

TIPS FOR PARENTS

HOW TO HELP YOUR CHILD REMAIN CYBER SAFE?



MONITOR USE

Install a filtering software that blocks access to inappropriate content. Parental controls will help you monitor your child's usage. Always check which apps and games they have downloaded and review if they are suitable.



MANAGE DEVICES

Let your child use the laptop in the common room, where you can see them and not in their bedroom. Do not permit overnight use. If your child has their own phone, you can ask them not to use it post a certain time. It is not advisable to read the messages of a teenage child, as they share their intimate feelings with their close friends and may be uncomfortable speaking about it to you. Checking the shared media and installed apps on the phone once in a while will be a good practice.



PROMOTE PRIVACY

Do not give your credit card or bank account details to your child. Always check if the sites are genuine and secure before making a payment. Ask them not to reveal any form of private information to anyone, including their friends.



REINFORCE NETIQUETTES

Remind them about good and respectable internet etiquettes or behaviour. Have an open conversation about the 3 C's of cyber safety. Do not assume they already know about it. Tell them you will be there to support them if they ever have to face an issue online.



INVOLVE THEM

It is OK to have certain restrictions for their well-being, but it is important to give honest explanations to their 'Why?'s. Make sure you include their views while creating rules for them to ensure adherence.



SOCIAL MEDIA

It is common these days for children to have social media accounts. If your child is interested, first check if it is age-appropriate. Most of them require one to be above 13 years old. You can ask them to friend you/follow you to keep a check on what they are posting or sharing. Educate them on what is cyber-bullying and the 5 steps to take if bullied.



MODEL GOOD BEHAVIOUR

You must be careful about the information you put online and be aware about safe cyber practices as children learn from you. Set device-free zones and times when no family member uses their device and spends quality time with each other.



SEEK HELP

Keep yourself updated and make use of our online resources. If you still have unanswered queries or concerns, please feel free to contact us. We are here to help you.

