

India's First Holistic



**Cyber
Wellness
Centre**

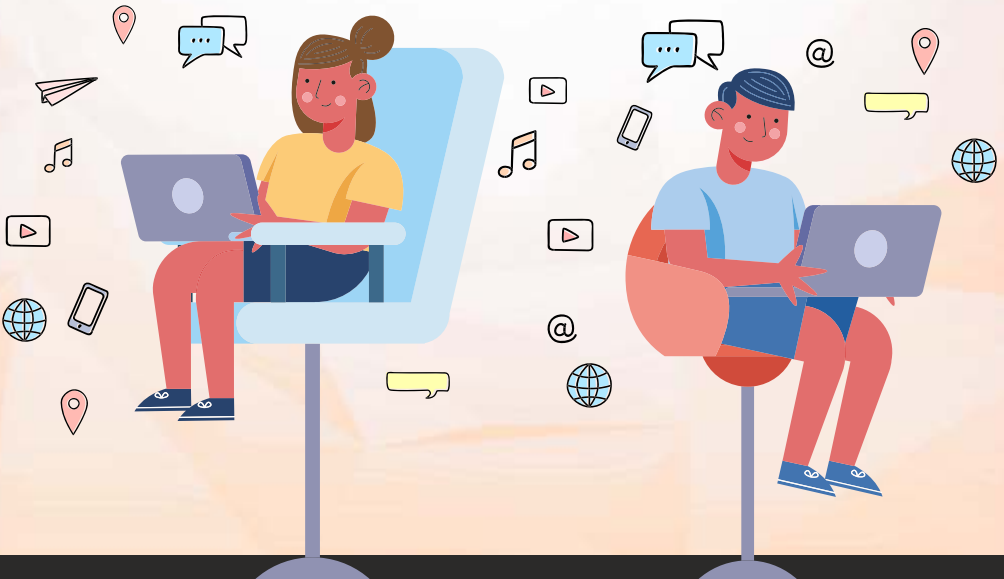
FOR CHILDREN | YOUTH | ADULTS



initiated by

**RESPONSIBLE
NETISM**

Online Safety Tips for Children



 **96653 77797**  **help@cyberwellness.org.in**

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DO YOU THINK YOU ARE SAFE ONLINE?

SAFETY TIPS FOR CHILDREN TO BE RESPONSIBLE ONLINE:

- Understand the age appropriateness of platforms you use
- Follow privacy guidelines of social media and gaming platforms
- Select online games by checking their rating and content on **www.pegi.info**
- Avoid downloading games/material from unknown or unverified sources
- Learn to identify bullying content on gaming or social media platforms, and aggressively report cyber-bullying
- It is NOT COOL to boast about playing illegal games or accepting challenges, to draw attention
- Do not spread rumours about dangerous games, they cause more panic and harm
- Learn self-control, plan and minimise screen-time
- Never share personal details like name, address, date of birth, contact details etc. online
- Be kind with words, Memes, videos and the content you post
- Raise your voice against any objectionable content. You have the power to say “NO” to what you feel uncomfortable with
- No person/game/activity online should make you feel scared, threatened, fearful, ashamed, confused
- When you are asked not to disclose an objectionable incident to adults, YOU MUST share it with your parents or teacher
- Do not attempt self-harm, your life is valuable, you are loved by your parents for the way you are
- If you find your friend facing signs of danger or threats online, DO NOT be a bystander, support them by reporting the case
- Social media is legal for age 13+ only
- Hacking others accounts / WiFi, Creating Fake Accounts are cyber-crimes
- Stalking somebody online with an intention of harassment is a cyber-crime
- Using tools to Morph images and video with an intention of harassment is a cyber-crime
- Asking for or sharing any objectionable / inappropriate pictures / videos (nudes/semi-nudes) with anybody is a severe cyber-crime

LEGAL AGE ON SOCIAL MEDIA:



GAMING RULES & GUIDELINES

- Do not link banking cards, avoid playing with money
- Do not make in-game purchases without parents consent
- Use the games laws and rules to protect yourself
- Do not get pressurised to threats and attracted by in-game offers
- Verify whom you connect with on Discord
- Don't share Discord link with strangers on social media
- Play multi-players games with people you know in real, not with strangers

AGE APPROPRIATE ONLINE GAMES:



TECHNICAL TIPS:

- ❑ Follow privacy settings for every App, social media profile and control stranger access
- ❑ Use kiddle.com and YouTubeKids as your default browsers, if you are under 12 years
- ❑ Use different complex passwords for each online account and change it regularly
- ❑ Use licensed updated anti-virus software
- ❑ 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
- ❑ URLs with an “https” are always secure, verify URLs
- ❑ Install minimum essentials Apps on your devices, read their T&C before installing
- ❑ Do not allow someone else to access and operate your online account

REPORT MECHANISMS FOR POPULAR APPS



https://faq.whatsapp.com/408155796838822/?locale=en_US



<https://support.snapchat.com/en-US/a/report-abuse-in-app>



https://www.facebook.com/help/186570224871049/?helpref=uf_share



<https://support.google.com/youtube/answer/2802027?hl=en&co=GENIE.Platform%3DAndroid>



<https://help.instagram.com/2922067214679225>



<https://support.google.com/youtube/answer/2802027?hl=en&co=GENIE.Platform%3DAndroid>

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

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