



The Heroes and Villains Guidebook APPENDIX 1 | The Heroes' backstories

A Heroes Team

A group of friends have joined forces to battle the dangers they face when they use (social) media. They also come to the rescue of individuals who are at risk. The five Heroes are called Access, Analyse, Create, Reflect and Act. They all have a distinct skill that corresponds with their name. Here are these friends' backstories.. They show how they were once cornered s by (social) media problems but were able to find a way out by using their skills.





Let's Access:

Andre used to love sharing his life on social media, but one day, he got hit by a nasty cyberattack that exposed all his personal information. It felt like his privacy got smashed. He felt violated and helpless.

Instead of letting this upset him, Andre turned it around. Now, as Access, he's deep into digital security. He uses his skills to shield others from online dangers, get back stolen identities, and make digital defenses super strong.

Having been through the privacy wringer himself, Andre is dead set on being an online safety Hero. He's on a mission to make sure no one else goes through the same mess he did.



Let's Analyse:

Say hi to Amina! She's super smart and used to get stuck in those social media bubbles where algorithms control everything. She got all tangled up in biased information and fake news, losing touch with what's real.

But Amina turned things around. Now, as Analyse, she's all about critical thinking, media smarts, and data analysis. She dives into tons of information, gives fair viewpoints, and helps people get back to thinking smart. Her past mess with misinformation fuels her passion to help others break free too.



Let's Create:

Meet Caslav – he faced a lot of online comparison and cyberbullying that left him feeling creatively stuck and emotionally drained. But he decided to turn that pain into something positive.

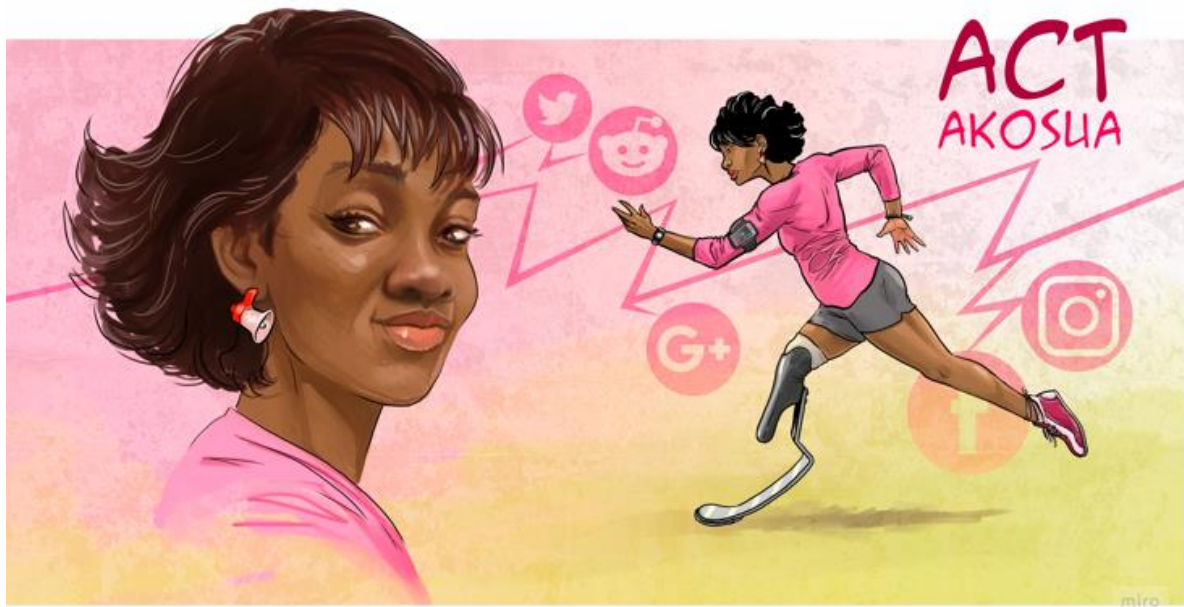
Now, he's all about different kinds of media art and is a whiz at making digital content. As Create, Caslav helps others unleash their creativity, showing them how to speak up in the midst of all that social media chaos. His own journey to self-discovery pushes him to rescue those who are having a hard time seeing their own value in the online world.



Let's Reflect:

Meet ReaksmeY – she used to be all about social media, chasing trends and likes as a big influencer. The pressure to maintain a façade took a toll on her mental health, leading to burnout. So, she took a step back and started a journey of figuring herself out and staying mindful.

Now, as Reflect, ReaksmeY uses meditation, self-reflection, and her psychological know-how to help people find their real selves. She teaches them how to handle social media in a way that's balanced and down-to-earth. Her own quest for authenticity drives her to inspire others to do the same.



Let's Act:

Meet Akosua – she saw how online mobs and cancel culture can wreck lives when her friend got unfairly targeted. It made her mad, and instead of just feeling helpless, she decided to do something about it. Akosua learned about speaking up for what's right, social justice, and how to communicate effectively – and now she's Act.

Akosua steps in when there's online drama, fighting against unfair stuff happening on the internet and getting communities together for good. She's on a mission to shield people from the bad side of social media, and that's what keeps her working hard to make a real change.

Champions.

Together, Access, Analyze, Create, Reflect, and Act form a powerful team that draws strength from their personal struggles. Their united goal is to dismantle the evils of (social) media by providing support, guidance, and empowerment to those caught in its web.

