Co-funded by the European Union

IVAIGO

KSKD

TeneLearning
Educational and training centre

ESAFETY WOMEN

e-SAFETY WOMEN HANDBOOK

2024-1-LT02-KA210-YOU-000243179

Card Game 1 – e-Safety Reflection Game

(Linked to the 14 Toolkit Modules)



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the National Agency. Neither the European Union nor National Agency can be held responsible for them.

ESAFETY WOMEN

Table of Contents

1 Introduction.....3

1.1 About the Project.....4

2. Game-Based Learning (GBL).....7

3. Game Overview.....8

4. Card Types.....9

5. How to Play.....10

6. Learning Objectives.....11

7. Reflection & Suggested Answers (Facilitator Guide)...12

8. Summary of the 14 Modules.....20

9. Facilitator Tips.....23

10. Glossary of Key Digital Safety Terms.....24

11. Credits.....26

Co-funded by the European Union

1. Introduction

The e-Safety Women Card Game is an interactive learning activity designed to help young people, especially women, strengthen their digital literacy and online safety skills.

The game encourages reflection, empathy, and discussion through real-life online situations and challenges.

This tool complements the e-Safety Women Toolkit and can be used in workshops, classrooms, or peer-learning sessions.



Co-funded by the European Union

1.1 About the Project

The eSAFETY WOMEN project (2024-1-LT02-KA210-YOU-000243179) was developed to equip young women from disadvantaged backgrounds with the skills and knowledge necessary to navigate online spaces safely, recognise and respond to online gender-based violence (OGBV), and engage as informed digital citizens.

Its main objectives are:

- Equip youth – especially young women from disadvantaged groups – with critical digital and media literacy skills to safely navigate and engage in online spaces.

- Strengthen the capacity of these individuals to recognise, respond to, and recover from instances of OGBV and online harassment.

Co-funded by the European Union

- Encourage and facilitate the active participation of youth in online discussions and civic activities, fostering their role as informed and engaged digital citizens.

- Develop and disseminate tools such as the e-Safety Toolkit and a Card Game to educate youth about online safety and the implications of OGBV.

- Work towards creating online environments where all individuals, regardless of gender or background, can participate without fear of harassment or discrimination.

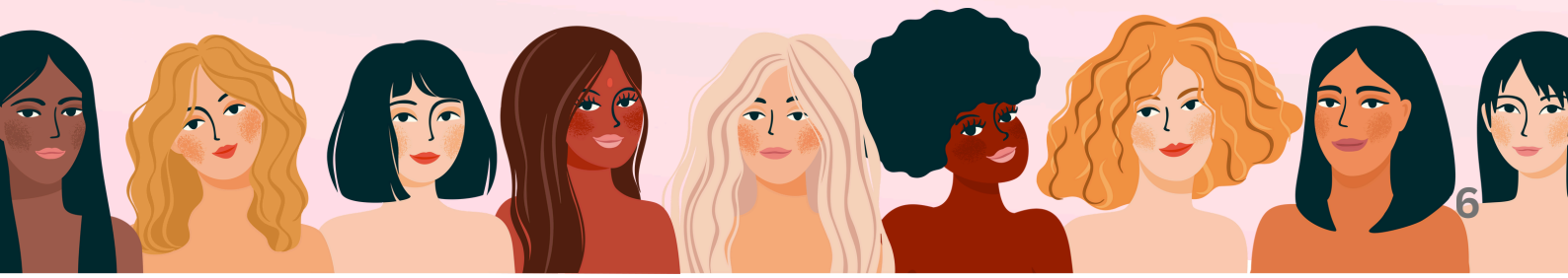


Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

ESAFETY WOMEN

This game has been created as part of the Toolkit to make critical online-safety concepts more accessible and engaging. By using a game-based learning format, participants from diverse backgrounds can more easily explore real-life digital challenges, practice safer behaviour, and build confidence in their online presence.

Using games for inclusion is a powerful approach: interactive and collaborative formats help break down barriers, promote empathy among participants, and provide safe spaces for reflection and peer learning. Through this project, the game becomes not just a tool for information, but also a vehicle for empowerment and social change.



Co-funded by the European Union

2. Game-Based Learning (GBL)

Game-based learning (GBL) is an inclusive and participatory educational approach that uses games, interaction, and play to promote active learning.

It helps learners acquire knowledge and skills through experience, reflection, and collaboration.

This approach aligns with the **Erasmus+ priorities on inclusion, digital transformation, and non-formal education**, as it encourages engagement and empathy among participants, especially women and vulnerable groups.

The e-Safety Women Card Game applies GBL principles by turning complex online safety topics into accessible and reflective learning experiences.

Co-funded by the European Union

3. Game Overview

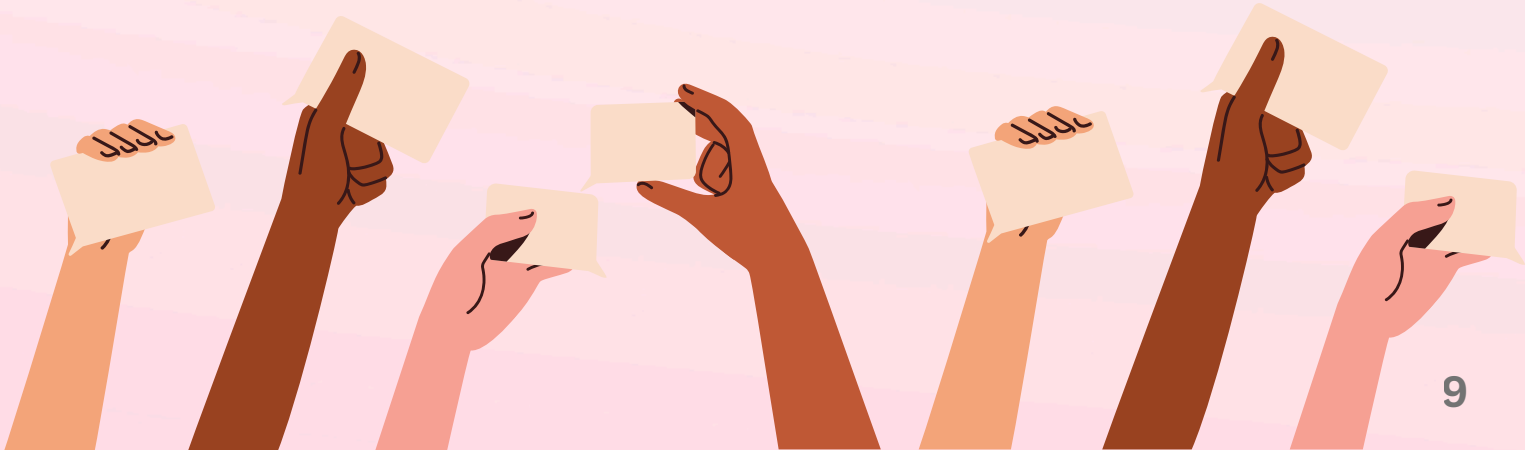
- **Number of players:** 3–6 (or small groups)
- **Duration:** 30–60 minutes
- **Goal:** Learn to identify, discuss, and react to online safety risks and gender-based digital violence.
- **Materials needed:**
  - Printed deck of 42 cards (14 modules × 3 card types)
  - Optional: Score sheet or discussion timer



Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

4. Card Types

	Card Type	Purpose	Color	Example
	**Question Card**	Encourages players to think critically and discuss possible answers.	Blue	“What makes a password strong and secure?”
	**Situation Card**	Presents a realistic online scenario or risk.	Orange	“You receive an email from your ‘bank’ asking to verify your details.”
	**Action Card**	Suggests an action, reaction, or safe response.	Green	“Do not click the link – report it as phishing.”



Co-funded by the European Union

5. How to Play

Game setup:

1. Shuffle all 42 cards together or divide them into three piles (Question/Situation/Action).
2. Place the deck(s) face down in the middle.
3. The first player draws one card and reads it aloud.

Gameplay:

- If it's a **Question Card** → everyone shares their opinion or experience.
- If it's a **Situation Card** → the group discusses what they would do.
- If it's an **Action Card** → the player explains why that action is the safest and gives examples.

Optionally:

- The facilitator awards 1 point for thoughtful or creative responses.
- The player with the most points at the end wins – or the group ends with a collective reflection.

Game variations:

- Use only Situation and Action cards for quick "Problem–Solution" rounds.
- Use only Question Cards for team discussions or classroom reflection.

Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

6. Learning Objectives

By playing this game, participants will:

- Recognize risky online behaviors and digital manipulation.
- Learn how to respond to online harassment, cyberbullying, and fake news.
- Strengthen their confidence in navigating online spaces safely.
- Reflect on empathy, respect, and consent in digital communication.



Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

7. Reflection & Suggested Answers (Facilitator Guide)

Below are short reflection notes and suggested answers for each module. They are not printed on the cards – facilitators can read or paraphrase them after each discussion.

1. Using your device safely

- **Question:** Use unique passwords with 12+ characters, including letters, numbers, and symbols. Avoid reusing them.
- **Situation:** Always verify the sender and never click suspicious links.
- **Action:** Phishing emails often look legitimate – checking the sender's address and reporting them helps protect others too.

Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

2. Connecting safely

- **Question:** Public Wi-Fi is often unencrypted; hackers can intercept your data.
- **Situation:** Always use a VPN and disconnect afterward.
- **Action:** Turning off automatic connections reduces tracking risk.

3. Being social online

- **Question:** Avoid posting your location, contact details, or personal routines.
- **Situation:** Online harassment should be documented and reported.
- **Action:** Blocking abusers prevents repeated contact and protects your wellbeing.

Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

4. Life admin online

- **Question:** Fake stores often lack secure payment options or legal information.
- **Situation:** Always check URLs for “https://” and company details.
- **Action:** Never enter bank data through links sent via email or messages.

5. Dating & relationships

- **Question:** Catfishers often avoid video calls, share inconsistent stories, or pressure for intimacy.
- **Situation:** It’s okay to say no and stop communicating.
- **Action:** If pressured or manipulated, talk to someone you trust.

Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

6. Navigating difficult situations

- **Question:** Report to the platform and authorities if your content is leaked.
- **Situation:** Threats to share personal content are blackmail–collect evidence immediately.
- **Action:** Never respond emotionally; seek professional help or cybercrime support.

7. Cyberbullying

- **Question:** Support your friend by listening, validating feelings, and reporting abuse together.
- **Situation:** Don't ignore bullying–silence empowers bullies.
- **Action:** Positive support helps victims feel less isolated.

Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

8. Online hate

- **Question:** Silence normalizes hate speech. Educated responses create safer spaces.
- **Situation:** Report and counter with factual, respectful messages.
- **Action:** Promote inclusion and empathy in your online communities.

9. Digital footprint

- **Question:** Google yourself regularly and use privacy settings.
- **Situation:** Contact websites to remove unwanted information.
- **Action:** Manage what you share–everything online leaves a trace.

Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

10. Fake news

- **Question:** Cross-check with verified sources or fact-checking sites.
- **Situation:** Avoid sharing before verifying.
- **Action:** Educate peers on reliable information sources.

11. Catfishing

- **Question:** Sharing intimate content online can be misused or weaponized.
- **Situation:** Never send money or reveal personal data.
- **Action:** Report suspicious accounts and block immediately.

Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

12. Trolling

- **Question:** Trolls seek reaction – don't engage.
- **Situation:** Disable comments or block offenders.
- **Action:** Preserve your peace of mind; report repeated harassment.

13. Consent for sharing photos & videos

- **Question:** Everyone has the right to control their image.
- **Situation:** Always ask before sharing photos involving others.
- **Action:** Respect boundaries – consent is part of digital ethics.

Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

14. Balancing time on social media

- **Question:** Overuse can lead to anxiety, poor focus, and reduced self-esteem.
- **Situation:** Feeling anxious without your phone is a sign to take breaks.
- **Action:** Schedule offline time to reset mental balance.



Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

ESAFETY WOMEN

8. Summary of the 14 Modules

Module	Focus	Key Learning Point
1. Using your device safely	Passwords & data protection	Use strong passwords, avoid phishing emails and suspicious links.
2. Connecting safely	Safe use of networks	Avoid using public Wi-Fi without protection; use VPNs for security.
3. Being social online	Responsible social media use	Protect privacy, avoid oversharing, and handle online comments respectfully.
4. Life admin online	Online shopping & information security	Verify website authenticity before entering personal or payment data.
5. Dating & relationships	Online trust & safety	Recognise catfishing and know when to stop unsafe communication.
6. Navigating difficult situations	Dealing with digital threats	Stay calm, collect evidence, and seek help if facing blackmail or harassment.

Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

7. Cyberbullying	Respectful digital behaviour	Support victims, report bullying, and promote positive interaction online.
8. Online hate	Countering discrimination	Respond constructively to hate speech and promote empathy online.
9. Digital footprint	Online identity awareness	Regularly review your online presence and control your shared information.
10. Fake news	Media literacy	Check facts before sharing and rely on verified information sources.
11. Catfishing	Online identity fraud	Never share intimate data or send money to strangers online.
12. Trolling	Managing online conflict	Do not engage with trolls; report or block negative users.
13. Consent for sharing photos & videos	Privacy and consent	Always ask permission before posting or sharing others' images.
14. Balancing time on social media	Healthy digital habits	Manage screen time and take digital breaks for mental well-being.

Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

The following table summarises the main focus and key learning point of each module.

It helps facilitators quickly understand what each set of cards teaches and ensures coherence between the e-SAFETY WOMEN Toolkit and the Card Game.



Co-funded by the European Union

9. Facilitator Tips

- Encourage empathy – there are no “wrong” answers.
- Let participants explain their reasoning before offering reflections.
- Use real-life examples from the group’s own digital experiences.
- End each session with one collective “golden rule” for online safety.



Co-funded by the European Union
IVAIGO
TeneLearning
Educational and training centre

10. Glossary of Key Digital Safety Terms

Term	Definition
Phishing	A type of online scam where attackers send fake emails or messages pretending to be legitimate institutions to steal personal data, passwords, or credit card information.
VPN (Virtual Private Network)	A secure connection that encrypts internet traffic and protects users' privacy when using public or untrusted networks.
Fake news	False or misleading information presented as news, often spread on social media to manipulate opinions or emotions.
Catfishing	Creating a fake online identity to deceive or manipulate others, often in romantic contexts.
Cyberbullying	Using digital technologies such as social media, messaging apps, or forums to harass, intimidate, or embarrass others.

Co-funded by the European Union

Trolling	Intentionally posting inflammatory or offensive comments online to provoke reactions or arguments.
Digital footprint	The collection of information and traces that users leave online, such as posts, photos, and account data.
Online hate speech	Communication that attacks a person or group based on gender, ethnicity, religion, or other characteristics, using digital platforms.
Consent	Permission given freely and explicitly before sharing someone's personal data, photos, or videos online.
Two-Factor Authentication (2FA)	An additional security step requiring two forms of verification (e.g., password and code) to access an account.
Digital well-being	A balanced and healthy use of digital technologies that supports mental, emotional, and social health.

Co-funded by the European Union

11. Credits

Developed within the e-SAFETY WOMEN (2024-1-LT02-KA210-YOU-000243179) project, funded by the Erasmus+ Programme of the European Union.

Implemented by Asociacija IVAIGO (Lithuania), TeneLearning S.L. (Spain), and Kuşadası Sürdürülebilir Kalkınma Derneği (Türkiye).



Co-funded by the European Union

IVAIGO

KSKD

TeneLearning
Educational and training centre