

India's First Holistic



**Cyber
Wellness
Centre**

FOR CHILDREN | YOUTH | ADULTS



initiated by

**RESPONSIBLE
NETISM**

Tips on Digital Parenting



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PARENTING TIPS:

ONLINE SAFETY TIPS FOR ADULTS TO BE RESPONSIBLE DIGITAL GUARDIANS:

- Internet is a great tool of information, learning and development, use wisely
- Educate yourself about cyber-crimes to protect your children online
- Understand and talk about internet usage - its advantages, disadvantages and threats
- Communicate openly with your children, about their online activities
- Handhold children below 13 years, on your secured devices
- Keep the device in shared rooms, be alert and observant
- Understand age appropriateness gadget introduction, social media and gaming platforms
- Introduce online games related to sports, strategy and quest games
- Channelize your child's Technical Quotient (TQ), provide alternative, constructive and creative activities, against screen time
- Engage with children in outdoor games, reading and nature related activities
- Frequently take "GADGET BREAKS"
- Be a positive role model for children
- Identify red flags of gadget dependency in children, report early and seek external help

PSYCHOLOGICAL WELL-BEING:

- Do not spread fake news and misinformation, they attract unnecessary attention and encourage children to explore high risk behavior
- Pick up the following signs of distress, your child may face:**
 - Withdrawal from social interaction, loss of interest in any activity
 - Loneliness, sadness, cranky and extreme unexplained mood swings
 - Attempts of self-harm, marks on the body, talking about worthlessness, death and giving up
 - Disturbed food and sleep patterns, extreme anger and violence
 - If your child is being bullied, harassed, threatened, or if your child is the bully
 - Hiding phones or devices from you
 - High dependency on phones, devices and games, unable to divert attention from them
- Teach your child to report any they find objectionable or concerning online
- Empower your child to be resilient and to RAISE THEIR VOICE against cyber-bullying
- Accept that your child could also need help

LEGAL INFORMATION:

These are the types of cyber-crimes, punishable under the Information and Technology Act 2000:	<input type="checkbox"/> Hacking	<input type="checkbox"/> Photo Morphing
	<input type="checkbox"/> Cyber Bullying	<input type="checkbox"/> Sextortion
	<input type="checkbox"/> Cyber Stalking	<input type="checkbox"/> Revenge Porn
	<input type="checkbox"/> Impersonation (Fake Profiles)	<input type="checkbox"/> Child Online Grooming
	<input type="checkbox"/> Misinformation (Fake News)	<input type="checkbox"/> Cyber Terrorism

IMPORTANT TIPS:

- Posting abusive, defamatory text, email, image/video on the internet is illegal and will stay as our digital footprint, as evidence against us
- Content available on the internet is not free. Understand consequences of IPR and Copy Rights

SCREEN TIME REGULATIONS:

Age	Screen Time
Under 2 yrs	No screen exposures
Between 2 - 4 yrs	20 minutes in 24 hrs
Between 4 - 6 yrs	40 minutes in 24 hrs
Between 6 - 12 yrs	60 minutes in 24 hrs

IMPORTANT TIPS:

- Break after every 20 min of screen time exposure
- Balance education and entertainment screen time, includes TV screen
- Content to be selected by parents
- Child to be accompanied by a trusted adult

TECHNICAL TIPS:

- ❑ Never respond to calls, messages, emails related to banking, shopping, lottery scams, insurance, lucky draw, job offers, loan etc.
- ❑ Never share your OTP, passwords, PIN numbers or account details
- ❑ Use different complex passwords for each online account and change it regularly
- ❑ Use licensed updated anti-virus software, firewall and authentic parental control tools in your devices
- ❑ Avoid accessing social media or banking accounts from unknown devices or free Wi-Fi
- ❑ Remember to logout of your online accounts, turn off Wi-Fi, Bluetooth and GPS, when not in use
- ❑ Place Wi-Fi routers centrally at home, with a defined range
- ❑ Check ratings, content and age appropriateness of the games on **www.pegi.info**
- ❑ Follow privacy settings for every App, social media profile and control stranger access
- ❑ Avoid downloads from unverified and unknown sources and torrents
- ❑ Learn and teach your child to report abuse, block objectionable content and people
- ❑ Set separate child friendly profiles on your devices
- ❑ Use kiddle.com or YouTubeKids as your default search and video browsers
- ❑ Review all Apps on your devices, keep only the ones that are essential

CONTACT:

Cyber Wellness Centre - 96653 77797 | help@cyberwellness.org.in

Cyber Crime Police Station Goa - 0832 2443201 | 7875756171 | picyber@goapolice.gov.in

National Cyber Crime Helpline - 1930 | www.cybercrime.gov.in

Responsible Netism Helpline - 84337 01077 | info@responsiblenetism.org
www.responsiblenetism.org

In case of an emergency, contact the School Principal or School Counsellor