

DIGITAL WELLNESS ONLINE CHALLENGE

1st July - 17th July 2015

Information Manual

Table of Contents

Introduction	1
Objectives of the Digital Wellness Online Challenge	2
Brief Overview	3
Process Flow	4
Roles & Responsibilities	5
Technical Requirement/Software Requirement	6
Frequently Asked Questions (FAQ)	7
Contact Details	9
Additional Resources	10

INTRODUCTION

The Internet today is an indispensable part of our lives. Pervasive use of digital technology devices such as personal computers, laptops, tablets and smartphones to connect, communicate, and collaborate has become widely accepted and more importantly a necessity in the 21st century.

Children and youth, spend a lot of their time connected with their friends through internet and use digital technology as a primary mode of communication. Society refers to this generation of the young (those born after 1995) as the '*Linkster*' generation, called aptly so, because of the time they spend being linked to each other through technology. The internet has always been a part of their lives and while they cannot imagine a world without it, many of them are still not familiar with how to stay safe when online. They need to be made aware that they can meet people with harmful intent who can freely assume any identity and exploit or hurt others. It is essential for children to know how to protect themselves against such people and the threats they pose.

The **Digital Wellness Online Challenge** is an initiative that aspires to make children and youth aware of how they can maintain digital wellness by taking informed decisions and become safe, respectful and responsible users of digital technology. Designed as a fun engaging quiz activity the Digital Wellness challenge uses knowledge-based questions to provide information and scenario-based questions to encourage participants to think, decide, and choose an action that ensures their online safety and security.

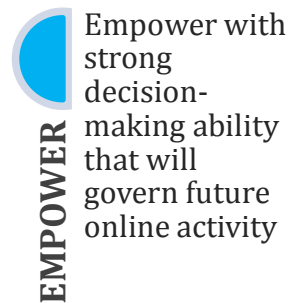
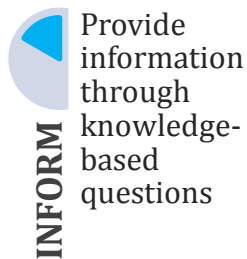
Through learning by quizzing methodology, we are hoping to train the children on building Digital Wellness and protecting themselves from threats often faced in cyber space as Cyber Bullying, Cyber predators, Gaming Addiction, Identity theft, Copyright Infringement and Plagiarism, Malware; by focusing on values as Responsibility, Respect, Compassion, Resilience and Integrity.



The Digital Wellness Online Challenge Information Manual will provide you with information on the objectives of this challenge, the technology platform to be used for the challenge and its functionality, as well as address common queries that may arise about the implementation process of this challenge.

OBJECTIVES

The Digital Wellness Online challenge aims to anchor students' well-being in the internet by empowering them with information and sensible application of the principles of cyber safety, cyber security, and cyber ethics.



The objective of the Digital Wellness Online challenge (DWOC) is to ensure that participants

- Develop an understanding of Digital Wellness and its importance
- Become familiar with terminology used for various cyber threats
- Identify the dangers lurking in the online world
- Understand the steps they can take to protect themselves and others from cyber threats
- Know what to and what not to do when they are online
- Gain the required knowledge of cyber safety, cyber security, and cyber ethics that enables them to take informed decisions

BRIEF OVERVIEW OF DIGITAL WELLNESS ONLINE CHALLENGE

Digital Wellness Online Challenge (DWOC) is an online quiz to be implemented all across the country with the aim of spreading awareness and to popularise the concept of digital wellness - cyber safety among students.

It is one of the many initiatives being implemented during the Digital Week (1st – 17th July'15) by National e-Governance Division, Ministry of IT & Communications, Government of India

This online quiz is open for all children of our country from grades/classes 6th – 12th

The entire process is online and automated. The results will be declared one day after the Digital Week finishes.

There will be 4 winners from each state and Union Territory. All the winners may be invited to come for the National event and will have to be escorted by a teacher. The accompanying teacher will be decided by the State education departments.

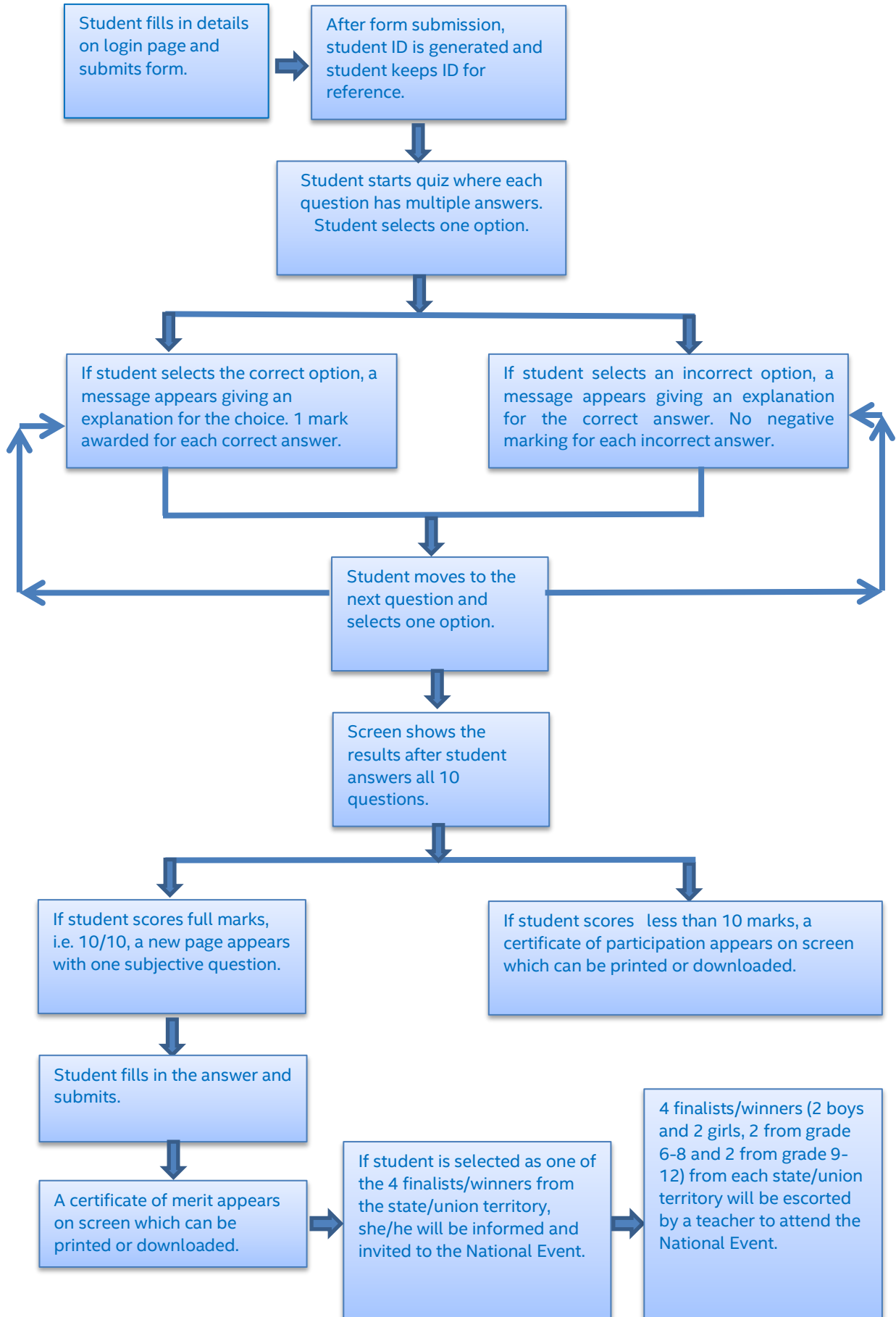
In order to have a smooth and successful Digital Wellness Online Challenge (DWOC), the following would be needed

- Ensure that the computers are in working condition as per the technical specifications in the Information Manual
- Internet should be connected
- Teachers/ school administrators to work out a schedule for students to have access to computers with internet connectivity for 30 minutes each
- One student per computer to be allotted for attempting the online quiz

Steps to take the Online Quiz

1. Student to fill in all the details on the Log in Page & submit.
2. After submission the next page will open up. This will show the student ID. Students should note this ID for future reference and then click on Start Quiz.
3. The new page will open up with the first question and four answers in a Multiple Choice Question format. The student can select any of the options. Depending upon the option chosen, a message will appear on the screen for the student telling him/her the correct answer. Once he clicks "next" - the next page will open with the next question. This will continue till all the 10 questions have been answered.
4. After finishing the 10 questions the screen will show the result of the test; if the student scores less than 10 then an option for a certificate of participation to be printed and/ or downloaded to be printed later would appear on the screen.
5. If the student scores full marks - 10/10 then he/she will see a new page with one qualitative question. After filling in the answer and submitting it then an option for a certificate to be printed and/ or downloaded to be printed later would appear on the screen.

PROCESS FLOW



ROLE & RESPONSIBILITIES

In order to ensure for the Digital Wellness Online Challenge to be implemented in a fair manner and make it successful, support is needed and required from the following:

STATE EDUCATION SECRETARIES

- Popularise the Digital Wellness Online Challenge in the State to all schools
- Issue instructions to school education departments and district education departments etc. so that schools can create time and access to infrastructure to allow all children from class 6 to class 12 to participate in the Online Quiz from 01 July to 17 July'2015
- All results will be declared through an automated process, but In case of any conflicts help resolve the same at the state level through an Independent State Review Committee. This committee would have State education Secretary as the chairperson and s/he may select 2-4 members from within the state to help with decisions
- Once the 4 winners have been selected through an online automated system, state education department to help in ensuring that the selected students travel to the national event with one adult escort who would accompany the students to the national event held for celebrating DWOC

SCHOOL ADMINISTRATORS

- Ensure the teachers arrange for time slots in the computer labs and schedule all children to participate in DWOC
- Ensure the computer labs are available and in working condition for students to participate in DWOC

TEACHERS

- Ensure students attend/participate in DWOC.
- Contact toll free helpline from 8AM to 8 PM in case there are any issues in accessing the application

TECHNICAL/SOFTWARE REQUIREMENTS

To participate/ appear / take the Digital Wellness Online Challenge

- Participant need a computer with an internet connection which has a minimum speed of 128 kbps
- The computer's operating systems can be
 - Windows XP and above in case of Windows OS and/or
 - Ubuntu 4.0 and above in case of Linux OS
- The internet browser to be used can be
 - Google Chrome 10.0 and above
 - Firefox- Mozilla
 - Firefox 3.6 and above
 - Internet Explorer 6 and above
- The minimum hardware requirement for computer is Pentium 4; with 1GB RAM and 50 GB hard disk drive (HDD)



Frequently Asked Questions (FAQs)

Q. What is the Digital Wellness Online challenge?

A. The Digital Wellness Online challenge is designed to be an online quiz which makes the participants' learn the concepts on cyber safety, cyber security, and cyber ethics through quizzing methodology, while assessing their awareness and awarding them as Digital Wellness Champions

Q. What are the types of questions that will be asked in the quiz?

A. The quiz will comprise of knowledge-based as well as application-based questions. While the knowledge-based questions are designed to build awareness of digital wellness terminology and commonly faced cyber threats, the application-based questions will prepare participants to take wise decisions when engaging in online interaction with others.

Q. How many questions will be asked in the quiz?

A. The quiz has two levels. In the first level of the quiz, 10 MCQs (multiple choice questions) will be addressed to the participants. Those participants who are able to submit the right answers for all the ten questions will proceed to the second level of the quiz.

In the second level, 1 open-ended question on digital wellness will be asked which will require a descriptive answer of 50 words

Q. How will the questions be scored?

A. The 10 MCQs of the first level carry 1 mark each. The right answer leads to a gain of 1 mark for the participant taking the maximum score of the first level to 10 marks. There is no negative marking for getting an answer wrong. The question for the second level will carry 25 marks.

Q. What are the areas/topics on which questions will be asked in the quiz?

A. The quiz will test the participants' knowledge and awareness of the following areas:

- Cyber Safety- refers to practices that keep us safe in our online interactions and minimize the risks of being harmed by the dangerous behavior of others such as cyber-bullying, cyber-stalking, identity theft and more.
- Cyber Security- refers to the protection of our computer systems, devices and networks from any unauthorized access or misuse by others.
- Cyber Ethics- refers to appropriate, responsible and ethical online behavior that governs all our interaction with other Internet users

Q. How many levels does the quiz have?

A. The quiz has two levels. The first level uses MCQs to assess the participants. If a participant submits ALL correct answers for all the questions in this level, she/he is directed to the second level.

The second level seeks a descriptive answer to an open-ended question on digital wellness. Those participants who win the second level will be eligible to be invited to the Grand Event that celebrates Digital India Week and their accomplishment will be awarded.

Q. How will the finalists be chosen?

A. The participants who successfully complete the first level by answering all 10 MCQs correctly will be directed to proceed to the second level. The participants who successfully complete the second level by writing the descriptive answer to the question asked and attain the desired score will be chosen as finalists.

4 participants (2 girls and 2 boys) per state who are chosen as finalists will be informed of their selection and invited to the Digital India Week Grand Event.

2 Children will be from grades 6-8 and 2 children from grades 9-12.

The entire assessment process is automated. In case of a tie/ equal scores, there is an independent review committee for this initiative who will decide the winners based on their responses in the second level

Q. How will the state education department send them to National Event for the Digital India week grand event?

A. The 4 children who will be declared as the Digital Safety Champions will require to be escorted by an adult teacher for the Digital India Week celebration event

We request State Education departments to formulate a committee to decide on the teacher who may escort the 4 declared winners per state. S/he may be a previous ICT Teacher Award winner or through any other criteria the state may choose to define.

NeGD will reimburse minimum III AC travel fare for the travel of all 4 children and the adult escort to National Event, and will host then during the Digital India Week celebration event.

Q. Do the participants get a certificate for participation in the contest?

A. Yes, all the participants who complete the first level will get a Certificate of Participation. Those participants who answer all questions of the first level correctly and also complete the second level will get a Certificate of Merit.

The certificates can be downloaded and stored/saved on the computer. They can be printed then and there. Kindly note once the application is closed the user will not be able to download the certificate later.

HELP LINE

In case of any queries / issues you can connect through following

Email- diwquiz@negp.gov.in

intelforgood@intel.com

or

TOLLFREE helpline - 1800-180-4812 From 8AM to 8PM



ADDITIONAL RESOURCES

Some additional resources on Digital Wellness are listed below. These are for self-reading and understanding and can be shared with all and one.

Keep your Kids Safe When They Socialize Online

<http://promos.mcafee.com/en-US/PDF/SocialNetworking-guide.pdf>

Apps Kids Are Using Today

<http://www.mcafee.com/us/microsites/cybered/downloads/osk-apps-kids-are-using-today.pdf>

Intel® Security Family Safety Blog

<https://blogs.mcafee.com/category/consumer/family-safety>

Quick Tips for Mobile Security

http://images.mcafee.com/en-us/advicecenter/pdf/MobileeGuide_Jan2012.pdf

Staying Safe and Secure in a Digital World

<https://www.youtube.com/watch?v=53KZQYdFQjM>

How to Create Strong Easy to Remember Passwords

<https://www.youtube.com/watch?v=UnmdxReVoNc>

How to Promote Cyber Safety among Kids

<http://www.ndtv.com/video/player/heads-up/how-to-promote-cyber-safety-among-kids/334916>

Centre for Cyber Victim Counselling

<http://www.cybervictims.org/index.html>

Cyber Laws and Security (Department of Electronics and Information Technology)

<http://deity.gov.in/content/cyber-laws-security>

Internet Safety Quiz

<http://home.mcafee.com/SafetyQuiz/QuizKids.aspx?culture=en-US&>

Intel® Security

<https://www.facebook.com/intelsecurity>