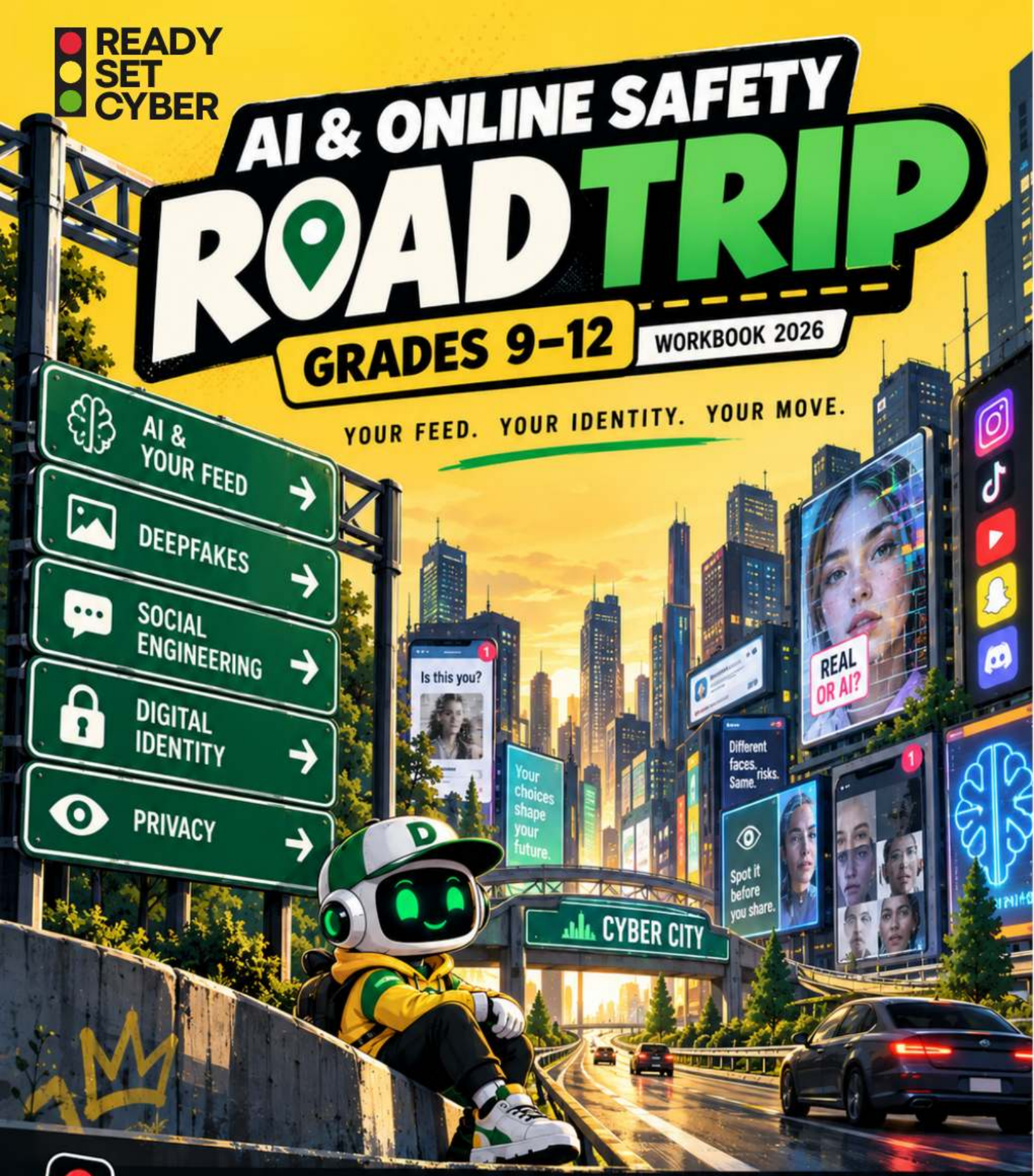
READY SET CYBER

AI & ONLINE SAFETY ROAD TRIP

GRADES 9–12

WORKBOOK 2026

YOUR FEED. YOUR IDENTITY. YOUR MOVE.



STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

THIS BOOK BELONGS TO: _____

READY SET CYBER

STOP 0

WELCOME TO CYBER CITY

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.

READY SET CYBER

ReadySetCyber **DIGITAL DRIVER**

YOUR PHOTO / AVATAR HERE

NAME: _____

GRADE: _____

SCHOOL: _____

DRIVER ID: RSC-_____

CYBER CITY

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

READY SET CYBER

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.

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.

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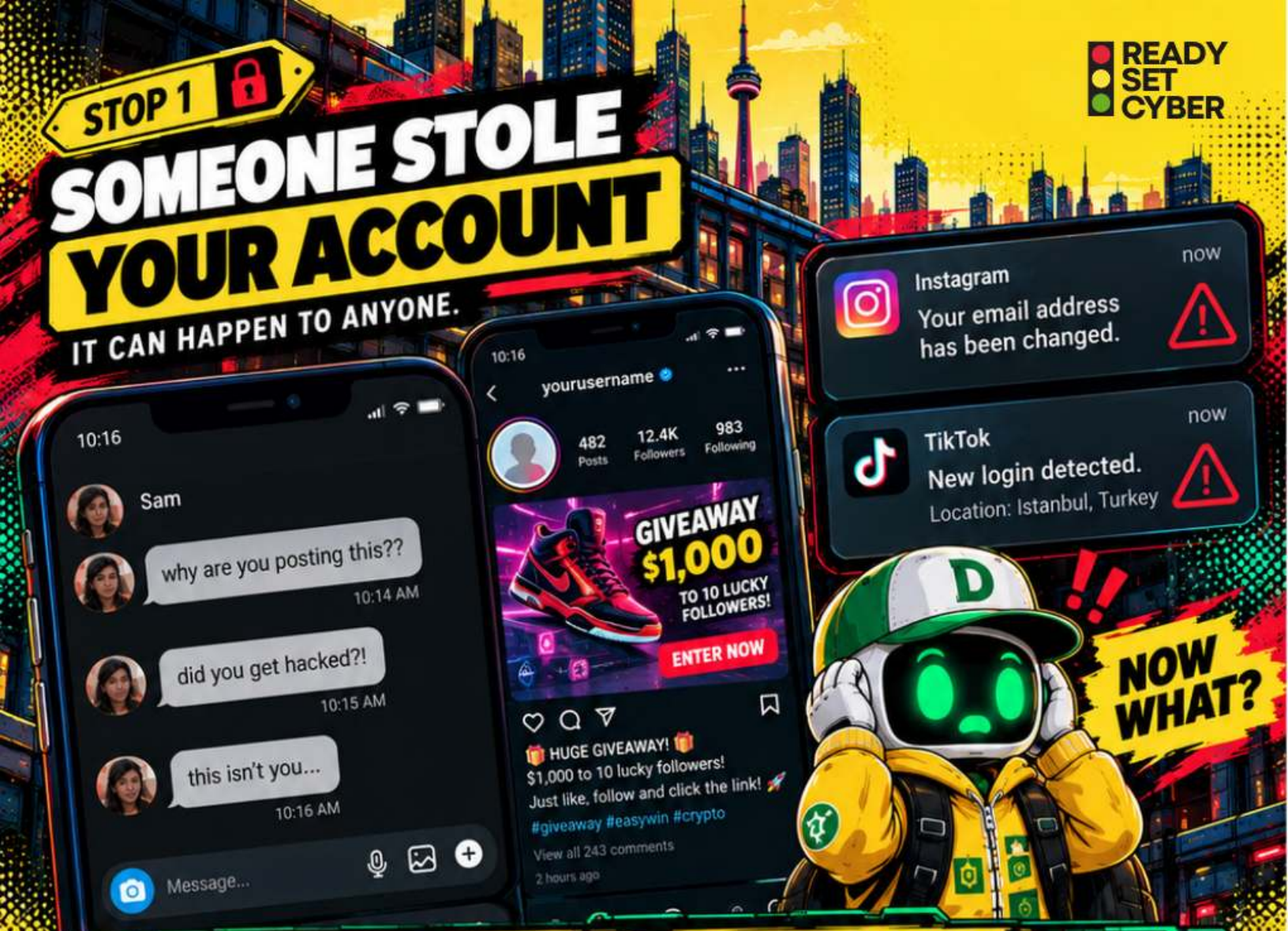
READY SET CYBER

STOP 1

SOMEONE STOLE YOUR ACCOUNT

IT CAN HAPPEN TO ANYONE.



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.

READY SET CYBER

STOP 2 AI AVENUE

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

AI CONTENT SPREADS FAST. VERIFY SLOWER.

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.

READY SET CYBER

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 ≠ TRUE

RECOMMENDED ≠ TRUSTWORTHY

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

READY SET CYBER

STOP 3

THE FEED
SCROLL WITH ME.

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

1

torii.lee
2h ago

still can't get over this view 😍
Amalfi Coast, Italy

2

glowwithava
Sponsored

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

3

Global News Daily
3h ago

Emergency crews on scene.
Details developing. #Toronto

4

celeblive
1d ago

Fans are shocked 😲
#CelebrityNews

5

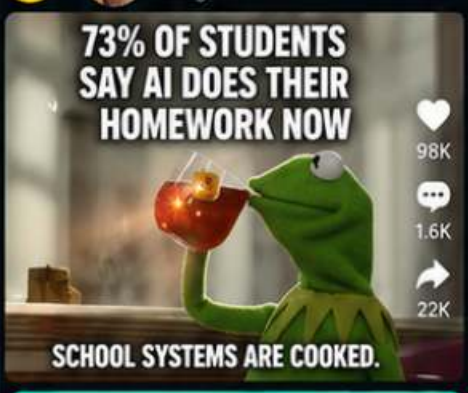
techdealscanada
Sponsored

1. Follow @techdealscanada
2. Like this post
3. Tag 3 friends

Good luck! 🎉

6

memes4you
5h ago



JUST CONTENT | ADVERTISEMENT | NEEDS VERIFICATION | POSSIBLE MANIPULATION | SCAM RISK

STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

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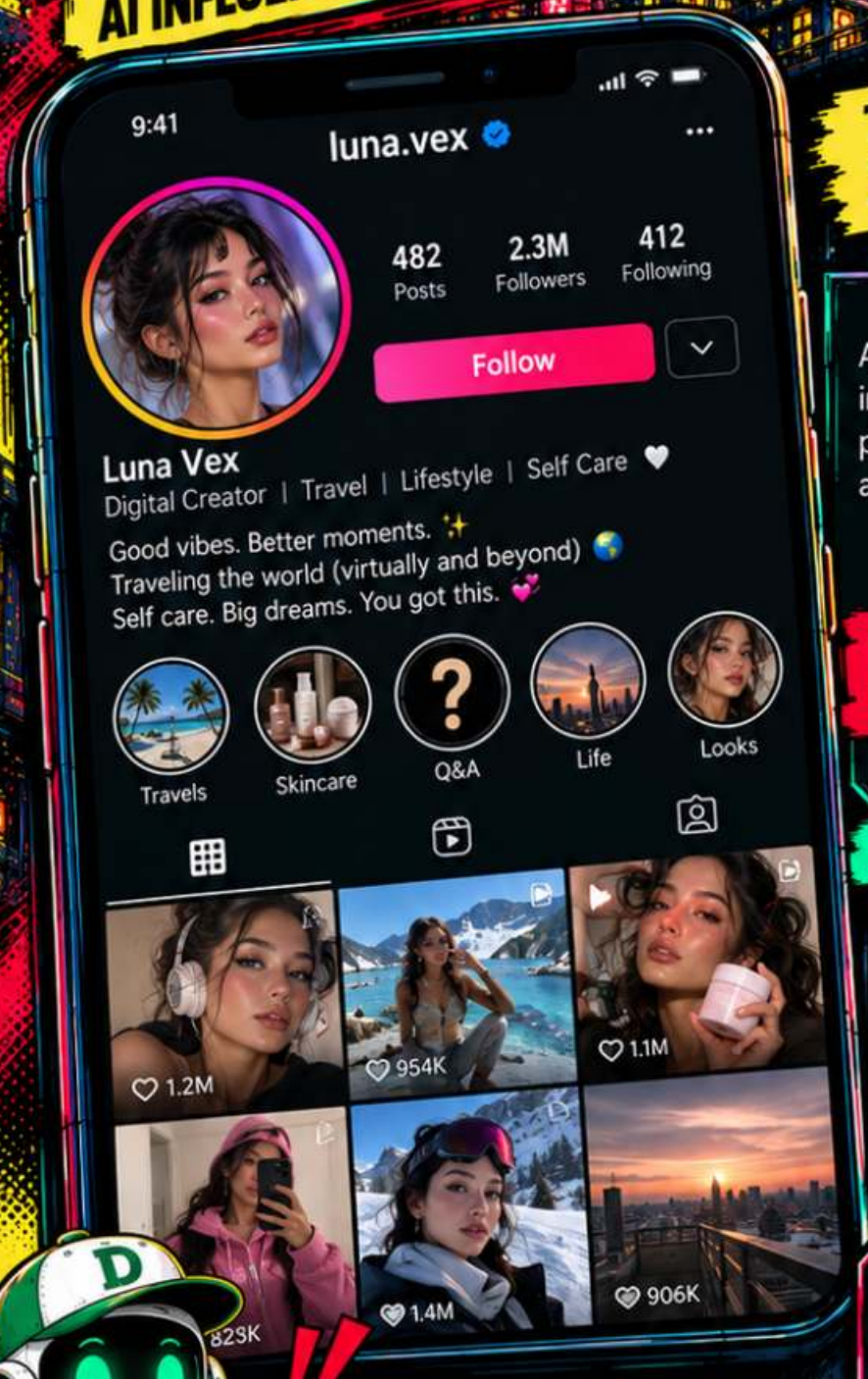
READY SET CYBER

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.

READY SET CYBER

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. 👀

238K
12.4K
22.1K
8.6K

Original Sound - truth.unfiltered

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.

READY SET CYBER

STOP 5 SOCIAL ENGINEERING SUMMIT

AI MAKES SCAMS PERSONAL.

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.**

~~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!"

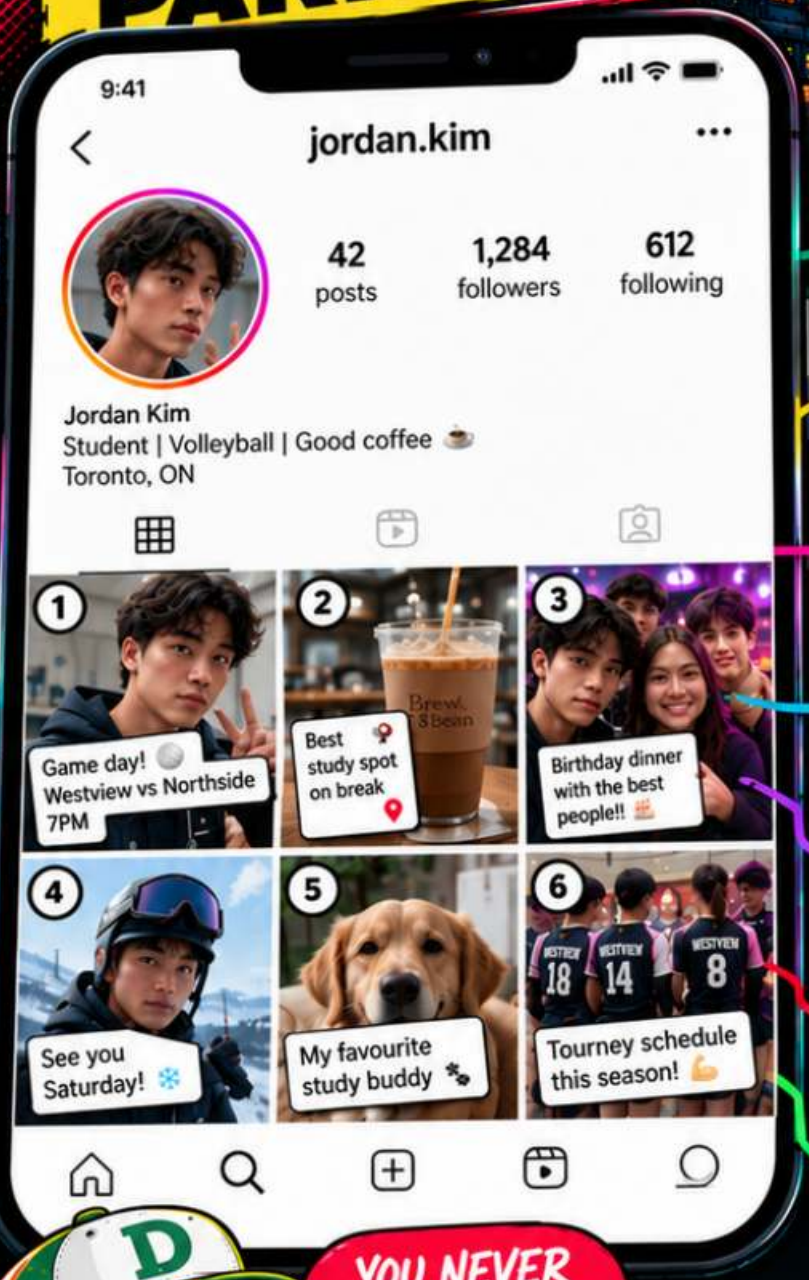
STOP. LOOK. VERIFY. GO.

BE SMART. BE SAFE. BE READY.

READY SET CYBER

STOP 6 PRIVACY PARKWAY

YOU POSTED MORE THAN YOU THINK.



WHAT CAN SOMEONE FIND?

1.

SCHOOL
Westview High School
From a jersey and gym photo.

2.

APPROXIMATE HOME AREA
Toronto, ON (Midtown)
From location tags and recurring photo backgrounds.

3.

BIRTHDAY
April 14
From a birthday post.

4.

PART-TIME WORKPLACE
Brew & Bean (local café)
From a tagged photo and uniform.

5.

BEST FRIEND
Maya Chen
From multiple photos together.

6.

SPORTS SCHEDULE
Volleyball games
Tues & Thurs, 7 PM
From team posts and stories.

7.

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.

STOP 7

CYBER CROSSROADS

EMOTION IS THE ATTACK SURFACE.

Scams and manipulative content frequently try to make you:

WHY?

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.

BE SMART. BE SAFE. BE READY.

READYSETCYBER.CA

READY SET CYBER

FINAL MISSION

ONE NIGHT. ONE FEED. SIX PROBLEMS.

A NORMAL SCROLL CAN TURN INTO A REAL PROBLEM.

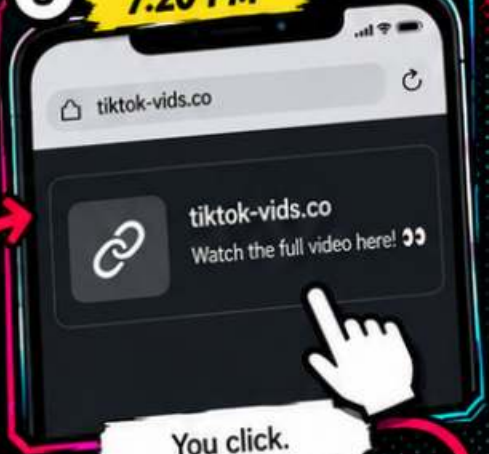
1 7:12 PM

TikTok shows a shocking AI-looking video.

2 7:18 PM

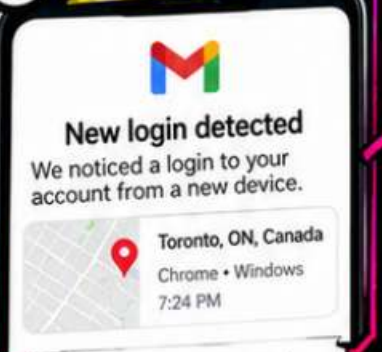
Instagram DM: is this you in this pic

3 7:20 PM



You click.

4 7:24 PM

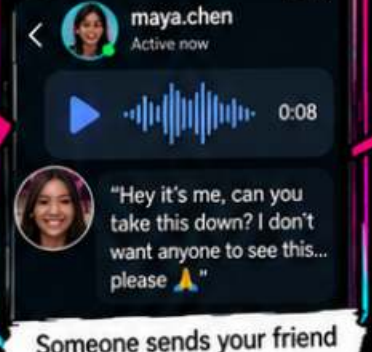


New login detected.

5 7:29 PM

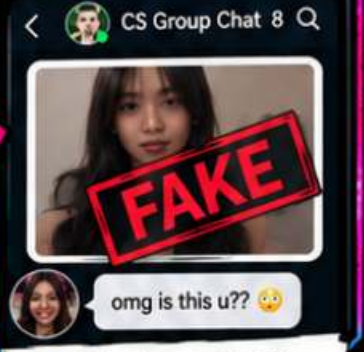
Your account starts messaging friends.

6 7:36 PM



Someone sends your friend an AI voice message pretending to be you.

7 7:44 PM



A fake image of you appears in a group chat.

WHAT DO YOU DO?

STOP

LOOK

VERIFY

GO

BE SMART. BE SAFE. BE READY.

PAGE 16

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

SAME SKILLS. SAFER YOU.

ONE THING I'M CHANGING TODAY:

_____

_____

PAGE 17

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

BE SMART. BE SAFE. BE READY.

READYSETCYBER.CA

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.

READYSETCYBER.CA

EXPLORE MORE.
STAY INFORMED.
KEEP LEARNING.

CERTIFIED

DATE _____ READYSETCYBER.CA _____

SMART PEOPLE PAUSE.

YOUR BEST CYBERSECURITY TOOL ISN'T AN APP.

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