



HEY PUG!

Workbook

Explore the digital world with
Miki, Finn, Alex... and Pug!

This workbook belongs to: _____

Before we start...

Who can use this workbook?

The exercises are intended for children between the ages of 6 and 11.

How can I use this workbook?

Before grabbing a pen and diving into the exercises, watch our Hey PUG! videos to find out more about:

- Meeting strangers online
- FOMO (The Fear of Missing Out)
- Protecting your personal data
- Hoaxes
- Cyberbullying

Now that you've gotten to know the topics – and have met Miki, Finn, Alex and the amazing Pug – complete the workbook to explore the digital world even further.

You can work individually, together with your parents and friends, or as a group in class.

After you've finished the exercises, you can check the solutions on the final pages of the workbook.

Let's get to it!

Watch the Hey PUG!
videos on ESET Youtube
channel



Alex needs your help!

It seems like Alex is having trouble with a new friend he's been talking to online. Luckily, he has some great friends: Miki, Finn – and you! And what do good friends do? They always help each other.

Alex is struggling with three problems. Talk about his situation with your parents or friends and try to come up with a possible solution. Can you help Alex?



Alex's new online friend asked him to exchange some photos. What should Alex do? Which types of pictures are OK to send to a stranger? And which are better to refuse to send?



Alex is having fun with his new friend, but they have never met in person. When the friend asks Alex to meet him after school in a nearby park, Alex is really excited. Should he go to the meeting?

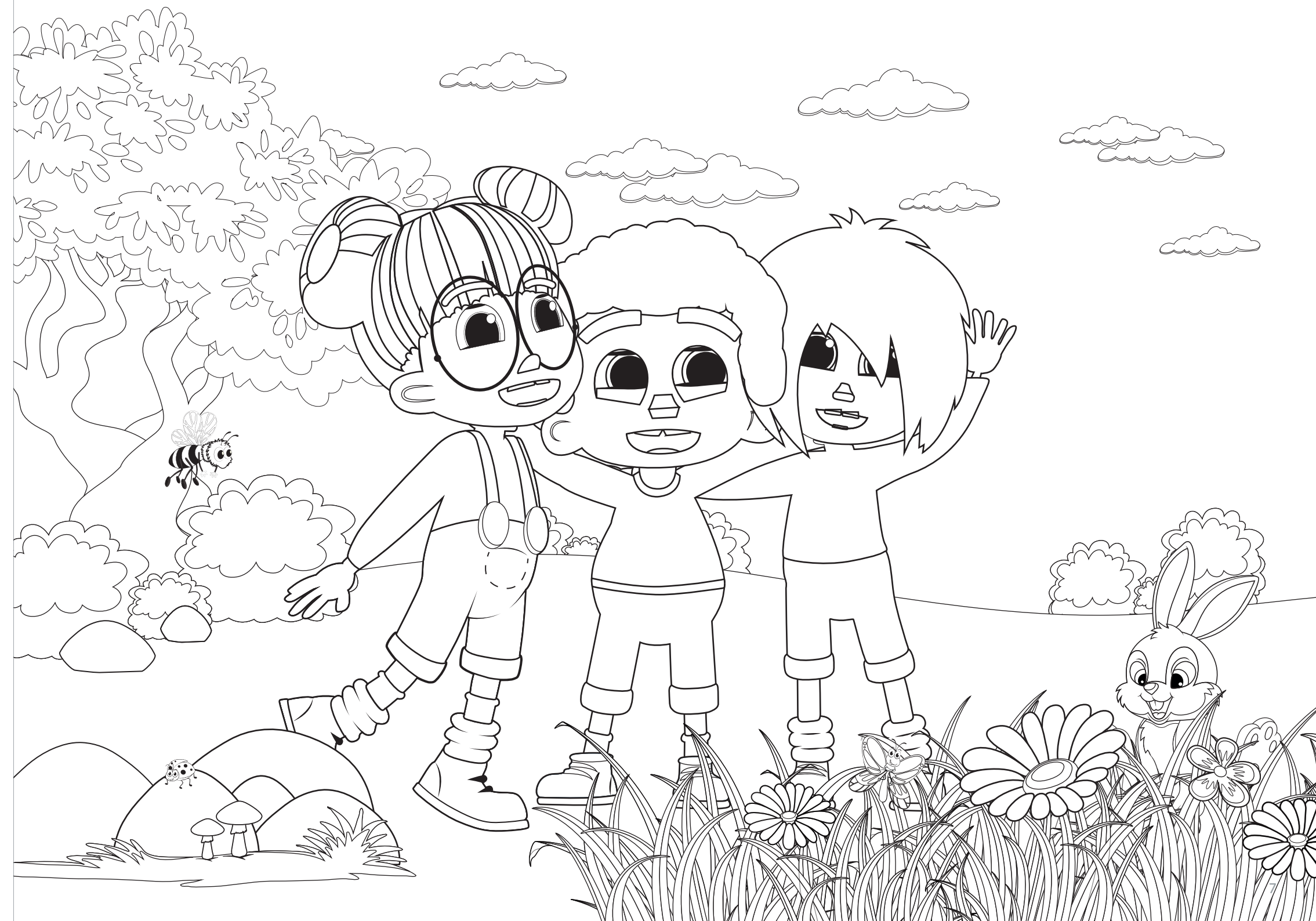


As the friendship continues, Alex starts to feel a bit uncomfortable. The stranger began asking some awkward questions that Alex does not want to answer. Should he continue the conversation?

What do you see?

The online world is full of fun, right? But when it makes us feel sad, angry or even lonely, putting our phones down and paying attention to the world offline may be the best thing we can do.

It looks like Miki is having trouble remembering the happy times she's had with her friends. Look at the picture. Can you see how happy Miki and her friends were? And can you spot all the pretty things that were all around them, like the little bee, the cute bunny and the blooming flowers? Color these things in with bright colors – maybe then Miki will remember them better!



What brings me joy?

When you spend too much time on social media, it might make you think that only those moments that you share online are really exciting. But that's not true! Sometimes, the moments you keep to yourself are just as special.

Think about some small things that bring you joy – like getting a hug from your mom, cuddling with your pet, or even using a brand-new toothbrush! These are the moments that make your heart smile, even if you don't put them on social media.

Go ahead and write down some little things that make your life amazing!



Here's what brings me joy:

Learning tricks on my skateboard, even if I sometimes fall...

Password pizzeria

In your phone or laptop, you keep all kinds of information, including your name and birthday, but maybe even your health details or information about your parent’s credit cards. These are your personal and private data, which are very precious! That is why you need to keep them safe. How? With a password!

Remember when Pug described passwords as a pizza? Let’s try it out! Follow the instructions bellow and make a yummy pizza – we mean, a strong password!

Tip:
Challenge your friends to a culinary contest! Work in groups and try to make a pizza with as many special ingredients as possible. Who will come up with the most unique pizza – and password?



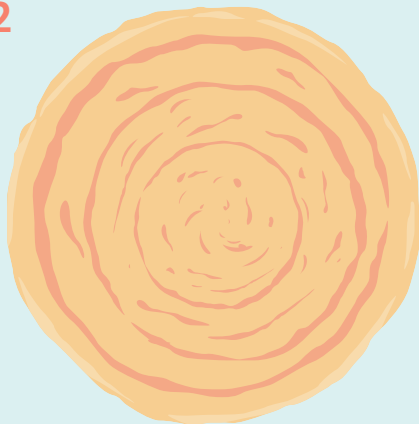
1



Shape the dough.
Come up with a unique phrase that you can remember but isn’t easy to guess.

The best pizza is made by my dad.

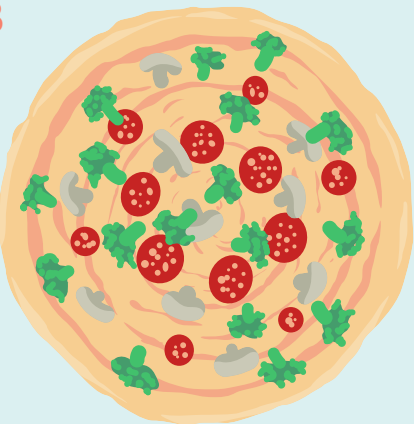
2



Spread the tomato base.
Connect the words and convert some letters to uppercase.

TheBestPizzasMadeByMyDad

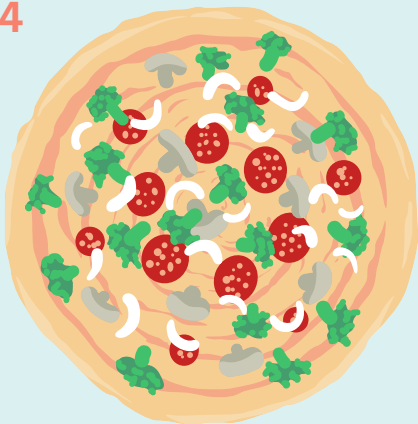
3



Sprinkle on your toppings.
Add at least 3 numbers. You can also do that by changing some of the characters into numbers.

The8estPi2zaIsMade8yMyDad

4



Cover with cheese.
Add some unique characters, such as exclamation marks or question marks.

The8est*Pi2zaIsMade8y?MyDad!

And voilà! Here is our password:

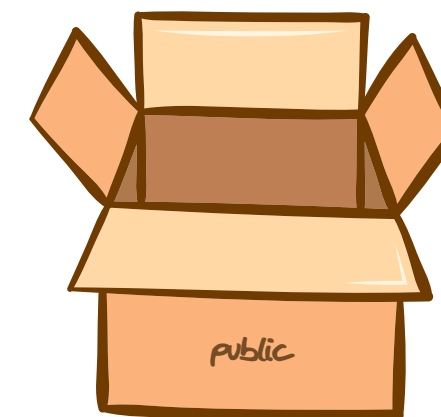
Box for your treasures

Imagine you had an exciting day, and you want to tell your classmates all about it. It's fun to share, right? But did you know that some things should only be told to a few of your best friends? Or only to your parents?

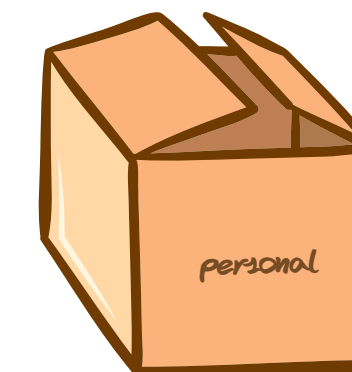
Look at the different types of information and think about how public – or private – they should be. Then, sort the information into the different boxes.



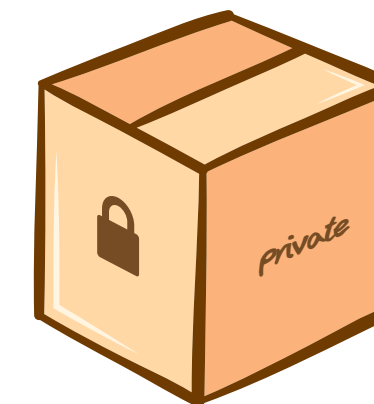
The password to your computer		The name of the book you're reading	
Your name	The name of your school	Your favorite animal	Your address
Your daily schedule	Information about your health		Photo of your passport



Would you share it with anyone, even online? Then put it in the **first box**.



Would you share it with your close friends in person, but not online? Put it in the **second box**.



And what about the private information that **only you or your parents should know**, and you would never share it online? Put that in the **super-safe box**!

Can you spot the hoax?

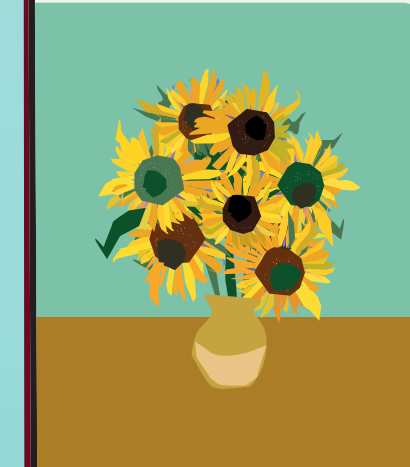
On the internet, we can come across all sorts of information. But did you know that some of it can be false? Just remember the recording Miki's grandma saw. While it may look like an informative video, it was a hoax – false information posted online to confuse people.

Together with your parents or friends, read these two articles. Can you guess which one is true and which one is a hoax? Maybe our list of warning signs can help. Search for them in the texts and highlight them as you read. Which text has more highlighted spots? Maybe that will be the hoax!



Warning signs:

- Shocking information
- Phrases that try to provoke emotional response
- Too many exclamation points
- Whole words or phrases written in CAPITAL LETTERS
- Unverified source or author



18th April 2023

Do you have a painting of flower buds? Maybe they will bloom! TEST IT!

Written by Genoveva Simonis

Artists have been fooling us for centuries! Scientists have been SHOCKED to discover that some paintings were created with a special type of paint. The atoms in the paint are actually ALIVE! When they come into contact with heat, they begin to move quickly, and the painting RADICALLY changes. This phenomenon has only been uncovered earlier this year when the famous "Sunflowers" painting by Van Gogh began to BLOOM after being transported in a heated train. Now it's time to explore other famous paintings! Next week, French scientists plan to apply heat on artworks not just by Vincent Van Gogh, but also Claud Monet or August Renoir. If you have a painting of rose buds or other flowers, try blowing hot air from a hairdryer on it NOW!

Source: Facebook

24th June 2020

Barcelona opera house reopens with performance to 2,292 plants

Written by Jack Guy



It's not uncommon for performances at Barcelona's Gran Teatre del Liceu opera house to be sold out, but musicians played to an unusual audience on Monday to mark Spain's lifting of lockdown – as thousands of plants filled its seats. A total of 2,292 plants were packed into the theater, while the string quartet performed Puccini's "Crisantemi". The famed opera house said in the statement that it "welcomes and leads a highly symbolic act that defends the value of art, music and nature as a letter of introduction to our return to activity." Although humans were not present in the audience, spectators could watch the "Concierto para el bioceno" via livestream. The opera house added in the statement that, following this "strange, painful period," organizers wanted to "offer us a different perspective for our return to activity, a perspective that brings us closer to something as essential as our relationship with nature."

Source: CNN

Can you make Miki smile again?

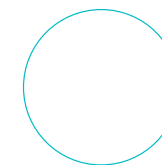
When Alex posted a picture of Miki eating, he didn't mean any harm. But when everyone started laughing at her and posting mean comments, things quickly got out of hand. Now, Miki feels betrayed and sad. What can you do to help her?

Look at the different options and sort them into three categories based on how helpful they are. Try to come up with your own solutions too!

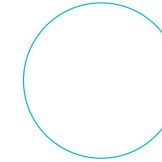


Tip:

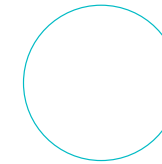
Work in groups and try to come up with other things you could do to help Miki. You can also sort the different options based on chronology. What should you do first?



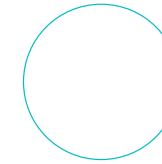
Talk to a parent or a trusted teacher about the situation.



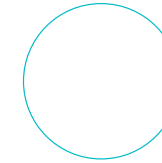
Just ignore it – it will pass.



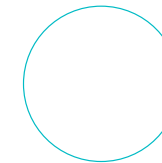
Talk about it with a friend.



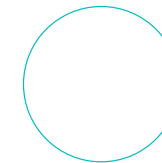
Defend Miki by saying she does not deserve to be laughed at.



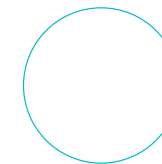
Call Alex and yell at him for what he has done.



Tell Miki that it was just a joke, and she is too sensitive.



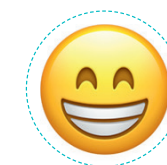
Call Miki and ask her whether she is OK.



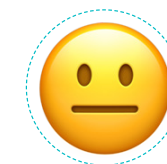
Come up with a fun activity that will distract Miki from feeling sad.

Draw the right emoji:

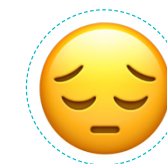
helpful



neutral



not helpful



Solution:

Not all the tasks in this workbook require a detailed breakdown of the correct solution. For example, the coloring exercise depends entirely on your creativity. Still, with some tasks, it is useful to have a sample solution to compare your answers to.

And what if your answers are different from the ones suggested here? This doesn't necessarily make your answers wrong. Use the solution to support your own viewpoints, or to discuss the differences between our suggested answers and your own approach.

Alex needs your help!



Answer: Sharing photos is fun! Alex's new friend may just want to exchange pictures as a fun bonding activity. But if he asks Alex to share some personal photos – like portraits from a beach or pictures of his home – Alex should be careful. We never send intimate and personal information online. If somebody asks Alex to send such images, he should discuss the situation with his parents or at least reach out to a friend.



Answer: Meeting a friend? Exciting! But Alex has never seen his online buddy before, so he doesn't know what to expect. Here is what he should do! First, he should tell his parents about the meeting. If his online buddy is truly a friend, he won't mind. Only a bad guy would ask Alex for a secret meeting. They should also meet in a public space, with a lot of people around. This way, Alex will be much safer, and he can always leave or ask someone for help if he needs it.



Answer: If Alex feels uncomfortable, there are several things he can do. He can let his online friend know that he doesn't like the interactions lately. If the conversations continue to make Alex feel uncomfortable, the best thing he can do is to share his feelings about the situation with his family or friends. Alex also needs to remember that he can end the conversation whenever he wants. Strange feelings often mean something is not OK, and Alex should not be afraid to stand up for himself!

Box for your treasures

Your name

Your favorite animal

The name of the book you're reading

The name of your school

Your address

Information about your health

Your daily schedule

Photo of your passport

The password to your computer

public

personal

private

Would you share it with anyone, even online? Then put it in the first box.

Would you share it with your close friends in person, but not online? Put it in the second box.

And what about the private information that only you or your parents should know, and you would never share it online? Put that in the super-safe box!

Can you spot the hoax?

Did you guess that the first article is a hoax? If so, you were right! How did you know? Let's compare the two stories and look for the clues together.

	Do you have a painting of flower buds? Maybe they will bloom! TEST IT!	Barcelona opera house reopens with performance to 2,292 plants
Tone	The entire story is written in sensational language and attracts our attention with many questions, exclamation points and capital letters . The text also contains smaller pieces of misinformation – for example, there are no living or dead atoms.	While the story may be hard to believe, it is written in an informative, calm tone and includes multiple quotes that explain the unusual event.
Source	Facebook is an open social media platform , so anyone can upload their thoughts, ideas and even hoaxes to the site.	CNN is a well-known and respected medium that usually shares verified news.
Author	And who is Genoveva Simonis? No one, really! The name was created by an AI generator .	When you search for the author, you find that Jack Guy is a trustworthy journalist who writes for multiple websites, including CNN. Thus he is a real person who works for serious media.
Date	This story was written quite recently . This may simply mean that the article is new, but we need to remember that hoaxes are usually short-lived . When you see a recent and shocking story online, always check more sources to verify whether or not it is true.	The article was written during the pandemic – which explains why the opera house would want to host a concert without human audience.

Can you make Miki smile again?

Talk to a parent or a trusted teacher about the situation.

Just ignore it – it will pass.

Talk about it with a friend.

Defend Miki by saying she does not deserve to be laughed at.

Call Alex and yell at him for what he has done.

Tell Miki that it was just a joke, and she is too sensitive.

Call Miki and ask her whether she is OK.

Come up with a fun activity that will distract Miki from feeling sad.

Draw the right emoji:

helpful

neutral

not helpful



How to navigate in the online world safely? Watch Hey PUG!, ESET's fun animated series on Safer Kids Online YouTube channel.

saferkidsonline by **eset**

saferkidsonline.eset.com

This Workbook was created by ESET software spol. s r.o., in consultation with PhDr. Jarmila Tomková, a psychologist and lecturer.