



TRANQUIL
CITY

Tokat

TRANQUIL CITY PROJECT - 2023-1-TR01-KA220-ADU-0160651



Social Media and Cyber Security

EDUCATIONAL BOOKLET | TRAINING MODULE



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Introduction

A peaceful city is possible not only through physical safety but also through secure and conscious digital life. While social media transforms communication, cyber security ensures that individuals can protect themselves in the digital world. In this context, social media and cyber security are the main foundations of social peace in the digital sphere and contribute to the entirety of urban life by creating a conscious, respectful, and safe digital culture.

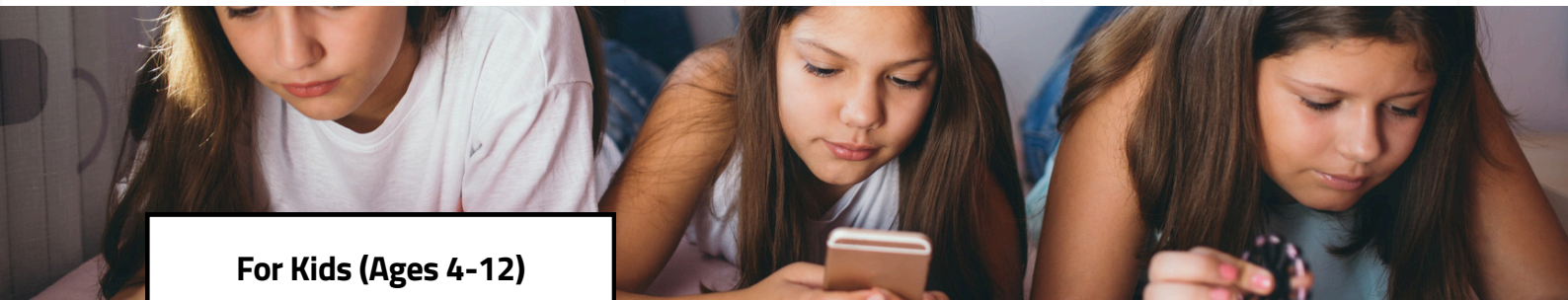
Objectives

- *To increase society's digital literacy and raise conscious individuals on social media*
 - *To protect individuals against dangers they may face in the digital world*
 - *To support the positive aspects of social media through responsible usage habits*
 - *To create a peaceful, safe, respectful, and ethical digital community*
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Aim

- *To protect children from digital bullying, game addiction, and online risks.*
- *To raise awareness of social media addiction among youth and teach them how to cope with cyberbullying.*
- *To inform parents and elderly individuals about digital scams and data leaks.*
- *To promote respect, privacy, and ethical values in digital spaces.*

Activities and Information Methods by Target Group:



For Kids (Ages 4-12)

Activities

- *Fun cartoons and animations themed "Safe Internet Use"*
- *Training through games on "password security, don't talk to strangers, screen time control"*
- *"Digital Heroes" project in cooperation with teachers and parents*

Information Methods

- *Internet safety guidebooks designed for children*
- *Teacher-supported drama and role-play activities*
- *Screen time control practices in schools*



For Youth (Ages 13–25)

Activities

- *Workshops and seminars on social media addiction, privacy, and online bullying*
- *Social media campaigns with the theme “Respect Also Applies Digitally”*
- *Clubs focused on ethical digital behavior and fighting cyberbullying*
- *Simulations like “Know Your Digital Footprint”*

Information Methods

- *Interactive applications (mobile games, quizzes)*
- *Collaborative awareness videos with influencers and content creators*
- *Informational series via podcasts and YouTube*



For the Elderly (Over 60 Years)

Activities

- *Digital security training at municipalities and e-government points*
- *“Stay Aware Against Scammers” information sessions*
- *Technology workshops with grandchildren (intergenerational bonding)*

Information Methods

- *Brochures, public service announcements, local radio programs*
- *Technology use workshops with guides at neighborhood gatherings*
- *One-on-one consultations*

Outcomes

Areas of Attainment	Outcomes
Individual	Critical digital literacy, cyber awareness, social media ethics
Family	Shared digital rules, balance in screen time, mutual trust
Society	Decrease in cybercrime, prevention of online violence and hate speech, digital culture of respect
City Life	Conscious digital citizens, reduced disinformation and polarization, peace in the digital realm

How Do Social Media and Cyber Security Contribute to a Peaceful City?

- *Conscious individuals behave tolerantly on social media*
- *Cyberbullying decreases, especially increasing psychological safety among youth*
- *Elderly individuals are protected from scams and do not face digital exclusion*
- *Families set digital boundaries together, reducing conflicts*
- *Social media transforms from a space of conflict and tension into a platform for productivity and social dialogue*
- *A culture of conscious, knowledge-based discussion replaces disinformation and hate speech in society*

[Take the Survey, Test Yourself](#)