



# THE DIGITAL HEROES

K-3



Ice breaking activity

# The Digital Hero



# Adventure Topics



**Self-Control &  
Regulation**



**Empathy in  
Interactions**



**Identifying  
Trusted Adults**



**Identifying  
Cyberbullying**



# Session Objectives



1

**Promote Digital Self-Control and Regulation.**

2

**Foster Empathy in Digital Interactions.**

3

**Identify and Utilize Trusted Adults for Support.**

4

**Recognize and Address Cyberbullying.**

# Self-Control & Regulation



## What is Self-Control?

- Imagine you're a hero—with the power to hit the “Time PAUSE” button in your mind! That split-second pause helps you stay smart and safe before you click or type anything online.”



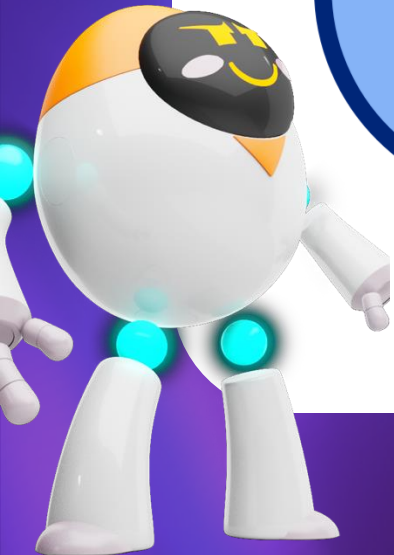
# Self-Control & Regulation



## Activity: Digital Traffic Light



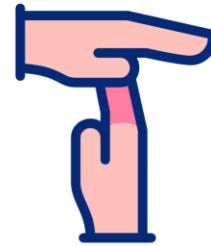
# Self-Control & Regulation



## How Can You Practice Your Power?



**Think Before  
You Click**  
Be a Click Detective!



**Take Breaks**  
Even heros  
Need Naptime!



**Be Patient**  
No Zooming  
Off Too Fast!



**Set a Timer**  
Heros Have Time  
Limits Too!

**Remember to set your hero timer!**

# Self-Control & Regulation



## Why is Self-Control Important for Digital Safety?

- Using your self-control power means you will avoid falling into tricky traps like bad links or oversharing.
- You'll keep yourself (and your hero team) safe, have loads of fun, and keep winning the day!



# Empathy in Interactions



## What is Empathy Online?

- Empathy online = being a digital hero! It's all about caring how your friends feel when you chat or play games. Kindness is your ultimate power

# Empathy in Interactions



## Activity: How do you feel?





# Empathy in Interactions



## How do you show empathy online?



Kindness  
with words



Think before  
posting



Help Others  
Feel Safe



Share with  
Care

# Empathy in Interactions



## Why is Empathy Online Important?

- Showing empathy online is like sharing a big group hug through the screen!
- It makes everyone feel safe, happy and cared for.

### Remember :

just because you can't see someone's face doesn't mean your words won't make them feel something—good or bad. Be the reason for someone's smile!



## Identifying Trusted Adults



**A trusted adult is like your very own hero! They:**

- Save the day when you feel worried or scared.
- Listen whenever you need to talk.
- Help you solve problems.
- Keep you safe, happy, and loved.
- Protect you from trouble.

**They're always there to have your back!**

# Identifying Trusted Adults



Parents



Family  
Members



Teachers



A trusted adult  
can be found in  
various places

## Trusted Adults Usually Are:

The secret? Spot your real-life heroes—those awesome people who've got your back and cheer you on!



# Identifying Trusted Adults



## How Do You Know Someone is a Trusted Adult

- 1 They listen to you when you talk.
- 2 They make you feel safe and comfortable.
- 3 They help you when you're scared or worried.
- 4 They never ask you to keep secrets from your parents.
- 5 They teach you the right thing to do.

Easy to remember, right? That's your trusted adult squad!

# Identifying Trusted Adults



## What Should You Do If You Need Help?

**Activity:**  
Who could be part  
of your trusted  
adult hero squad?



**The Trusted  
Adult Hero**



## Identifying Cyberbullying



## What is Cyberbullying?

- Cyberbullying is when someone's being mean or rude online—like a villain trying to spoil your fun! But don't worry, just like a hero, you've got the power to stand up and fight back!"

# Identifying Cyberbullying



## How Can You Identify Cyberbullying?



Mean Words in  
Messages



Excluding People  
on Purpose



Sharing  
Embarrassing  
Things



# Identifying Cyberbullying



**Caught a Cyberbully in Action?  
Here's what to do!**

**Activity:  
The Protective  
Digital Shield**



# Identifying Cyberbullying



## Be the Difference: What to Do About Cyberbullying



**Tell a Trusted Adult**



**Block the Bully**



**Don't Join In**



**Say Something Nice**



## Identifying Cyberbullying



## Why Does Stopping Cyberbullying Matter?

- Cyberbullying hurts people, even if you can't see their faces. But when you stand up to it, you help make the internet safer and happier for everyone!

**So, don't forget—use your hero powers to speak up, stay kind, and help stop cyberbullying!**

# Closing activity Digital Heroes







**Any Questions?**

# Thanks

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