

Lesson Plan

Mission Cybersafe

Empowering Young Minds for a Safer Digital World

1. Background information

Target group: Grades 5–12 (adaptable)

Duration: 45 minutes

Person conducting the session: CISO / IT security officer / awareness ambassador

Didactic approach: Interactive, psychologically sound, practical

2. Learning objectives

Students will understand:

- Why everyone is a potential target of cyberattacks—including young people.
- How cybercriminals deliberately exploit emotions (curiosity, fear, time pressure).
- How they can protect themselves and others in everyday digital life.
- Why safe behavior is a habit—not a coincidence.

3. Lesson structure

Phase 1 – Introduction: “Why me?” (10 minutes)

Objective: Create relevance, capture attention.

Start: short quiz

Stimulating questions:

- Who among you has a smartphone?
- Who uses social media or gaming platforms?
- Who believes that hackers are only interested in large companies?

- Key message: Attacks are not aimed at technology – they are aimed at people.

Phase 2 – Psychology of the attack (15 minutes)

Goal: Understand manipulation mechanisms.

Explanation using simple examples:

- Time pressure (“Only 2 minutes left!”)
- Authority (“Message from parents, teachers, authorities...”)
- Curiosity (“You've been tagged!”)

Guiding principle in SoSafe style: Cybercrime exploits emotions. AI only perfects the staging.

Phase 3 – Interactive exercise: Fake or real? (10 minutes)

Objective: To sharpen perception and train decision-making skills.

The class is given two short scenarios (e.g., chat message/competition/gaming link).

Students vote: Real or fake?

Followed by a joint analysis:

- What feelings were addressed?
- Where was the clue hidden?

Phase 4 – From knowledge to habit (5 minutes)

Goal: Strengthen safety skills.

Message: Safety is like a muscle – it grows with training.

Specific 3-rule formula:

1. Stop – don't react immediately.
2. Check – question the source and context.
3. Talk – share with parents, teachers, or friends.

Phase 5 – Conclusion & Challenge (5 minutes)

Reflection question: What would you do differently starting tomorrow?

Mini challenge: Consciously check before clicking for one week.

Closing message:

“Security is more than just knowledge. Security is behavior. And behavior comes from training. With that in mind: Don’t skip Awareness Day.”

4. Materials needed

- Presentation slides (provided by SoSafe Toolkit)
- 2–3 sample screenshots (tailored to age group)
- Optional: Live survey/quiz (Mentimeter/Kahoot)

5. Scaling & brand integration

This format has a modular structure and can be used by CISOs nationwide.

Recommendation: Establish a local connection (e.g., examples from the region).

Goal: Strengthen schools – build trust – develop a culture of security early on.

6. Table-format lesson plan

Duration	Phase	Implementation	Social form / Material	Learning objectives	Didactic notes
10 Min	Intro – Why me?	Stimulating questions on digital use; brief vote by show of hands or tool	Plenary session; Kahoot if available, Fun quiz, stimulating questions	Recognizing relevance; reflecting on personal involvement	Emotional introduction; activating personal life experiences
15 Min	Psychology of the attack	Explanation of typical manipulation techniques (time pressure, authority, curiosity) with examples	Plenary session; presentation slides; example screenshots	Understanding manipulation mechanisms	Use everyday examples; simple language; encourage interaction
10 Min	Interactive exercise – fake or real?	Analysis of 2–3 scenarios; voting and joint evaluation	Group work or plenary session; projector; printouts optional	Strengthen decision-making skills; recognize warning signs	Explicitly normalize mistakes; emphasize learning moments
5 Min	From knowledge to habit	Introduction of the 3-step formula (stop – check – act)	Plenary session; board/slide with mnemonic	Develop concrete action strategy	Present safety behavior as a trainable habit (muscle metaphor)
5 Min	Conclusion & challenge	Reflection question; formulate weekly challenge	Plenary session; worksheet if necessary	Ensure transfer into everyday life	Positive, empowering closing message; strengthen self-efficacy