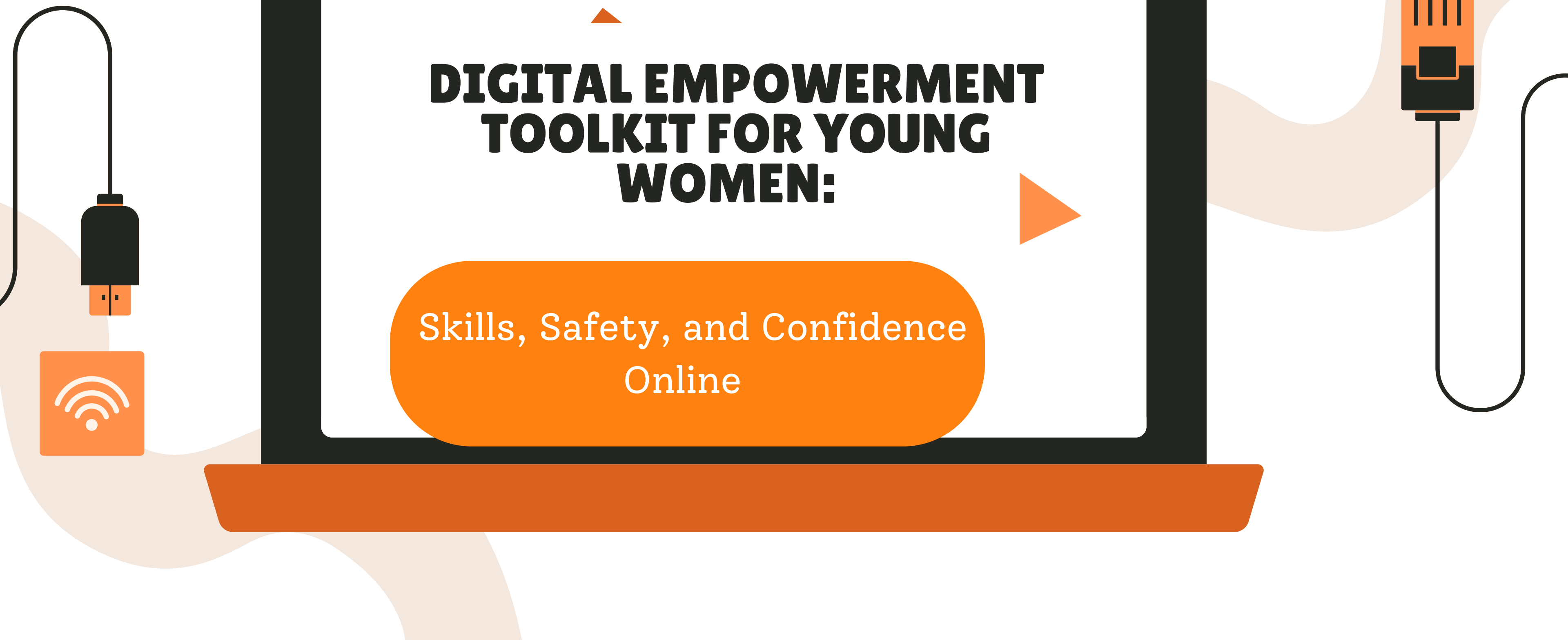


DIGITAL EMPOWERMENT TOOLKIT FOR YOUNG WOMEN:

Skills, Safety, and Confidence
Online

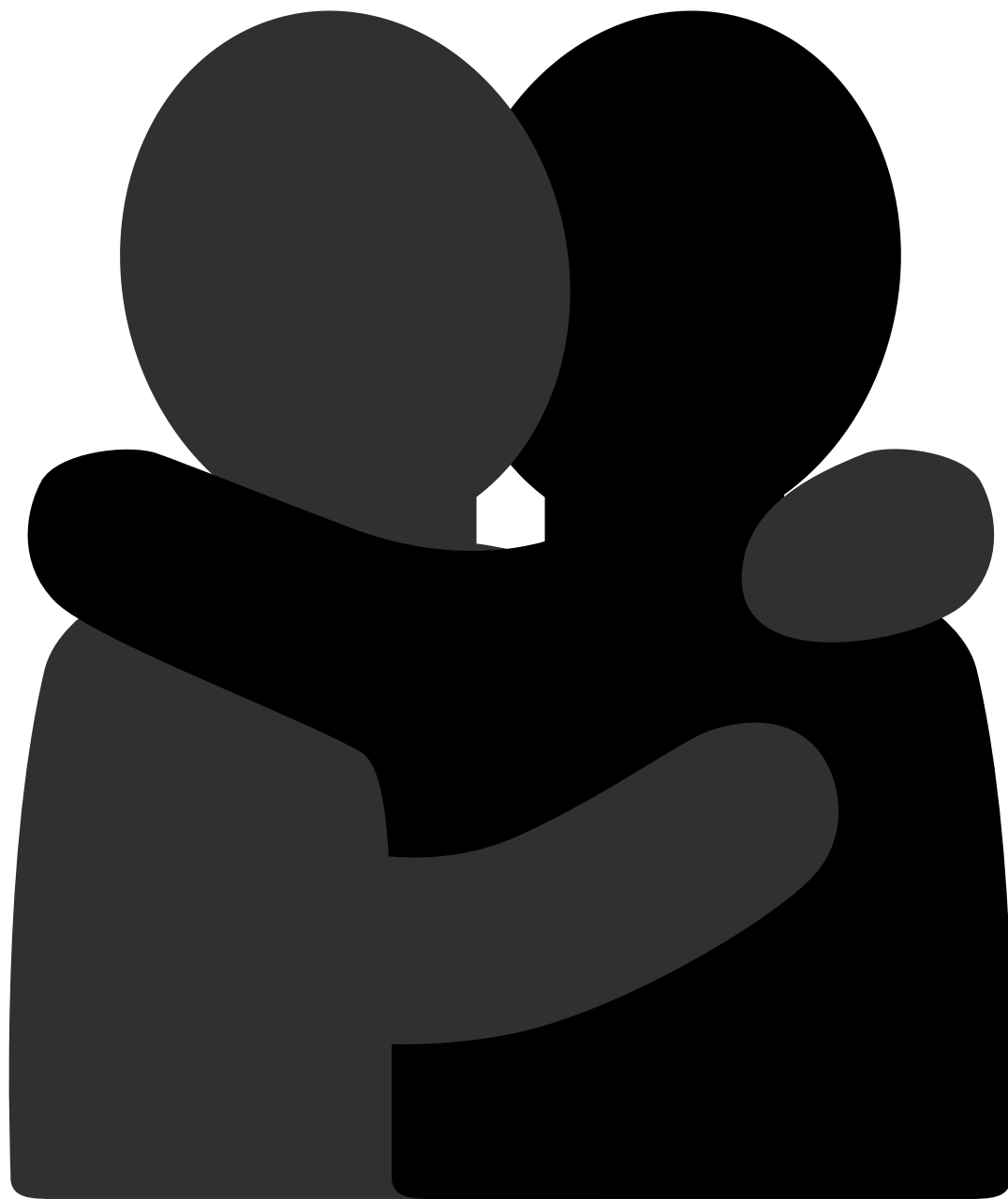


ACKNOWLEDGEMENTS

This toolkit is part of the resources for empowering young women in online safety under the Staying Safe Online intervention. Authored by Evelyn Ugbe, it draws upon the various consultation processes organized within the framework of the Staying Safe Online projects.

The Initiative for Human Rights and Gender Awareness extends its heartfelt thanks to all participants of the consultation meetings, whose insights and contributions were invaluable in shaping the design of this toolkit.

Additionally, we honor all the young women whose stories and experiences informed this toolkit. You are true heroes, and your voices have been instrumental in creating a resource aimed at enhancing the safety and empowerment of young women online.



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Introduction



Background

The Career and Digital Mentorship Drive is an initiative under the Human Rights and Gender Awareness framework, part of the Staying Safe Online Project. This project aims to empower young women by helping them develop strategic career pathways and enhance their digital skills. By promoting positive online footprints, the mentorship drive equips participants with the tools and knowledge necessary to navigate their careers safely and effectively in the digital age.

About the toolkit

This manual aims to empower young women with essential digital skills, safety practices, public speaking abilities, and writing proficiency to navigate the online world confidently. It includes structured resources, activities, and mentorship guidance to support their growth.

Who can use?

Mentors/Coaches/Individuals who guide and support young women in developing digital literacy and personal skills.
Teachers and trainers looking to incorporate digital skills and safety education into their curricula.
Organizers and activists working to empower young women and girls in their communities through technology and education initiatives.
Caregivers seeking to understand digital safety and provide guidance to their daughters on navigating online spaces.
NGOs and community groups focused on youth empowerment and digital inclusion, looking for structured programs to implement.
Young women eager to enhance their digital skills, understand online safety, and improve their communication abilities.

2. Understanding Digital Safety: Basic concepts

01

Privacy

Cyber privacy refers to the protection of personal information and data in the digital realm. It encompasses the rights and measures individuals have to control their personal data, including how it is collected, stored, and shared online. Ensuring cyber privacy involves using tools and practices to safeguard sensitive information from unauthorized access and misuse

02

Digital footprints

Digital footprints are the traces of data that individuals leave behind while using the internet. This includes every interaction online, such as social media posts, website visits, and online transactions

- Active Footprints: Information that users intentionally share, such as social media updates and blog posts.
- Passive Footprints: Data collected without direct user input, such as browsing history and location tracking

2. Understanding Digital Safety: Basic concepts

03

Online Gender-Based Violence

Online gender-based violence (GBV) refers to harmful acts directed at individuals based on their gender, occurring in digital spaces. It is crucial for young women to recognize and understand these forms of violence to protect themselves

04

Cyber security

Practice of protecting systems, networks, and data from digital attacks, damage, or unauthorized access. It involves implementing technologies, processes, and practices designed to safeguard computers, servers, mobile devices, and networks. Key aspects of cybersecurity include:

- Network Security: Protecting networks from intrusions.
- Information Security: Protecting data integrity and privacy.
- Incident Response: Preparing for and responding to cybersecurity incidents.

Effective cybersecurity practices are essential for maintaining the confidentiality, integrity, and availability of information in the digital age

OGbV TYPES

CYBERSTALKING

Persistent and unwanted online harassment, including threatening messages or monitoring an individual's online behaviour

DOXXING

The malicious act of publicly revealing private information about an individual without their consent, often to incite harassment or retaliation.

ONLINE HARASSMENT

Includes abusive comments, threats, and derogatory messages aimed at individuals on social media platforms, forums, or other online spaces

IMPERSONATION

Creating fake profiles or accounts to impersonate someone else, often to harm their reputation or to engage in fraudulent activities

IMAGE-BASED ABUSE

Non-consensual sharing or threatening to share intimate images online, often referred to as "revenge porn."

SEXTORTION

Coercing individuals into providing sexual content or engaging in sexual acts through threats to share private information or images.

TROLLING

Deliberately provoking or harassing individuals online, often through inflammatory comments or disruptive behavior aimed at eliciting strong emotional responses.

Knowledge Check



1. **What is a digital footprint?**
 - A) A type of online harassment
 - B) The trail of data you leave online
 - C) A security measure
 - Which of the following is an example of doxxing?
 - A) Sharing a funny meme
 - B) Revealing someone's private information online
 - C) Sending a friend request
-
2. **Short Answer:**
 - Describe two safety measures you can take to protect your online privacy.
 - Explain what cyberstalking is and how it can affect someone.

3. Essential Digital Skills



Basic computer skills refer to the fundamental knowledge and abilities required to operate a computer effectively. This includes understanding how to use operating systems, manage files and folders, utilize software applications (like word processors and spreadsheets), and perform basic troubleshooting. Proficiency in basic computer skills enables individuals to carry out everyday tasks, such as composing emails, creating documents, and accessing information online.



Internet Navigation:
Learn effective searching techniques (using keywords, advanced search options) and how to evaluate the credibility of online sources. Discuss the differences between reliable and unreliable information.



Social Media Literacy:
Understand various social media platforms, their purposes, and how to create positive online content. Discuss the importance of maintaining a professional image online.

Exercise



Workshops

Conduct hands-on sessions focused on specific skills, such as creating presentations in PowerPoint or using Google Docs for collaborative writing.

Group Projects

Assign collaborative tasks that encourage the use of digital tools, such as creating a group presentation or a shared document, fostering teamwork and communication skills.

Online Challenges:

Set up challenges that require participants to research a topic and present their findings using digital tools, enhancing both research and presentation skills

4. Public Speaking Skills: refer to the abilities required to effectively communicate ideas and information to an audience. These skills are essential for delivering presentations, speeches, and talks in various settings, such as academic, professional, or social context



1

Clarity and Articulation:
The ability to express thoughts clearly and pronounce words correctly, ensuring the audience understands the message.

2

Confidence: Projecting
self-assurance while speaking, which helps to engage the audience and convey credibility.

3

Body Language:
Utilizing appropriate gestures, facial expressions, and posture to enhance the spoken message and maintain audience interest.

4

Audience Awareness:
Understanding the audience's background, interests, and needs, and tailoring the presentation accordingly to foster connection and engagement.

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4. Public Speaking Skills



Practice Sessions

Organize mock presentations where mentees can practice speaking in front of peers, receiving constructive feedback on their performance.

Feedback Workshops

Conduct sessions where participants analyze recorded speeches, providing feedback on delivery, body language, and content effectiveness.

Guest Speakers

Invite experienced speakers to share tips and demonstrate effective public speaking techniques, offering mentees real-world insights.

Practicing in front of a mirror can help improve your confidence.

Always True

Sometimes True

Always False

Submit

● Loading...

Engaging your audience is not important in public speaking

Always True

Sometimes True

Always False

Submit

● Loading...

4. Writing Skills



1

Clarity and Conciseness: Emphasize the importance of clear expression, avoiding jargon, and using straightforward language for effective communication.

2

Structure: Teach the basic structure of different types of writing, including essays, reports, and blog posts, focusing on the importance of introductions, body paragraphs, and conclusions.

3

Audience Awareness: Discuss the necessity of tailoring writing style and content to suit the intended audience, considering their interests and expectations.

4. Writing Skills

Practice Sessions

Conduct sessions on various writing styles and techniques, such as persuasive writing, narrative writing, and technical writing.

Peer Review Exercises

Facilitate peer feedback sessions where participants can review each other's writing, offering constructive critiques to enhance quality

Blog Creation

Encourage mentees to create and maintain a blog, allowing them to practice their writing skills and build an online portfolio.



6. Mentorship Strategies



1

Establish Trust: Create a safe and supportive environment for open communication, encouraging mentees to express their thoughts and concerns.

2

Set Goals: Work with mentees to identify their objectives regarding digital skills, safety, public speaking, and writing. Help them create actionable plans to achieve these goals. .

3

Regular Check-ins: Schedule consistent meetings to discuss progress, challenges, and any additional support needed.

4

Resource Sharing: Provide articles, videos, and other materials to enhance learning and skills development, tailored to individual need

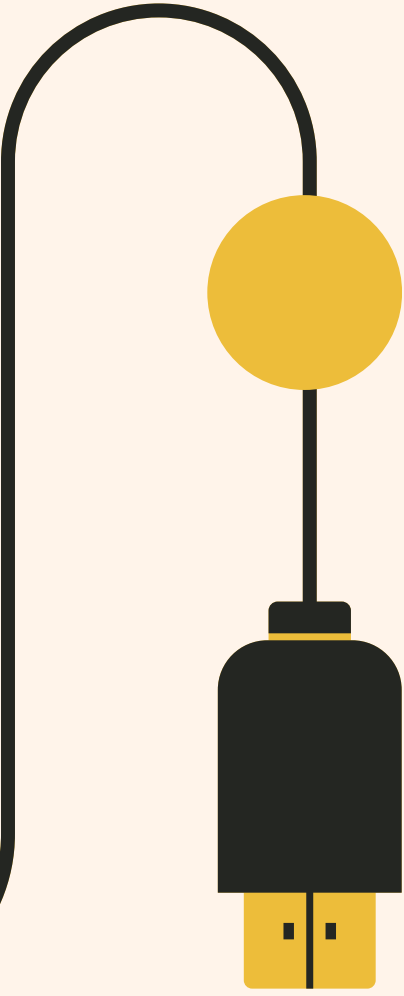
Conclusion



Digital literacy is crucial
for combating hoaxes
and protecting oneself.

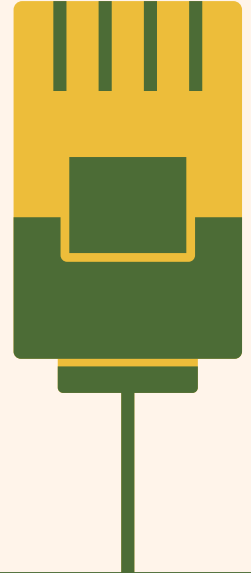


7. Evaluation and Feedback;7.1 Measuring Progress

A black USB cable with a yellow USB-A connector, curving upwards and then downwards.

Skill Assessments:
Develop quizzes, practical tests, or projects to evaluate skill acquisition in digital literacy, public speaking, and writing.

Feedback Sessions:
Encourage regular feedback from mentees to improve the mentorship experience, fostering a growth mindset.

A yellow Ethernet cable with a green RJ45 connector, curving upwards and then downwards.

Conduct structured feedback sessions to discuss successes, areas for improvement, and next steps in their learning journey.



**THANK
YOU!**