	Name/Title	Citations (Author)	Year	Abstract [max. 100 words]	URL
Quadro Geral de Segurança Digital					
Iniciativas de Segurança Digital da UE					
Panorama das Principais Instituições e Políticas da UE para a Segurança Online [Link]	Regime Jurídico da Segurança do Ciberespaço	Portuguese government	2018	Establishes the legal framework for cybersecurity, transposing Directive (EU) 2016/1148 of the European Parliament and of the Council of 6 July 2016 concerning measures for a high common level of security of network and information systems across the Union.	Link
	Centro Internet Segura (CIS)	INTERNET SEGURA	2020	The Portuguese Safer Internet Centre Consortium, led by the National Cyber Security Centre, aims to promote responsible internet use. It offers awareness programs and support services, including the Linha Internet Segura for confidential assistance and reporting illegal content. The consortium collaborates with various organizations and operates two awareness centers: one for the general public and another for the school community called SeguraNet. Over a decade, it has expanded its initiatives and partnerships, with expert guidance from the Monitoring Board. It also organizes activities annually for Safer Internet Day, aligning with the global theme "Together for a Better Internet".	Link
	Centro Nacional de Cibersegurança de Portugal	CNCS	2021	The Portuguese National Cybersecurity Centre (CNCS) aims to ensure a free, reliable, and secure cyberspace. Serving as the operational coordinator and national authority for cybersecurity, CNCS conducts awareness programs, disseminates alerts and guidelines, produces cybersecurity knowledge, coordinates incident response, and regulates cyberspace security. Established in 2014 and designated as CNCS in 2017, it operates under the Legal Regime of Cyberspace Security since 2018, with CERT.PT as the international point of contact for cyber incident response. CNCS's mission is to foster safe and responsible technology use through training, guidance, and regulatory measures for citizens and organizations alike.	Link
	Dia da Internet Mais Segura	Portuguese Safer Internet Centre (PTSIC)	2024	The Portuguese Safer Internet Centre (PT SIC) celebrates Safer Internet Day 2024 over three days, from 6th to 8th February. The main event, "Zoom into AI: Exploring Invisible Dimensions," focuses on artificial intelligence's risks and benefits. Keynote speeches and panel discussions cover AI's role in education, image manipulation, and young people's concerns. The event includes the signing of a cooperation agreement between CNCS and RUTIS for cybersecurity education. Workshops on internet safety and digital literacy are held, alongside the launch of the ZigZaga na NET coloring book for preschoolers. PT SIC collaborates with stakeholders to promote a positive online ecosystem.	Link

	Centro Internet Segura (CIS)	Portuguese Safer Internet Centre (PTSIC)	N/A	The Portuguese Safer Internet Centre (PTSIC) promotes safer internet and mobile technology use, particularly among children and young people. It conducts awareness activities, campaigns, and disseminates project results to stakeholders and the public. PTSIC organizes national Safer Internet Day events, ensures online participation, and collaborates with various entities, including law enforcement and child protection organizations. Seguranet focuses on school community awareness, while IPDJ supports the No Hate Speech Movement campaign. Additionally, PTSIC, through FPT, introduces theatre performances addressing online safety topics in partnership with municipalities, featuring renowned actors. These initiatives aim to create a safer online environment through education and awareness.	
Recentes Regulamentos e Diretivas da UE sobre Privacidade Digital e Cibersegurança	Lei n.º 52/2003		2003	Law no. 52/2003, of 22 August (Law on the Fight Against Terrorism), implementing the Council Framework Decision 2002/475/JHA of 13 June, with the more recent amendments of Law no. 60/2015 of 24 June	
	Decreto-Lei n.º 116-A/2006		2006	Decree-Law no. 116-A/2006, of 16 July, amended by the Decree-Law no. 161/2012 of 31 July, on the electronic information systems certification for public essential infrastructure.	
	Lei n.º 109/2009		2009	Law no. 109/2009, of 15 September, implementing the Council Framework Decision 2005/222/JHA, of 24 February 2005, and the Budapest Convention on Cybercrime on the national framework ("Cybercrime Law").	
	Decreto-Lei n.º 62/2011		2011	Decree-Law no. 62/2011, of 9 May, on the identification and protection proceedings to essential infrastructure (Directive 2008/114/EC of 8 December 2008, on the identification and designation of European critical infrastructures and the assessment of the need to improve their protection).	
	Resolução do Conselho de Ministros n.º 12/2012 de 16 de janeiro, n.º 19/2013 de 5 de abril, n.º 7-A/2015 de 20 de fevereiro, n.º 41/2018 e n.º 92/2019 e Decisão do Ministério da Defesa n.º 13692/2013 de 28 de outubro		2012	Resolutions and Decisions regarding National Cyber Security policies and strategies (namely, the Resolution of the Council of Ministers no. 12/2012 of 16 January, no. 19/2013 of 5 April, no. 7-A/2015 of 20 February, no. 41/2018 and no. 92/2019 and Decision of the Defence Minister no. 13692/2013 of 28 October).	
	Decreto-Lei n.º 69/2014		2014	Decree-Law no. 69/2014, of 9 May, approving the constitution of the National Cyber Security Centre (CNCS), establishing the terms of its institutional operations, amended by Decree-Law no. 136/2017 of 6 November.	
	Regulamento eIDAS (EU) 910/2014		2014	The eIDAS Regulation (EU) 910/2014), which is directly applicable in Portugal without the need for transposition and establishes a wide range of trusted services, as well as the cross-border mutual recognition of electronic means of identification (eID).	
	Decreto-Lei n.º 48/95 de 15 de março, retificado pela Lei n.º 16/2018 de 27 de março		2015	Portuguese Criminal Code (Decree-Law no. 48/95 of 15 March, amended by Law no. 16/2018 of 27 March.	

	Lei n.º 46/2018		2018	Law no. 46/2018, of 13 August, which transposes Directive 2016/1148 of 6 July, concerning measures for a high common level of security for networks and information systems across the Union.	
	Lei n.º 16/2019		2019	Law no. 16/2019, of 22 August, which transposes Directive 2017/541 of March, on combating terrorism and replacing Council Framework Decision 2002/475/JHA and amending Council Decision 2005/671/JHA	
Recursos e Programas Educativos					
Lista Filtrada de Conteúdos Educativos da UE sobre Segurança e Literacia Digitais	Centro de Sensibilização SeguraNet	SeguraNet	N/A	SeguraNet's mission is to promote Education for Digital Citizenship. Since 2004, the Centre has been developing initiatives, educational resources, campaigns, awareness-raising sessions and teacher training. Its objectives are developing quality online content aimed at children and young people, raising awareness, promoting prevention, facilitating training, fostering a safer online environment and combating child abuse and exploitation.	Link
	Segurança na Internet	ANPRI - Associação Nacional de Professores de Informática	N/A	ANPRI is a community comprising educators dedicated to enhancing computer science education. This platform offers various educational resources, such as presentations, videos, interactive activities, and more.	Link
Ferramentas para Capacitação e Proteção					
Ferramentas e Recursos de Cibersegurança					
Diretrizes para Práticas Digitais Seguras, Proteção de Dados e Capacitação	Lei n.º 27/2021 de 17 de maio		2021	Law no. 27/2021 of 17 May, establishing the Portuguese Charter on Human Rights in the Digital Age.	
	Diretrizes, recomendações e melhores práticas	European Data Protection Board	N/A	We issue general guidance (including guidelines, recommendations and best practice) to clarify the law and to promote common understanding of EU data protection laws.	Link
Verificação de Factos e Literacia Mediática					
	Fact Check do Observador	Observador	2019	Observador has established a partnership with Facebook and, since April 2019, has been part of a worldwide network of independent fact-checkers that verifies the authenticity of content shared on the social network. The program, in 14 languages, includes 22 fact-checking partners, such as the Brazilian newspaper Estado de S. Paulo. Facebook's partners in this initiative, including Observador, belong to the International Fact-Checking Network (IFCN), a network of fact-checkers who adhere to the Poynter Institute's code of conduct.	Link

Plataformas Acreditadas de Verificação de Factos da EU	Hora da Verdade	TVI	2019	"A Hora da Verdade" (The Hour of Truth) is a television program aired on the Portuguese channel SIC Notícias. It serves as a platform for fact-checking and scrutinizing statements made by public figures, politicians, and institutions. Launched in 2020, the program aims to combat misinformation and promote transparency in public discourse by verifying the accuracy of claims through rigorous investigation and analysis. "A Hora da Verdade" follows a similar format to other fact-checking initiatives, presenting findings based on evidence and providing viewers with reliable information to make informed decisions. Through its efforts, the program contributes to fostering accountability and integrity in public communication in Portugal.	Link
	Polígrafo	SIC	2018	POLÍGRAFO is a fact-checking project aired weekly on SIC and updated daily on its website. It scrutinizes public figures like politicians, influencers, and artists, focusing on the significance of their statements. Unlike assessing media outlets or journalists, it evaluates the protagonists of news stories. The process involves consulting original and documentary sources, allowing subjects to clarify their statements, providing context, and evaluating information on a scale. This meticulous approach ensures accuracy and transparency in verifying claims, contributing to informed public discourse.	Link
	A Prova dos Factos	Público	2021	"A Prova dos Factos" is a Portuguese fact-checking platform launched in 2019. Operated by SIC Notícias, it aims to verify statements made by public figures and institutions in Portugal. The platform scrutinizes various sources of information to assess the accuracy of claims, providing the public with reliable information to counter misinformation and promote transparency in public discourse. "A Prova dos Factos" employs rigorous methodologies, including consulting original sources, contextualizing information, and engaging with the subjects of the statements when necessary. Through its efforts, the platform contributes to fostering a more informed and discerning society by holding public figures accountable for their statements.	Link
Ambientes de Aprendizagem Digital Estimulantes					
Catálogo de Conteúdos Criativos e Interativos					
	ZigZaga na Net	Safer Internet Centre, SeguraNet and ZigZag Online Radio	N/A	The "ZigZaga on the Web" podcast is aimed at children between the ages of 5 and 9 and can be used as an awareness-raising resource to address various issues related to promoting Digital Citizenship. Various topics are covered, such as: online rights and duties, copyright, veracity and reliability of information, privacy, digital footprint, online and technology addiction, safe online behaviour, bullying, cyberbullying, among many others. The two seasons, comprising 60 episodes, are available online.	Link

Meios Audiovisuais Educativos: Filmes, Documentários, Desenhos Animados, Podcasts	EduFor Innov@tive Classroom Lab	EduFor	2017	EduFor Innov@tive Classroom Lab, a project of the EduFor Training Centre, serves schools in Nelas, Mangualde, Penalva do Castelo, Sátão, and Vila Nova de Paiva, Portugal. Established in 2016, it offers two classrooms with six learning areas and an auditorium for seminars. Forty stakeholders, including teachers and pupils, participate in this partnership, which focuses on teacher training and classroom innovation inspired by the "Future Classroom Lab" in Brussels. Aligned with the AEI network, General Education Department, and European Schoolnet FCL network, it fosters collaboration among educators, enterprises, and professional associations to envision and implement the School of the Future.	Link
	Escola Virtual	Porto Editora	2005	Developed by Porto Editora, Escola Virtual is an online learning platform that provides digital textbooks, exercises, and educational content aligned with the Portuguese curriculum. It covers various subjects from primary to secondary education.	Link
	Moodle	Martin Dougiamas	2001	Many schools and educational institutions in Portugal use Moodle as their learning management system (LMS). Moodle allows teachers to create online courses, share resources, and interact with students through forums, quizzes, and assignments.	Link
	Khan Academy Portugal	Salman Khan	2006	Khan Academy offers a vast collection of educational videos, exercises, and personalized learning resources for students in Portuguese. It covers subjects like math, science, economics, and humanities, providing a self-paced learning experience.	Link
	"Era Uma Vez... Tempo", "Era Uma Vez... O Corpo Humano" ou "Era Uma Vez... A Vida"	Albert Barillé	1987	"Era Uma Vez... Tempo" (Once Upon a Time... Time), "Era Uma Vez... O Corpo Humano" (Once Upon a Time... The Human Body) or "Era Uma Vez... A Vida" (Once Upon a Time... Life) This French animated series "Il était une fois... la Vie" (Once Upon a Time... Life), adapted to portuguese, provides educational content about the human body, biology, and health in a storytelling format suitable for children.	Link
	Pocoyo	David Cantolla Luis Gallego Guillermo Garcia Colman Lopez	2005	"Pocoyo" (Portuguese version): While not originally Portuguese, the animated series "Pocoyo" has been dubbed into Portuguese and is popular among young children for its educational content focusing on learning through play. Pocoyo (Pocoyó in Spanish and stylised as POCOYO) is an animated interactive preschool comedy television series created by David Cantolla, Luis Gallego, and Guillermo García Carsí, and is produced by the Spanish animation company Zinkia Entertainment, with the first two series were co-productions with Granada Kids, and the first series was a co-production of Cosgrove Hall Films, both in the United Kingdom.	Link
	Canal Panda	Dreamia	1996	Canal Panda is a Portuguese pay television channel, the first one dedicated to kids programming, mostly animated series for children aged 6–14. The channel was founded in 1996 as Panda Club in Spain and Portugal, but the name was changed to Canal Panda in 1997. Canal Panda has a website with educational online games, videps, series and activities.	Link

Livros Recomendados (livros de factos, ficções, banda desenhada) sobre a Cultural Digital dos Jovens.	Tiras de Banda Desenhada SeguraNet	SeguraNet	N/A	These 55 comic strips, created by Nelson Martins, aim to promote the safe and critical use of digital technologies by using humour to address pertinent issues. It can be conducted across various age groups and in all subject areas within the curriculum.	Link
	EBook Pais, filhos & tecnologia	Safer Internet Centre	2021	This eBook is primarily aimed at parents and educators, but it also welcomes anyone interested in the subject, including young readers. It is divided into the following topics: Childhood and parenting today; Growing up with technology; The importance of parental mediation; Parenting styles in Internet use; Parental strategies for regulating Internet use.	Link
	Livro e Vídeo "Publicidade dirigida a menores nas plataformas de vídeo na internet"	Safer Internet Centre	2021	This activity is comprised of two resources, namely the activity book and the exercise video. The goal of these teaching resources is to help educators in guiding their students to analyse the advertising present in video content on the Internet aimed at minors. Children and youth develop their critical thinking skills so that they are able to recognise and analyse the advertising within the content they consume.	Link
	ZigZaga na Net	Safer Internet Centre, SeguraNet and ZigZag Online Radio	N/A	This adventure book, inspired by the stories from the 1st season of the ZigZaga on the Web podcast, is a contribution to the development of digital literacy in children. Containing 30 short stories, the characters assist the readers in navigating more safely, giving them useful information and answering questions about the challenging digital world.	Link
	Perspetivas sobre a juventude: os jovens num mundo digitalizado	European Union and Council of Europe	2022	The Perspectives on youth series aims to function as a forum for information, discussion, reflection and dialogue on European developments in the field of youth policy, youth research and youth work. This issue is linked with the Symposium on Youth Participation in a Digitalised World. The authors strive to illustrate how the digitalisation of contemporary European societies simultaneously offers significant opportunities and poses considerable challenges.	Link
Jogos (online/offline)	App Pisca Mega Quiz	SeguraNet	2016	The Pisca Mega Quiz app allows you to test your knowledge of Digital Citizenship in the following categories: Devices, Privacy, Behaviours and Learning. It enables users to record their scores, with prizes awarded to the best performers. The app is available for free download.	Link
	Jogos SeguraNet	SeguraNet	N/A	Children of varying ages can engage in entertaining and educational games and activities designed to enhance their understanding of Digital Citizenship.	Link
	Verdade ou Mentira?	SeguraNet	N/A	This educational game on disinformation encourages the development of critical thinking when encountering images and news in daily life. Any player can create games and in each game there are 10 Truth or Lie questions. Users have the option to challenge their friends, and on the Rankings page, they can view the leaderboard displaying the scores of the top 10 players. Adopting a quiz-based format, the content is complemented by an educational section on how to identify fake news.	Link

	Quiz4You	SeguraNet	N/A	The Quiz4You SeguraNet consists of 52 cards containing more than 200 questions on digital security. The card game is suitable for both children and adults, whether it be at school, with family, or in any other setting. The digital format of this resource is available online.	Link
Redes de Apoio e Aconselhamento					
Linhas de Apoio e Serviços de Suporte					
Diretório de Linhas de Apoio para Assistência Imediata e Serviços de Apoio ao Bem-Estar Digital	Linha Internet Segura (800 219 090)	Safer Internet Centre	2020	This service is based on telephone and online support for questions related to the use of online platforms and technologies. It provides anonymous and confidential support for the use of online technologies, covering all issues related to their use, including relationship problems within families or between peers, bullying, as well as inappropriate and undignified exploitation of children and young people, etc. Safer Internet Helpline is available on weekdays from 8 a.m. to 10 p.m.	Link
	Associação Portuguesa de Apoio à Vítima (APAV)	Portuguese Government	1990	The Portuguese Association for Victim Support (APAV) is a non-profit organization founded in 1990, aiming to inform, protect, and support citizens who are victims of crime. With nationwide offices, APAV offers free and confidential services, including counseling and legal assistance. It collaborates with various entities and promotes social solidarity through volunteer networks and restorative justice practices. Additionally, APAV conducts research, raises public awareness, and advocates for laws to enhance victim protection. Internationally, it fosters cooperation with similar organizations. APAV's mission is to provide comprehensive support to victims, irrespective of their economic status, ensuring their rights and well-being are upheld.	Link
Redes de Apoio Comunitárias e entre Pares					
Iniciativas que Promovem a Mentoria entre Pares e a Liderança na Segurança Digital	SeguraNet	General Directorate for Education (DGE)	2020	Operated by the General Directorate for Education (DGE), SeguraNet is an initiative focused on promoting digital literacy and safety among students, teachers, and parents. It encourages peer mentorship through activities in schools and online platforms.	Link
	Internet Segura	INTERNET SEGURA	2020	This initiative, supported by the Portuguese Safer Internet Centre, provides resources and workshops aimed at empowering young people to become digital safety ambassadors in their schools and communities.	Link
	Voluntariado na APAV	APAV	1990	A program developed by the Portuguese Association for Victim Support (APAV), trains volunteers to provide peer support and mentorship to individuals facing online safety issues, including cyberbullying and online harassment.	Link
	Be Internet Awesome	Google		Although not specific to Portugal, Google's Be Internet Awesome program provides resources and curriculum materials for educators to teach digital safety and citizenship. Schools in Portugal can adapt these materials to foster peer mentorship and leadership among students.	Link

Plataformas para o Envolvimento da Comunidades e Partilha de Boas Práticas	Boas Práticas	National Cybersecurity Centre	N/A	The Portuguese National Cybersecurity Centre provides a website with a collection of best practices, covering various areas, such as smartphone usage, protection against phishing, smishing, and sishing, guarding against fraudulent instant messages, safe practices in online video games and on social media, among other campaigns and advice.	Link
	EduFor	EduFor	2017	The EduFor platform serves as a hub for educators in Portugal, providing resources, forums, and opportunities for collaboration and sharing best practices in teaching and learning.	Link
	Rede de Bibliotecas Escolares (RBE)	Portuguese Government	1996	The RBE connects school libraries across Portugal, fostering collaboration, resource sharing, and professional development opportunities for librarians and educators.	Link
	Movimento Código Portugal	Portuguese Government	2016	The Movimento Código Portugal (Code Portugal Movement) is a national campaign to raise awareness of the importance of digital and computational literacy and aims to stimulate the development of skills associated with computational thinking, which is a new form of literacy for the 21st century.	Link
	Portugal Digital	Portuguese Government	2021	As a national initiative aimed at promoting digital inclusion and literacy, Portugal Digital offers online resources, forums, and events to support individuals and organizations in navigating the digital world.	Link
Projetos da UE \\\ sinergias interprojetos					
Perspetivas dos Projetos e Investigação da UE					
Casos de Estudo e Histórias de Sucesso de outros Projetos Financiados pela UE	Navega(s) em Segurança?	Portuguese Institute of Sport and Youth	N/A	The project aims to contribute to the development of responsible and safe Internet usage conducting informational sessions and awareness-raising initiatives, organised by volunteers and targeting children, adolescents, parents/guardians, and citizens in general. The discussion will focus on topics such as fake news, cyberbullying, hate speech, social media, cyberdependence, online privacy, and sexting.	Link
	Líderes Digitais	SeguraNet	2015/ 2016	This initiative promotes the adoption of a critical, reflective, and responsible approach towards the utilization of digital technologies and platforms. The goal is for students to promote awareness-raising activities within their educational community.	Link
	eEscolas	Portuguese Government	2007	The eEscolas project aimed to modernize Portuguese schools by providing them with ICT infrastructure and resources. Success stories from this project include improved access to digital technologies for students and teachers, enhanced learning outcomes through digital resources, and increased collaboration and communication within schools.	Link
	Inovar com QI	edufor	2022	This project focuses on promoting digital innovation in schools through the integration of ICT in teaching and learning. Success stories include schools implementing interactive whiteboards, digital textbooks, and educational apps to enhance student engagement and achievement.	Link

	Name	Organization	Year	Description	Link
	Escola Digital	Portuguese Government	2020	Escola Digital is a national initiative aimed at equipping schools with digital resources and infrastructure. Success stories include schools using virtual reality simulations, coding workshops, and online collaborative platforms to enrich the learning experience and develop digital skills among students.	
	Aprender em Casa	Ministry of Education and various educational institutions and media partners	2020	During the COVID-19 pandemic, the Aprender em Casa project provided remote learning resources and support for students, teachers, and parents. Success stories include schools implementing online classes, video tutorials, and interactive assignments to ensure continuity of education during school closures.	[Link](#)
Conteúdo Personalizado para Diferentes Audiências					
Para ESCOLAS: Educadores e Formadores					
Recursos Especializados e Formação para Incorporar a Segurança Digital nos Currículos (Ameaças Técnicas e Sociais)	Escola sem Bullying. Escola sem Violência.	General Directorate for Education (DGE)	2019/ 2020	The school should prevent and address all types of violence. The Ministry of Education has decided to promote a plan to prevent and combat bullying and cyberbullying in schools. This initiative considers headmasters, teachers, and non-teaching staff as crucial allies. A prevention plan, as well as materials to support the actions to be taken by schools, are available on the website.	[Link](#)
	SeguraNet	General Directorate for Education (DGE)	2020	Operated by the General Directorate for Education (DGE), SeguraNet offers specialized resources and training for educators to promote digital safety in schools. It provides materials for teaching students about online risks such as cyberbullying, privacy concerns, and digital citizenship.	[Link](#)
	Internet Segura	Portuguese Safer Internet Centre	2020	Supported by the Portuguese Safer Internet Centre, Internet Segura offers training sessions and workshops for educators on topics such as online privacy, security, and responsible use of digital technologies. It also provides resources for integrating digital safety into classroom activities and lesson plans.	[Link](#)
	Cidadania Digital	Ministry of Education	2019	This initiative by the Ministry of Education provides training and resources for educators to teach students about digital citizenship, including topics like online etiquette, critical thinking, and media literacy. It offers materials for incorporating these concepts into various subjects across the curriculum.	[Link](#)
Para FAMÍLIAS: Pais e Encarregados de Educação					
	Guia para Pais: Mundo dos videojogos, riscos e benefícios	The Portuguese Federation of Esports and Safer Internet Centre	2018	Gaming can yield benefits when practised in a balanced way, but it also poses risks that players should be wary of, and which parents and educators should acknowledge. The guide for parents has the aim of facilitating communication and relationships between players and users who may not be familiar with video games. It addresses parents' inquiries and provides insight into the science behind gaming practices and their context.	[Link](#)

Estratégias e Guias para Enfrentar os Desafios Digitais da Parentalidade	MiudosSegurosNa.Net	Portuguese Government	2003	This website offers guides and articles in Portuguese aimed at helping parents understand and address various online risks their children may encounter, including cyberbullying, online predators, and inappropriate content. It provides tips for fostering open communication and setting boundaries around digital use.	[Link](#)
	SeguraNet	General Directorate for Education (DGE)	2020	Operated by the General Directorate for Education (DGE), SeguraNet offers resources and guides for parents on promoting digital literacy and safety at home. It provides information on topics such as safe social networking, protecting personal information online, and recognizing potential online threats.	[Link](#)
	Centro Internet Segura (CIS)	Portuguese Safer Internet Centre	2020	Supported by the Portuguese Safer Internet Centre, Internet Segura provides guides, articles, and resources for parents on topics such as online safety, privacy settings, and managing screen time. It offers practical tips and advice for promoting healthy digital habits within the family.	[Link](#)
Para NATIVOS DIGITAIS: Jovens e Estudantes					
Guias Interativos, Toolkits, Blogs Adaptados a Jovens Utilizadores Digitais	Data Detox x Youth	Safer Internet Centre	2021	This activity kit helps children and young people think about different aspects of their digital lives, from their social media profiles to their passwords. It prompts them to pose critical questions and is fundamental for sensitizing parents or educators, who play a crucial role in ensuring the safety of young people's digital footprint.	[Link](#)
	Centro Internet Segura (CIS) - Recursos	CIS (Portuguese Safer Internet Centre)	2020	In order to create greater familiarity with the themes of safety in the use of the Internet and information and communication technologies, the Safe Internet Centre provides a set of resources that can be used for personal learning, but also to raise awareness among others.	[Link](#)
	MiudosSegurosNa.Net	Portuguese Government	2003	This website provides interactive guides and resources in Portuguese specifically designed for young digital users. It covers topics such as online safety, cyberbullying prevention, and responsible social media use, offering practical advice and tips.	[Link](#)