Parenting in Digital Age

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Digital Devices have changed the Childhood

The Smart Phone Generation

Why do children need protection on Internet?

- Predators
- Scammers
- Bullies
- Strangers

Contact

- Age-inappropriate
- Sexually Explicit
- Violent/Threatening
- Pirated content

Content

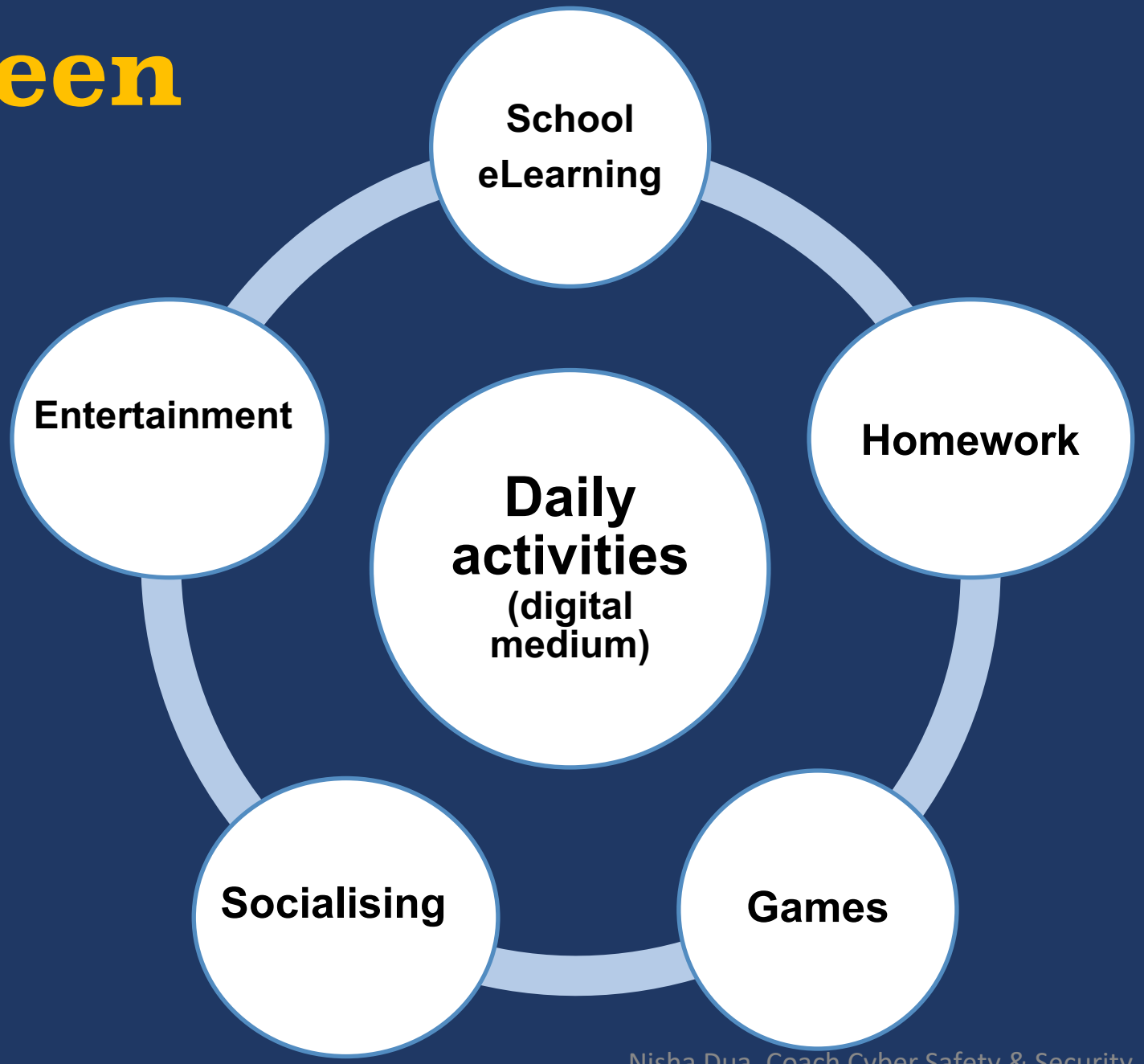
- Unethical
- Mean/Threatening
- Harmful for Self
- Irresponsible

Conduct

Surge in Screen Time

Time spent on:

- ✓ Television
- ✓ Desktop / Laptop
- ✓ Cell Phone
- ✓ Tablet / iPad
- ✓ Kindle
- ✓ Gaming Consoles



Questions from Parents

I am not tech savvy…how can I support my child in online activities?

- Set the Ground Rules – time & access
- Enforce real world values to be followed in digital world
- Keep a close watch on child's behavior
- Have open discussions
- Monitor screen activities and time
- Instill confidence and trust - not fear
- Communicate with the school/teachers

When should I give smart phone & Internet access to my Child?

Based on child's:

- Temperament
- Sense of Responsibility
- Critical Thinking & Problem-solving
- Impulse Control
- Trust Factor
- Family Circumstances
- Financial Considerations

Are there any guidelines on screen time?

As per guidelines by WHO Optimum screen time for children is:

- **3-5 years old:** Up to 1 hour a day
- **6-10 years old:** 1-2 hours a day
- **11-13 years old:** 3-4 hrs a day including studies

How can I ensure safety & privacy of my child online?

- Monitor your child's browsing history along with them
- Surf the Internet with your children. Talk about good Internet Practices
- Check your child's privacy settings on various websites/platforms
- App Installation by children only under supervision
- Turn off in-app purchasing on smartphones and tablets
- Remove Credit cards & personal details from the devices
- BE THE ROLE MODEL

How can I ensure safety & privacy of my child online

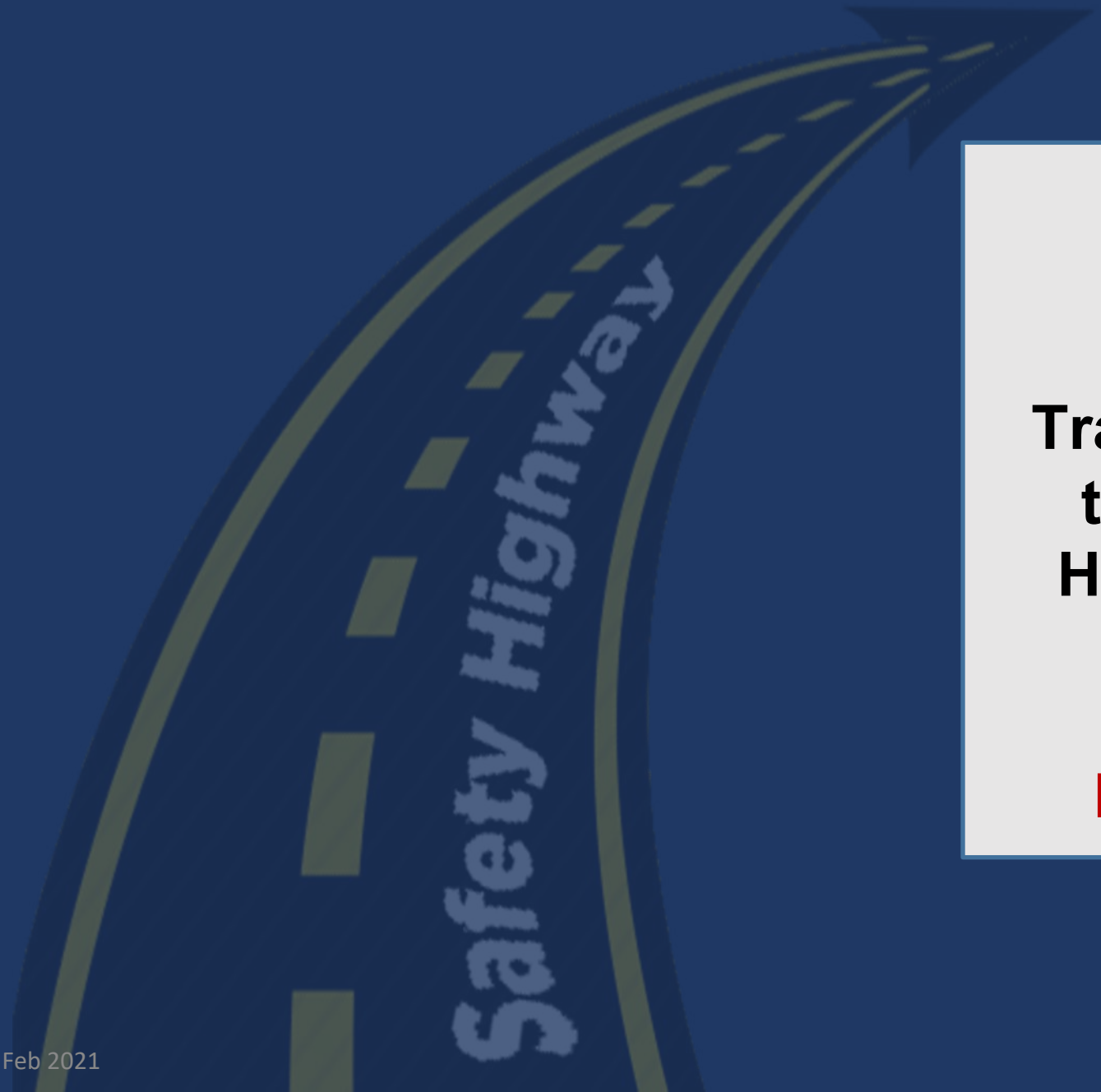
- Set up parental controls: *Net Nanny, Questodio, Kapersky, BARK*
- Younger children should browse sites & platforms as per their age:
  Child safe browsers: Kidrex Mobicop Kisplorer Kiddle
  You Tube for Kids
- Set *You Tube Safety Mode* and *Google Safe Search* to help filter 'inappropriate content'
- Familiarize yourself with reporting tools on Social media Sites
- Understand the Cyber Laws – what is ethical or legal?
- Know the legal reporting process

How & where can I report issues like bullying, stalking, mental harassment and stranger danger?

- Social Reporting
- Platform Reporting
- Legal/Formal Reporting

- File a formal complaint
  www.cybercrime.gov.in

- CYBER SAFETY CELLS
- CHILD LINE Help Line – e Box
- NIMHANS
- AASRA



Do not be the one left behind…

Travel Safely & Smartly on this Information Super-Highway along with your Children

BE THE ROLE MODEL

Nisha Dua, Coach Cyber Safety & Security

Questions?