



**GDPPrAPP**

# Your Data, Your Life!

Your Guide to Help You Protect Your  
Personal Information Online



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# About This Guide

## Why This Guide?

Because you spend a lot of time on the Internet and it's important to protect yourself.

On the street, you don't tell your life story to just anyone, and it's the same on the net.

So the school has launched an Erasmus project to create an Escape Game-style mobile app that will help you understand how to surf the net safely. To take up the challenge, here's a little information to help you.


Happy reading!

You can follow our adventures online:

Project Website	<a href="http://gdprapp-project.eu">gdprapp-project.eu</a>
eTwinning Project	<a href="http://school-education.ec.europa.eu/en/etwinning/projects/gdpr/twinspace">school-education.ec.europa.eu/en/etwinning/projects/gdpr/twinspace</a>
Facebook	<a href="https://www.facebook.com/Gdpr-App-Erasmus-Project">Gdpr-App-Erasmus-Project</a>



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# 01

## What Is GDPR?

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# 1.1 GDPR

The General Data Protection Regulation (GDPR) is a list of rules to protect you on the Internet. The purpose of this law is to assure the privacy and safety of the data of all individuals in the European Union (EU) and the European Economic Area (EEA).

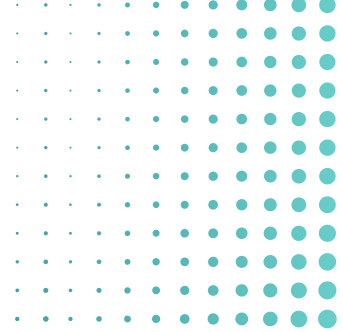
GDPR protects your personal data online, for example on websites, social media, online videogames, at school, at the doctor's, etc.



# 02

## Personal Data





## 2.1 What Is It?

Personal data is all the information that identifies you:

- ▶ Surname / First Name
- ▶ Age / Date of Birth
- ▶ Postal Address
- ▶ IP Address
- ▶ E-mail Address
- ▶ Social Security Number
- ▶ Voice / Face / Photo
- ▶ Tastes / Activities / Profession
- ▶ Medical Record
- ▶ Political Opinions
- ▶ Religion
- ▶ Sexual Orientation

## 2.2 How Is It Communicated?

- When you're online (any device connected to the internet: tablet, computer, phone, TV, toy, console, speaker, etc.).
- When you've logged in (by going to a personal account, by using your avatar to play, an application downloaded to your smartphone, etc).

**When you accept the General Conditions (the small lines with a box to tick), you accept to share your personal data.**

## 2.3 Who Wants It and What For?

Companies or any other structure want us to:

- Buy things,
- Influence our behavior,
- Sell you personal data (your pictures, for example, on pornographic websites).

**You don't know who is analyzing your data and how it might be used.**



# 03

## Why Is It Important To Know About GDPR





What is published on the Internet stays as long as you do nothing about it!

Dangers can meet you in different places in different ways.

## 3.1 Kids, Social Media, and Video Games

Many children are registered or connected to a social network such as YouTube, TikTok, Snapchat, Instagram, etc. Online videogames also lead them, logically, to be connected.

Any video platform where you can post comments, publish videos and create your own channel is a social network.

### What Are The Dangers?

- Have access to inappropriate content for your age.
- Meet the wrong people and be a victim of stalking or cyberbullying.
- **Phishing:** without knowing, you divulge personal information (location, family life and activities, bank details, health issues).
- **Scamming:** getting robbed online after a fake purchase, for example.
- **Hacking:** virus to weaken your network security and rob your information.

### What To Do?

- Prefer private rather than public sharing.
- Don't publish private photos and videos, even on private mode.

### What Are Your Rights?

Children have a right to their image. In case of posting without consent, you can request the removal of photos or videos online.

If a social network refuses to delete your content, you can file a complaint.

# 04

## How To Protect Your Personal Data



## 4.1 Surf Safely - Checklist

I give as little as possible information about my identity.

I browse in private ("private window" on browsers).

I refuse cookies and localization.

I use a pseudonym on social networks.

My social network accounts are in "private" mode.

I use a search engine that's more respectful of my data.

In online forms, I only fill in the essential boxes.

When someone tells me "You've won..." or "Get your money back...", I back out.

I update my devices to keep away hackers. I activate automatic update options.

I save a copy of my data in a safe place.

I avoid unofficial content (illegal streaming) to keep away viruses.

I use strong 2 factor authentication passwords for each account.

I refuse cookies, I erase my history and block ads.

# 05

## Cyberbullying



## 5.1 What Is Cyberbullying?

Cyberbullying can have dramatic consequences. 24% of families have been confronted with a cyberbullying situation at least once. 1 in 5 middle school students is a victim of cyberviolence.

Cyberbullying refers to any type of aggression or malicious behaviour that is intended to cause pain, shame or fear in others through online interactions, such as:

- Insults,
- Threats,
- Rumors,
- The dissemination of humiliating content.

These acts can be committed by a single person or several and take place on social networks, messengers, forums or blogs.

Bullying often starts in the school environment and continues outside of school, through smartphones and social networks.

**Protecting personal data limits the risks.**



## 5.2 Beware of Cyberbullying - Checklist



**I think before I act online.** Every post, every comment, even a simple sharing of humiliating content can be considered cyberbullying.



**I ask for people's consent** before posting a photo or video of someone.



**I don't share too much personal information:** my opinions, phone number, religion, or health status online.



**I remain vigilant** and report illegal content, even if I am not a direct victim of harassment.



**I talk to someone I trust.**



**I keep evidence of the facts** (screenshots of messages or posts, including date and time).



**I block perpetrators:** Block the accounts of perpetrators of violent content.



**I report content:** You can report harmful content directly to the relevant platform.



## 5.3 Exercising Your Digital Rights



If violent or compromising content is published online, the law allows victims to request its deletion.



You can request the deletion of your data (images, videos, etc.) on any site or social network where it is published (right to erasure).



If this content appears in search engine results, you can also request that it be removed.

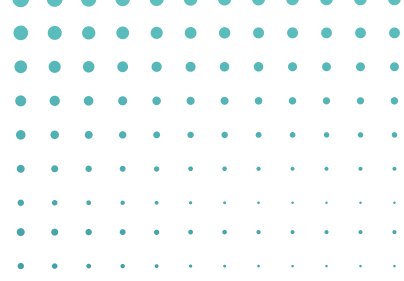


If the platforms or search engines do not respond or refuse to act within the allotted time, you can take your case to the authorities to assert your rights.

# 06

## Let's Get A Test!





**GDPPrAPP**

**Let's see what you have learned  
and play this game online!**





# Thank You

This booklet was written and designed thanks to Erasmus co-funding of the KA220 Project GDPR App.

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