

READY
SET
CYBER

AI & ONLINE SAFETY ROAD TRIP

GRADES 9-12

WORKBOOK 2026

YOUR FEED. YOUR IDENTITY. YOUR MOVE.

AI &
YOUR FEED

DEEPFAKES

SOCIAL
ENGINEERING

DIGITAL
IDENTITY

PRIVACY

Is this you?

Your choices
shape
your future.

Different
faces.
Same risks.

Spot it
before
you share.

REAL
OR AI?

CYBER CITY

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

THIS BOOK BELONGS TO:

STOP 0

WELCOME TO CYBERCITY

YOUR ROAD TRIP STARTS HERE.

You live in a digital world.

You scroll, message, game, search, post and use AI tools — every day.

It's part of your life, and it comes with a lot of benefits.

But it also comes with **real risks**.

AI makes it easier than ever to create convincing content, impersonate people and manipulate what you see online.

This road trip will help you build the skills to navigate the digital world with confidence — so you can use technology without being used by it.

ON THIS ROAD TRIP, YOU'LL LEARN HOW TO:



SECURE
YOUR DIGITAL
IDENTITY



UNDERSTAND
HOW AI IMPACTS
WHAT YOU SEE
ONLINE



QUESTION
AND VERIFY
ONLINE CONTENT



RECOGNIZE
MANIPULATION
AND SCAMS



CONTROL
WHAT YOU SHARE
AND PROTECT
YOUR PRIVACY



RESPOND
WHEN SOMETHING
GOES WRONG

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

CYBER CITY

DIGITAL DRIVER'S LICENCE

YOUR ROAD TRIP. YOUR SKILLS. YOUR MISSION.

ReadySetCyber DIGITAL DRIVER



NAME: _____

GRADE: _____

SCHOOL: _____

DRIVER ID: RSC- _____



READY
SET
CYBER

YOUR ROAD TRIP MISSIONS

COMPLETE EACH STOP TO COLLECT
YOUR BADGE AND BUILD YOUR SKILLS.

1



IDENTITY DEFENDER

Protect your accounts
and digital identity.



2



AI NAVIGATOR

Understand how AI
shapes what you see
online.



3



FEED DETECTIVE

Question what's
showing up in
your feed.



4



REALITY CHECKER

Verify images, videos,
voices and claims.



5



MANIPULATION SPOTTER

Recognize scams
and social engineering.



6



PRIVACY PRO

Know what you're
revealing online.



7



CYBER RESPONDER

Know what to do
when something
goes wrong.



YOUR FINAL
DESTINATION →

READYSETCYBER DIGITAL DRIVER

Complete every stop to earn
your Digital Driver status.

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

READYSETCYBER.CA

STOP 1



IDENTITY INTERCHANGE

YOUR ACCOUNT = YOUR IDENTITY.

WHAT WOULD SOMEONE GET IF THEY TOOK OVER
YOUR MAIN SOCIAL ACCOUNT?



Your DMs



Photos



Friends



Followers



Saved information



Personal conversations



Your identity

AND CRITICALLY...
YOUR TRUST.

If your friend's account messages you, you naturally trust it more.

That makes a compromised account useful for targeting everyone connected to it.



hey! can you do me a quick favour? 10:24 AM



check this out 10:25 AM
<https://...>

**SAME FRIEND.
DIFFERENT
INTENTIONS.**

PROTECT YOUR ACCOUNT.
A FEW SIMPLE STEPS GO A LONG WAY.



**STRONG
PASSWORDS
OR PASSPHRASES**

Use long, unique passphrases for each account.



**TURN ON MFA
OR USE PASSKEYS**

Add an extra layer so it's harder for attackers to get in.



**KEEP RECOVERY
METHODS UPDATED**

Make sure your email and phone number are current.



**CHECK
ACTIVE SESSIONS**

Regularly review where you're logged in and remove devices you don't recognize.

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

STOP 1

SOMEONE STOLE YOUR ACCOUNT

IT CAN HAPPEN TO ANYONE.

10:16

Sam

why are you posting this??

10:14 AM

did you get hacked?!

10:15 AM

this isn't you...

10:16 AM

Message...

10:16

yourusername

482

12.4K

983

Posts

Followers

Following



GIVEAWAY
\$1,000
TO 10 LUCKY FOLLOWERS!

ENTER NOW

♡ 🔍 📌

🎁 **HUGE GIVEAWAY!** 🎁

\$1,000 to 10 lucky followers!

Just like, follow and click the link! 🌟

#giveaway #easywin #crypto

View all 243 comments

2 hours ago



Instagram

Your email address
has been changed.

now



TikTok

New login detected.

Location: Istanbul, Turkey

now



**NOW
WHAT?**

FOLLOW THESE STEPS TO TAKE BACK CONTROL.

1



SECURE

Try to regain
access to
your account.

2



SIGN OUT

Remove
unauthorized
devices and
active sessions.

3



RESET

Change your
password and
update your
recovery options.

4



CHECK

Review account
settings, linked
apps and
recent activity.

5



REPORT

Report the
compromise to
the platform.

6



WARN

Let your
friends know
so they don't
get tricked.

BADGE EARNED!



**IDENTITY
DEFENDER**

You know how to protect
your accounts and digital
identity.

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

STOP 2

AI AVENUE

AI CAN CREATE IT. THAT DOESN'T MAKE IT TRUE.

AI CONTENT
SPREADS FAST.
VERIFY SLOWER.



9:41



@cityupdates
Toronto, ON

Follow

BREAKING: Schools across the GTA will be closed tomorrow due to an incoming storm. Stay safe! ❄️



84.7K 2.1K 19K



MY MOM JUST SENT ME THIS 2h 2.4K



reposting so everyone knows!! 2h 1.1K



where did this come from? 3h 312



it looks real 🤖 3h 843

HERE'S WHAT YOU ACTUALLY KNOW:

- ✓ The post looks professional.
- ✓ Thousands of people shared it.
- ✓ The image looks believable.
- ✓ The caption sounds confident.



HERE'S WHAT YOU DON'T KNOW:

- ? Who originally created it?
- ? Whether the information is accurate.
- ? Whether the image matches the event.
- ? Whether any trustworthy source confirmed it.
- ? Whether AI was used to create any part of it.

DON'T ASK ONLY:

"IS THIS AI?"

ASK:

"CAN I VERIFY THIS?"

BEFORE YOU BELIEVE OR SHARE:

1



SOURCE

Who posted it first?

2



EVIDENCE

What supports the claim?

3



CONFIRM

Can you find the same info from a trustworthy source?

4



CONTEXT

Could it be edited, old, cropped or misleading?



AI CHANGED
THE SPEED —
NOT THE RULE.



AI can create convincing images, video, audio and text incredibly quickly.

Something can be AI-generated and harmless. Something can be completely real and still be used to mislead you.

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

STOP 2

AI AVENUE

WHY YOUR FEED LOOKS LIKE YOUR FEED

YOUR FEED **ISN'T** RANDOM.

Platforms use AI to look at what you do and decide what to show you next.



WATCH



LIKE



SHARE



SEARCH



FOLLOW



PAUSE ON

TRAIN THE FEED



Watch how quickly your feed can change.

1 WATCH ONE VIDEO.



2 KEEP WATCHING SIMILAR VIDEOS.



3 SEE WHAT GETS RECOMMENDED.



RECOMMENDATION ALGORITHMS

Predict what you'll watch next.



ECHO CHAMBERS

Can keep showing you similar content.



RABBIT HOLES

Can pull you into extreme or misleading content the longer you engage.



POPULAR $\neq$ TRUE



RECOMMENDED $\neq$ TRUSTWORTHY

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

STOP 3

THE FEED

SCROLL WITH ME.

READY
SET
CYBER

SAME APP.
DIFFERENT
STORIES.



SCROLL THROUGH THE FEED.

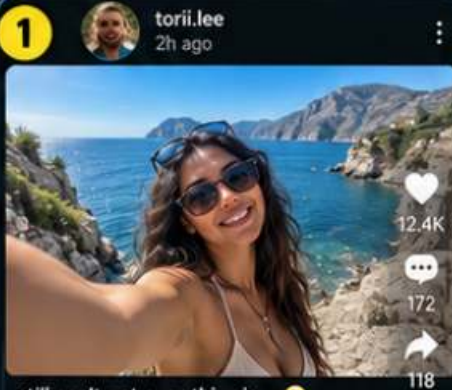
Look at each post and decide what it is.

CHOOSE ONE LABEL
FOR EACH POST.



9:41

For You | Following



still can't get over this view 🤩

📍 Amalfi Coast, Italy



My skin has NEVER looked better!
Skincare that actually works 💖
#GlowPartner #Skinvive



BREAKING
MAJOR EXPLOSION
IN DOWNTOWN TORONTO

Emergency crews on scene.
Details developing. #Toronto



"I'm quitting acting..."

The full message everyone
is talking about.

Fans are shocked 🤯
#CelebrityNews



1. Follow @techdealscanada
2. Like this post
3. Tag 3 friends
Good luck! 🍀



73% OF STUDENTS
SAY AI DOES THEIR
HOMEWORK NOW

SCHOOL SYSTEMS ARE COOKED.



JUST
CONTENT



ADVERTISEMENT



NEEDS
VERIFICATION



POSSIBLE
MANIPULATION



SCAM
RISK

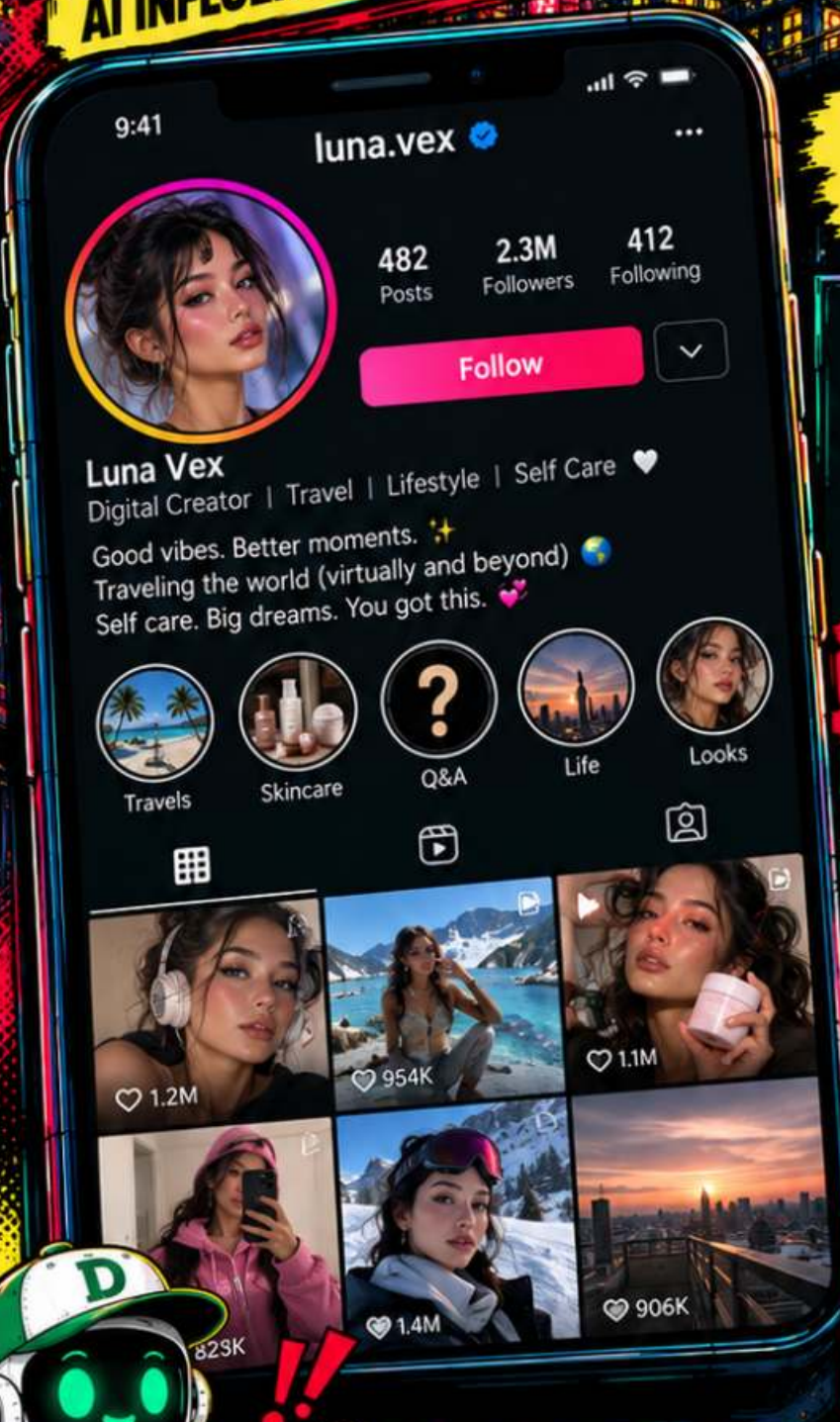
STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

READYSETCYBER.CA

STOP 3 THE FEED AI INFLUENCERS & FAKE PEOPLE

**THIS PERSON HAS
2.3 MILLION FOLLOWERS.
THEY DON'T EXIST.**



AI-generated or virtual influencers can have profiles, sponsorships and real audiences.

**DOES IT MATTER IF AN INFLUENCER
ISN'T A REAL PERSON?**

Not necessarily.

INSTEAD, ASK:

- Are they pretending to be real?
- Are they selling something?
- Is the content labelled?
- Who benefits if you believe them?

**FOLLOWERS
≠
CREDIBILITY**

**REALISTIC
≠
REAL**

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

STOP 4 REALITY CHECKPOINT SAME CONTENT. DIFFERENT STORY.

REALITY
WHAT HAPPENED

STORY
WHAT YOU'RE
TOLD HAPPENED



A Global News Daily
@GlobalNewsDaily · 2h ago

BrEAKING: Thousands gather downtown after today's announcement.

1.2K 4.6K 12K 780K

B truth.unfiltered Follow

This is happening RIGHT NOW. Media won't show you this.

0:28

Original Sound - truth.unfiltered

238K 12.4K 22.1K 8.6K

C cityarchives Toronto, ON · May 27, 2023 Follow

Throwback to an amazing night at the Toronto Unity Festival!

3.4K 112 195

WHAT CHANGED?

THE CAPTION

THE DATE

THE SOURCE

THE CONTEXT

THE 10-SECOND REALITY CHECK

WHAT AM I SEEING?

VS

WHAT AM I BEING TOLD IT MEANS?

**SAME PHOTO.
THREE COMPLETELY
DIFFERENT STORIES.**

**CONTENT DOESN'T
HAVE TO BE FAKE
TO GIVE YOU A
FALSE IMPRESSION.**

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

STOP 5 SOCIAL ENGINEERING SUMMIT

AI MAKES
SCAMS
PERSONAL.



AI CAN FIND
THIS PUBLIC INFO...

- Name
- School
- Friends
- Sports team
- Job
- Posts
- Interests

...AND USE IT TO CREATE
A CONVINCING, PERSONALIZED
MESSAGE.



GENERIC SCAM MESSAGE



Your account has been compromised. Click here to verify your information.
bit.ly/secure-account

PERSONALIZED SCAM MESSAGE



Hey Maya — I'm helping organize Friday's volleyball tournament at Westview. Coach Patel said you still need to submit your player form. Can you login here quickly?
westview-athletics.com/player-form

10:24 AM

WHICH WOULD YOU BE MORE LIKELY TO TRUST?



SOCIAL ENGINEERING

Tricking people into sharing information or taking action.



OSINT

Using publicly available information from social media and other sources.



AI MAKES IT EASIER

AI can quickly collect information and write realistic, personalized messages.

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

STOP 5

THEY SOUND LIKE SOMEONE YOU KNOW

AI CAN CLONE VOICES OR USE COMPROMISED ACCOUNTS
TO IMPERSONATE **PEOPLE YOU TRUST.**

MOM



"Hey sweetie,
can you help me
out real quick?"

FRIEND



"Bro, I need
your help.
It's urgent!"

TEACHER



"This is Mr. Chen.
Please log in to
confirm your
assignment."

COACH



"We need
uniform payments
tonight. Send it
now."

EMPLOYER



"Can you join
a quick call?
It's time sensitive."

~~TRUST THE REQUEST –
NOT THE VOICE.~~

**VERIFY THE PERSON
BEHIND THE REQUEST.**

**FOLLOW
THESE STEPS:**



1. PAUSE.



2. CONTACT
THEM
INDEPENDENTLY.



3. NEVER SHARE
PASSWORDS OR
MFA CODES.



4. BE SUSPICIOUS
OF URGENCY,
SECRECY, OR
MONEY/ACCESS.



**CREATE A
VERIFICATION PHRASE**

Agree on a unique phrase
with your family or close
friends for unusual or
urgent situations.



"Our phrase is:
MaplePizza42!"

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

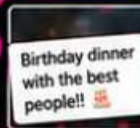
STOP 6

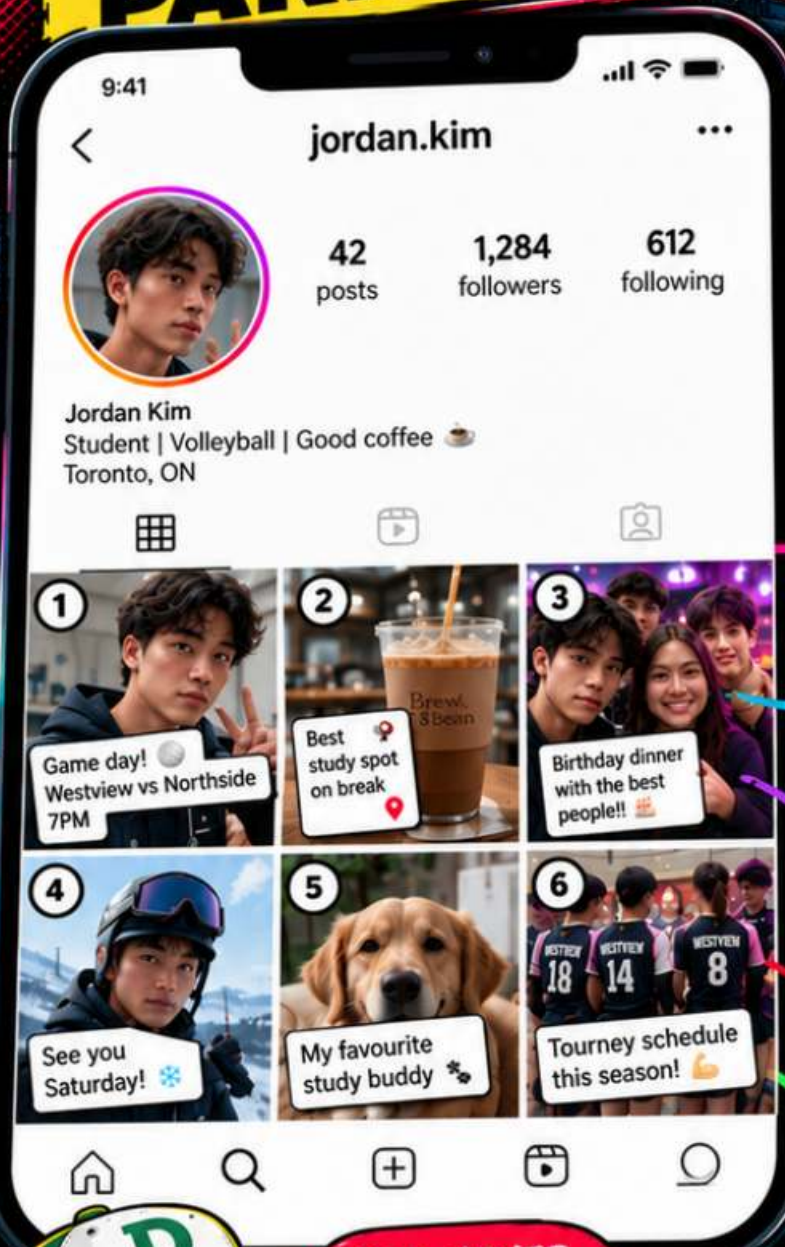
PRIVACY PARKWAY

READY
SET
CYBER

YOU POSTED
MORE THAN
YOU THINK.

WHAT CAN SOMEONE FIND?

-  **SCHOOL**
Westview High School
From a jersey and gym photo.
-  **APPROXIMATE HOME AREA**
Toronto, ON (Midtown)
From location tags and recurring photo backgrounds.
-  **BIRTHDAY**
April 14
From a birthday post.
-  **PART-TIME WORKPLACE**
Brew & Bean (local café)
From a tagged photo and uniform.
-  **BEST FRIEND**
Maya Chen
From multiple photos together.
-  **SPORTS SCHEDULE**
Volleyball games
Tues & Thurs, 7 PM
From team posts and stories.
-  **WHERE THEY'LL BE SATURDAY**
Blue Mountain
From a weekend trip post.



YOU NEVER
POSTED YOUR
ADDRESS.

YOU DIDN'T HAVE TO.

Small pieces of **information** can become much **more revealing** when combined.

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

13

STOP 7

CYBER CROSSROADS

EMOTION IS
THE ATTACK SURFACE.

Scams and manipulative content frequently try to make you:



BECAUSE PEOPLE REACT FASTER
WHEN THEY FEEL **SOMETHING STRONGLY.**

THE MORE A POST MAKES YOU
WANT TO REACT IMMEDIATELY...

...THE MORE IMPORTANT
IT IS TO **PAUSE.**



STOP



LOOK



VERIFY



GO

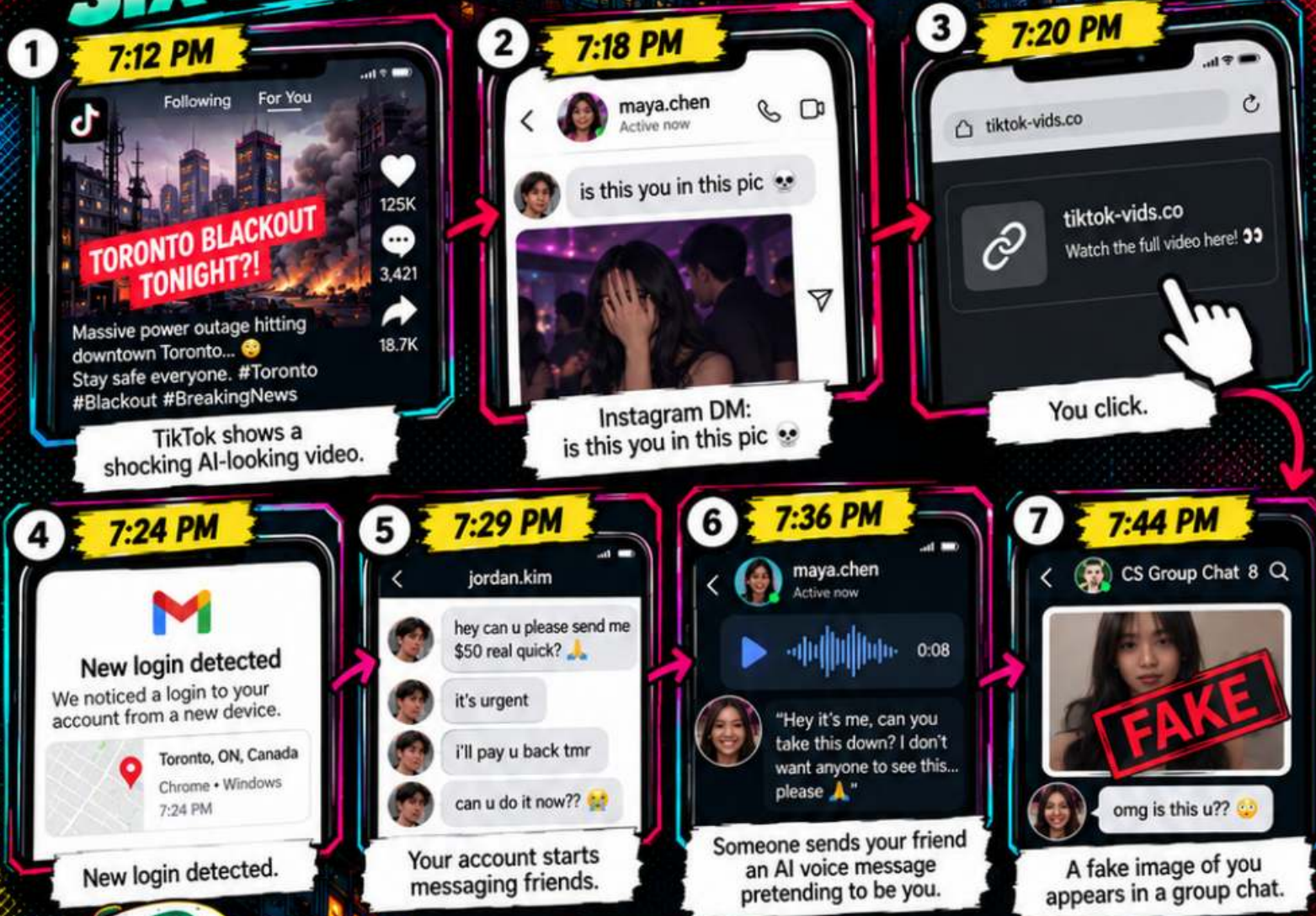
BE SMART. BE SAFE. BE READY.

14

FINAL MISSION

ONE NIGHT. ONE FEED. SIX PROBLEMS.

A NORMAL SCROLL
CAN TURN INTO
A **REAL PROBLEM.**



WHAT DO YOU DO?



STOP



LOOK



VERIFY



GO

15

BE SMART. BE SAFE. BE READY.

BUILD YOUR DIGITAL DEFENCE.

Turn learning *into action.*

BEFORE YOU LEAVE *CYBER CITY:*

- ☐  Enable MFA/passkeys
- ☐  Check account recovery options
- ☐  Review logged-in devices
- ☐  Review social privacy settings
- ☐  Check location-sharing settings
- ☐  Know how to report impersonation
- ☐  Know how to report AI-generated harmful content
- ☐  Search your own name/usernames
- ☐  Think about what your public profile reveals
- ☐  Identify a trusted person you could contact if something went wrong

ONE THING I'M *CHANGING TODAY:*

BE SMART. BE SAFE. BE READY.

THE DIGITAL DRIVER CODE

Be a smarter, safer, more
confident digital citizen.



1

I DON'T **TRUST** SOMETHING
BECAUSE IT LOOKS REAL.



2

I DON'T **SHARE** SOMETHING
BECAUSE EVERYONE ELSE IS.



3

I DON'T **GIVE INFORMATION**
BECAUSE SOMEONE CREATES URGENCY.



4

I **VERIFY** BEFORE I ACT.



5

I **PROTECT** OTHER PEOPLE'S PRIVACY
LIKE I PROTECT MY OWN.



6

I **USE AI** — I DON'T LET AI
DO MY THINKING FOR ME.

SAME
SKILLS.
SAFER
YOU.

MISSION COMPLETE.

YOU'VE BUILT YOUR DIGITAL DEFENCE.
WEAR THESE BADGES WITH PRIDE.



CRITICAL
THINKER



RESPONSIBLE
SHARER



SITUATION
AWARE



VERIFIER



PRIVACY
PROTECTOR



AI
SMART

PAGE 18



FINISH LINE

CYBER CITY

SAME
SKILLS.
SAFER
YOU.

READY
SET
CYBER

DIGITAL DRIVER

AI & ONLINE SAFETY — GRADES 9-12

THIS CERTIFIES THAT

HAS COMPLETED THE READYSETCYBER PROGRAM AND
DEMONSTRATED A COMMITMENT TO BEING A SMARTER,
SAFER, AND MORE CONFIDENT DIGITAL CITIZEN.

DATE



CERTIFIED

READYSETCYBER.CA



READYSETCYBER.CA

EXPLORE MORE.
STAY INFORMED.
KEEP LEARNING.

SMART
PEOPLE
PAUSE.



YOUR BEST CYBERSECURITY TOOL ISN'T AN APP.

IT'S THE MOMENT YOU DECIDE
TO **STOP** AND THINK.