



Safety Tips on Digital Parenting



PAN-INDIA
**CYBER WELLNESS
HELPLINE**
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PARENTING TIPS:

ONLINE SAFETY TIPS FOR ADULTS TO BE RESPONSIBLE DIGITAL GUARDIANS:

- ❑ Educate yourself about cyber-crimes, to protect your children online
- ❑ Understand and communicate about internet usage - its advantages, disadvantages and threats
- ❑ Communicate openly with your children, about their online activities
- ❑ Monitor children below 13 years, on your secured devices
- ❑ Keep the device in shared rooms, be alert and observant
- ❑ Introduce gadgets, social media and gaming platforms according to their age and level of understanding
- ❑ Verifying online game ratings on www.esrb.org and www.pegi.info
- ❑ Introduce online games related to sports, strategy and quest games
- ❑ Channelize your child's Technical Quotient (TQ), provide them with constructive and creative alternatives by engaging them in outdoor, reading and nature related activities, against screen time
- ❑ Frequently take "GADGET BREAKS"
- ❑ Be a positive role model for children
- ❑ Identify red flags of behavioural changes and gadget dependency in children, report early and seek external help

Internet is a great tool of information, learning and development, use wisely

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 objectionable or concerning content 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:

The following cyber crimes are 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 the 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:

- ☐ Set screen time rules for the entire family to follow
- ☐ Take a break after every 20 min of screen time exposure
- ☐ Screen time exposure for educational purpose, entertainment including TV, needs to be balanced
- ☐ Select and monitor the content watched by your child
- ☐ Parents must monitor their child's game-play
- ☐ Engage in regular conversations with them about online safety and appropriate online behaviour

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.esrb.org** and **www.pegi.info**
- ❑ Follow privacy settings for every App, social media profile and control stranger access
- ❑ Avoid downloading content from unverified links, 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 and update all Apps on your devices, keep only the ones that are useful

IMPORTANT CONTACTS:

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

Responsible Netism

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