here are some reasons why these activities are particularly effective:

1. Active and Engaging Learning

The digital ESCAPE ROOMS, **based on interactive narratives**, stimulate the active participation of students. In a school context, the use of **engaging stories and stimulating scenarios** can attract the attention of adolescents, facilitating the deepening of topics related to **cyberbullying**, such as online respect, the consequences of virtual actions and the management of digital conflicts. Through play, students are motivated to reflect on virtuous behaviors and make informed decisions.

2. Simulation of Real Situations

Digital ESCAPE ROOMS **simulate online bullying situations,** putting students in front of dilemmas and difficult choices. This helps to raise awareness of the risks associated with cyberbullying and how to deal with it effectively, both as victims and as witnesses.

3. Empathy and Understanding

Storytelling allows you to explore the emotions and experiences of people facing cyberbullying. When students are immersed in a story, they can develop greater empathy towards those who are being bullied online. Storytelling provides an opportunity to put oneself in the shoes of others, fostering a greater understanding of the feelings of isolation, anxiety, or sadness that victims of cyberbullying may experience.

4. Teamwork and Collaboration

The digital ESCAPE ROOMS of the **CyberBuddy** project can also be completed **in groups.** This fosters collaboration among students, creating a sense of community and reinforcing the message that cyberbullying is not a problem that can be tackled alone. By working together to solve puzzles and overcome obstacles, students can learn the importance of supporting each other and working as a team to prevent and combat digital bullying.

**5. Development of Digital Skills**

Digital ESCAPE ROOMS not only raise awareness of cyberbullying but also allow you to **develop essential digital skills.** In an increasingly technological world, it is crucial for students to learn how to navigate safely, recognize online dangers, and use digital platforms responsibly. ESCAPE ROOMS can serve as an educational tool to improve awareness about privacy, data management and network security.
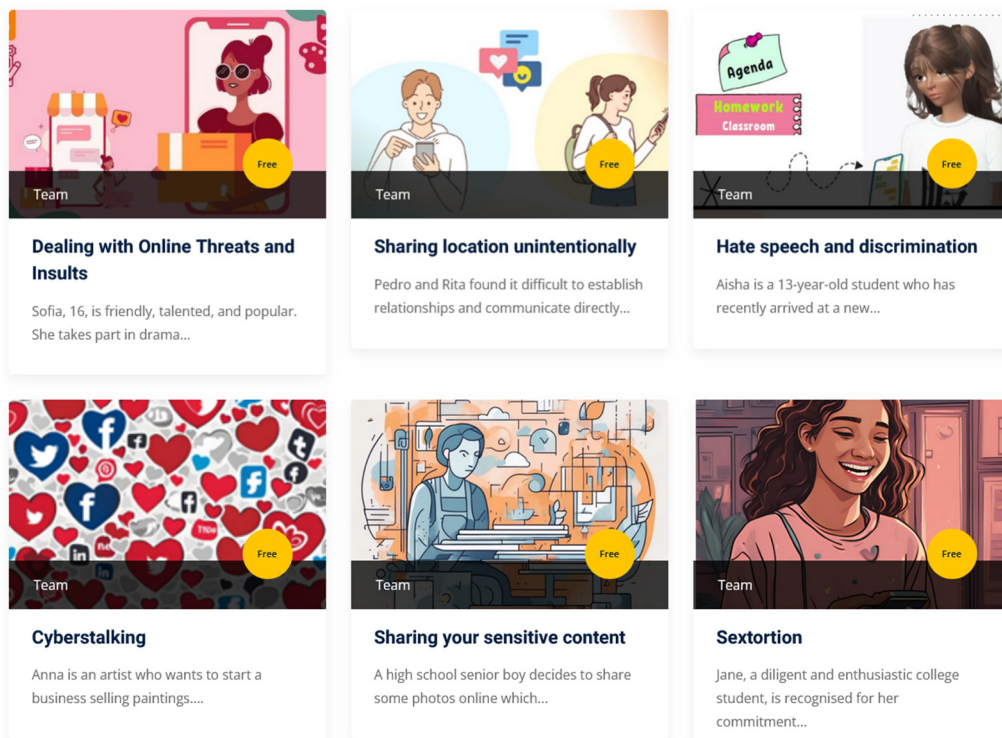
6. Interactivity and Reflection

The interactive nature of the ESCAPE ROOMS stimulates immediate reflection on the choices made during the game. Students must make decisions in real-time and deal with the consequences of their actions (through quiz answers), which helps them understand the impact their online actions can have on others. This process fosters **awareness** and **self-regulation**, crucial qualities in the fight against cyberbullying.

INSTRUCTIONS FOR ESCAPE ROOMS
of "CyberBuddy" project

From the **Home** or the **horizontal Menu** at the top, you can explore our ESCAPE ROOMS:
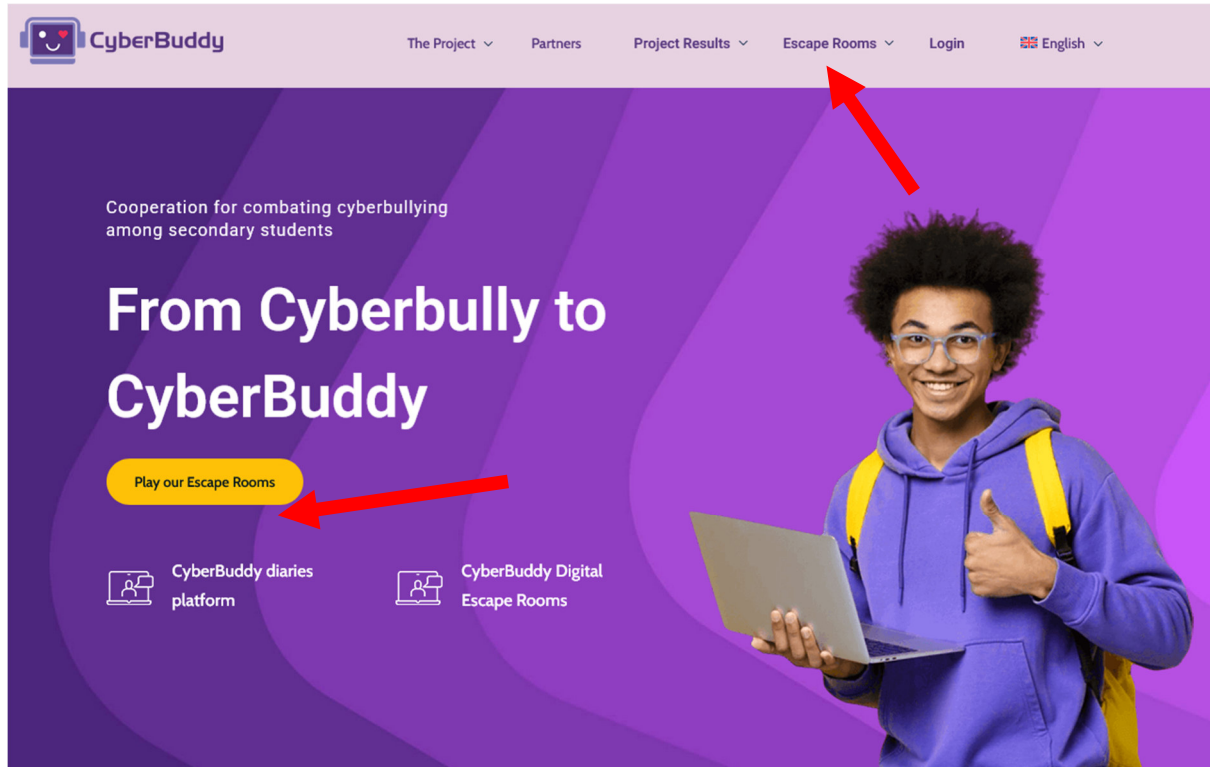
Select the ESCAPE ROOM (Course) of your interest. It will be possible to play the ESCAPE ROOMS on the platform.

Dealing with Online Threats and Insults

Sofia, 16, is friendly, talented, and popular. She takes part in drama...

Sharing location unintentionally

Pedro and Rita found it difficult to establish relationships and communicate directly...

Hate speech and discrimination

Aisha is a 13-year-old student who has recently arrived at a new...

Cyberstalking

Anna is an artist who wants to start a business selling paintings....

Sharing your sensitive content

A high school senior boy decides to share some photos online which...

Sextortion

Jane, a diligent and enthusiastic college student, is recognised for her commitment...

Receiving Inappropriate Messages

Emma balanced her time between school, friends, and online activities. She frequently posted selfies with friends and pictures of her baking projects on social media. Recently, out of curiosity, she started exploring dating apps. One evening, Emma browsed profiles on an app. One profile stood out: Matt. She swiped right and it was an instant match.

Emma was a typical 16-year-old student, balancing her life between school, friends, and her various online activities.She was active on social media, where she shared snapshots of her life, from selfies with her friends to pictures of her latest baking creations. She had also recently ventured into the world of dating apps, curious about the experiences they offered.One evening, after finishing her homework, Emma decided to swipe through the profiles on a popular dating app she had been using for the past few months. She had come across many profiles, but one caught her eye: Matt. Intrigued, Emma swiped right, and to her surprise and delight, it was an instant match.

Competences addressed

Knowledge	Skills	Attitudes
Factual knowledge of what constitutes "Receiving	Understanding the	Awareness of the risks

Enter the ESCAPE ROOM (Course) and click on "Take the Course"

Take Course

Lessons

You will be able to preview the lessons. The lessons are to be passed in sequential order.

- ○ The begging of a friendly interaction   PREVIEW >
- ○ The incident   PREVIEW >
- ○ What to do next?   PREVIEW >
- ○ How could he?   PREVIEW >
- ○ How to stop it?   PREVIEW >
- ○ Escape with the right word!   PREVIEW >
- ○ Reflections   PREVIEW >

The first time you need **to REGISTER**, entering: in the Username field your **NAME and SURNAME** (it will be used for the header of the Certificate), your **email** and a **password** of your choice. This information will be useful to obtain the "**CyberBuddy**" Certificate, when you will be able to leave the ESCAPE ROOM (passing the last lesson). For a subsequent LOGIN, you only need to enter your email and password again.

Login

Username or Email

Password

Login   Lost your password?

☐ Remember me

Register

Username *

LUISA.ROMANO

Email address *

Password *

••••••••••••

Register

After REGISTRATION, click on "Start Course" (or Take Course) to start the ESCAPE ROOM game. The LESSONS are to be followed in sequential order, because some are preparatory to the next lesson.

Take Course

Lessons

○ The begging of a friendly interaction   PREVIEW ›

○ The incident   PREVIEW ›

○ What to do next?   PREVIEW ›

○ How could he?   PREVIEW ›

○ How to stop it?   PREVIEW ›

○ Escape with the right word!   PREVIEW ›

○ Reflections   PREVIEW ›

The beginning of a nightmare

To the right of the screen, there is a progress that demonstrates the degree of completion. The menu is also used to navigate through the lessons.
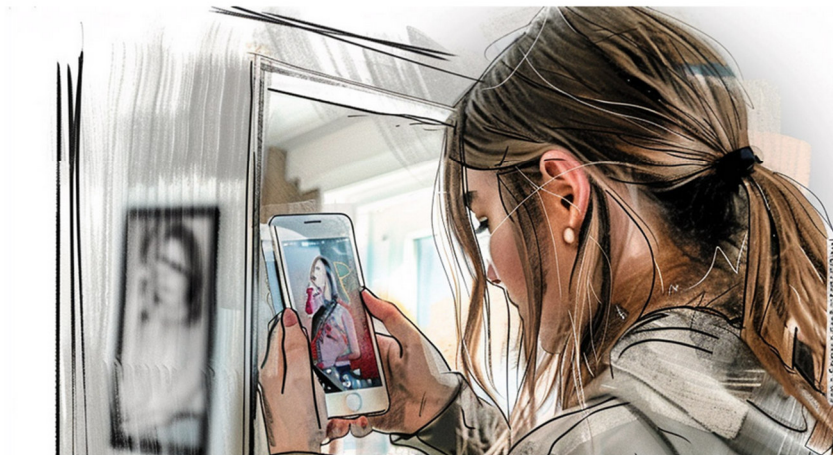
0 of 7 lessons complete (0%)

The beginning of a nightmare	Quiz
The spread of evil	Preview
The Time of Courage	Preview
The Fight for Justice	Preview
The Return to Light	Preview
Escape with the right word	Preview
Reflections	Preview

To start playing, click on   Take Quiz   You can also play in teams.

Each lesson has a Quiz. The Quiz is linked to the storytelling of the Course, with the description of the scenario. **So, it is suggested to pay close attention to the text that will be displayed from time to time.**

Answer the question and then click on "**Complete Quiz**"

Identify by marking the following definition as true or false:

- ○ True

- ○ False

Complete Quiz

Restart Quiz

Save Progress

For each correct answer, letters or numbers will be provided, which are the "**clues**" to be kept for each lesson and at the end will allow you to answer the last quiz to get out of the ESCAPE ROOM.

According to your perspective, is this statement true or false?

- **◉** True

- ○ False

✓ Correct	[Points: 90/90]

You are right! Yes, young people can look for romantic relationships online, but it's important for them to do so with caution and awareness. Here are some tips they should consider before interacting with other people online: a)Age-appropriate Platforms b)Privacy and Security c)Verification d)Warning Signs e)Parental Guidance f)Legal Considerations g)Emotional Readiness h)Online Safety Education.

Here is your first letter to gather, in order to escape the room in the end: C.

Try to remember if you have ever engaged in a romantic online interaction. What kind of conversations arose between you and the other person? How did this interaction end up? How were you feeling during and after your conversations? What were your expectations?

At the end of all the Quizzes, if all answers are correct, a final reflection will appear. Click on "**Complete lesson**" to finish the Course and obtain your **Certificate of participation in the "CyberBuddy" project.** You will also be sent an email confirming that you have passed the Course.

Reflections

Emma spent the rest of the evening trying to process her emotions and regain her sense of peace. The next morning, she decided to confide in her close friends about what had happened. They listened with empathy and outrage, offering her comfort and support. It was a relief to share her experience with people she trusted. Emma's story had taken an unexpected turn, but in the end, she found herself in a better place, surrounded by supportive friends. She knew that she had the resilience to overcome challenges and the confidence to face whatever the future held.

Complete Lesson

Later and automatically you will be redirected to this page:

Congratulations on completing this course! 🥳

Find More Courses   View Certificate

Your Total Grade
100%

Receiving Inappropriate Messages

The begging of a friendly interaction	100%
The incident	100%
What to do next?	100%
How could he?	100%
How to stop it?	100%
Escape with the right word!	100%
Reflections	

Click on "**View the certificate**" to download the certificate (PDF) you have just obtained!

Congratulations!!! 🏆

CyberBuddy   **Certificate of Completion**

This is to certify that

sebdagostino

has completed the course

Receiving Inappropriate Messages

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ACTA FOUNDATION   INNOVAMENTIS   AESAS   Rural Hub

cyberbuddyproject.eu