Ministry of Electronics and Information Technology(MeitY) Government of India

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Role of Parents in Navigating the Digital Age

Reinforce Cyber Hygiene, Cyber Security and Privacy for Digital Naagrik

Cyber Kid — View

Cyber Cadet — View

Cyber Girl — Coming Soon

Cyber Yuva — Coming Soon

Cyber Shikshak — View

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Challenges for Digital Parenting

In an increasingly connected world, parenting faces new challenges. Discover effective strategies and insights to navigate the digital age with your children.

The challenges of growing children in the digital age.

•Excessive dependency on technology

•Detrimental effects on a child's social and emotional development

•Promoting responsible and balanced use of online platforms

•Understanding the underlying reasons for technology usage

•Ensuring the online safety and well-being of children

•Recognizing the importance of real-life experiences in fostering healthy brain development in children.

Role of Parents in Navigating the Digital Age

infographicjournal.com

Parents play a crucial role in guiding their children through the complexities and opportunities of the online world

Need for Digital Parenting

- Parenting until recent times was restricted to raising and nurturing the children

- providing them with required amenities, care, attention and guidance.

- In recent times, with the technology taking over our lives in every aspect, it has become necessary for parents in the family to understand that they need to extend their approach and change the style of parenting from real time to digital space also.

Bridge the digital generation gap that they are exposed to in the current scenario.

Address the challenges, risks and opportunities brought in by intervention of digital media in child's life.

Balance between supervising child's online behavior and enabling them with required online independence

Keeping children safe is everyone's responsibility

Digital parenting is of paramount importance in today's society

Online Safety: Children and adolescents are vulnerable to various online threats such as

- Cyberbullying

  Sending threatening messages in a deliberate, repeated and hostile manner

- Online predators
- Scams,
- Inappropriate content.

Digital parenting involves educating children about the risks and implementing strategies to protect their online privacy and safety.

Managing Screen Time

Excessive screen time can have negative impacts on
- Children's physical health,
- Mental well-being, and
- Academic performance.

SCREEN TIME MANAGEMENT

Digital parenting includes setting limits on screen time and encouraging balanced use of digital devices with other activities such as physical play, reading, and social interactions.
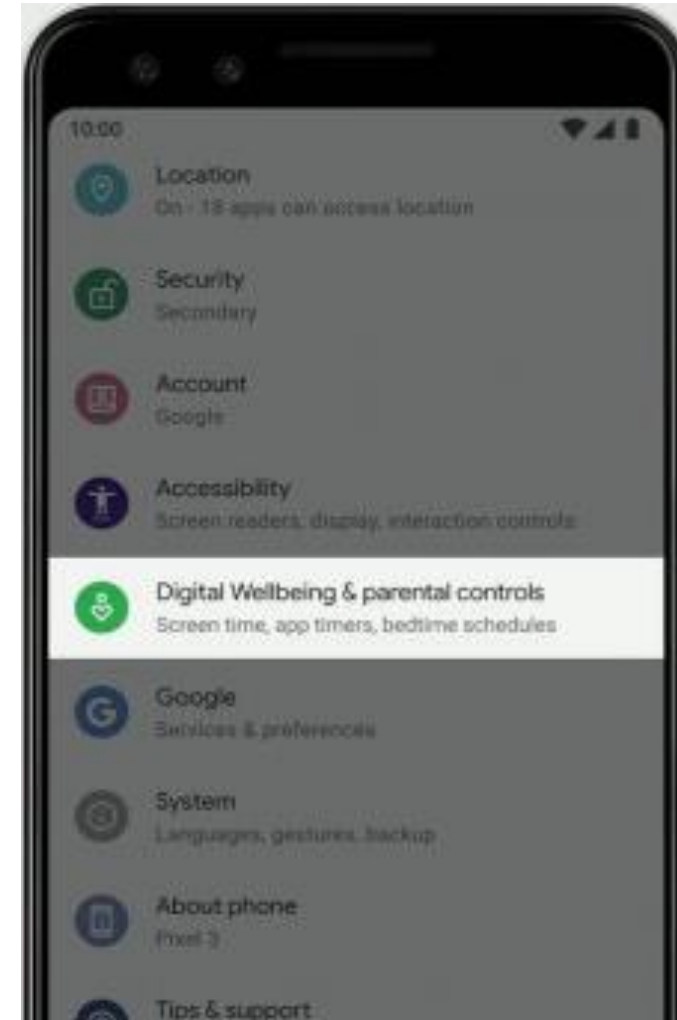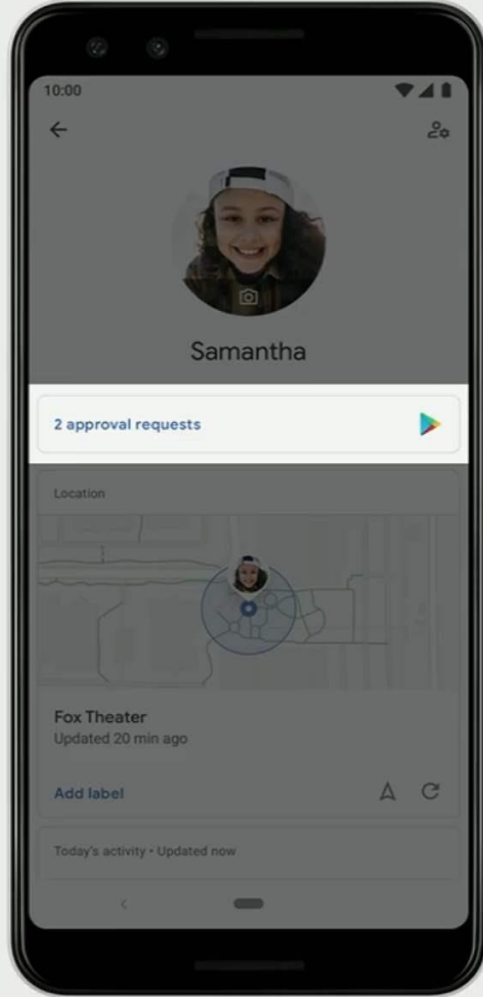
Parental control Apps

Parents can set up their children's phones and control
- **Daily limits,**
- **Bedtimes,**
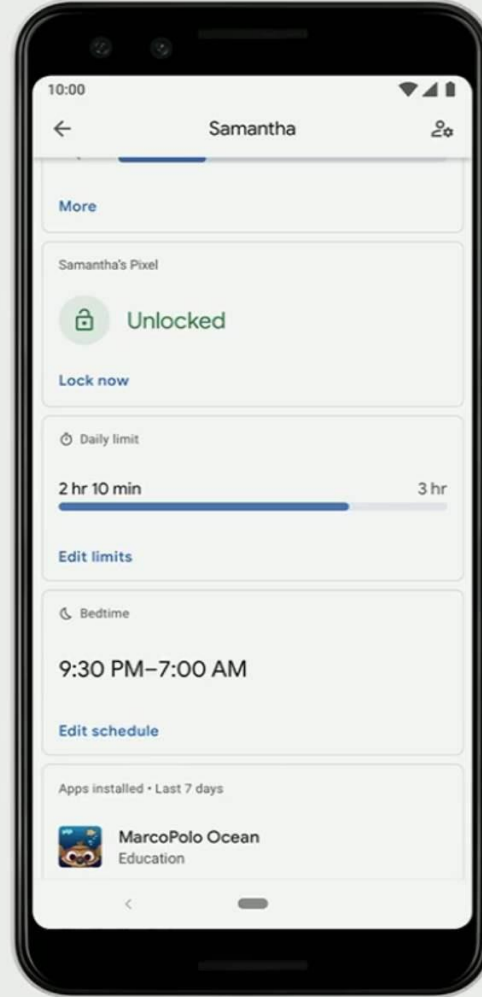- **Insight into which apps their kids spend time in.**
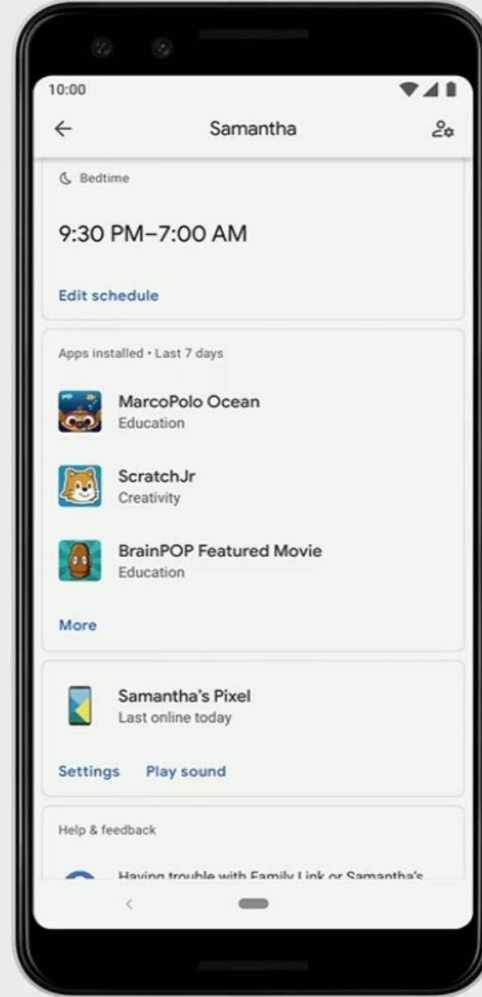
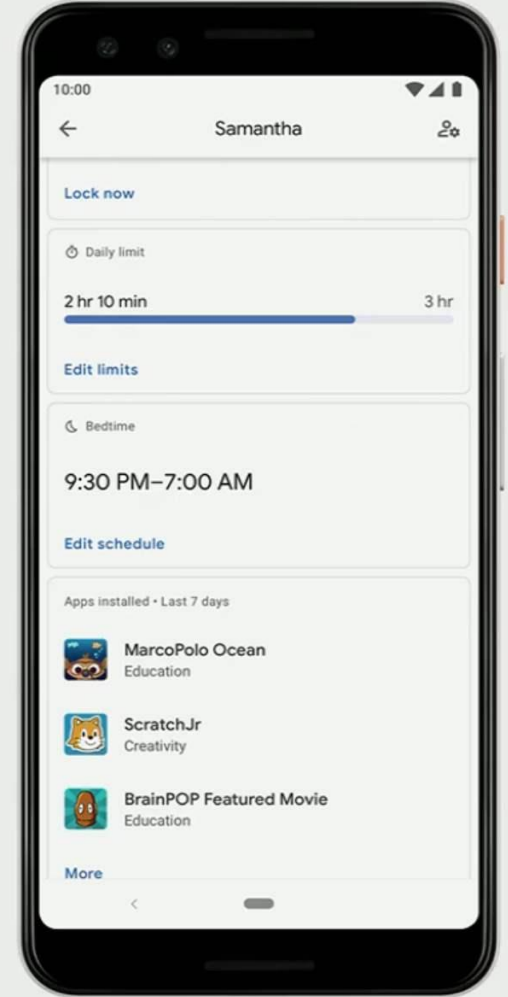**These options were available through Family Link**

Review apps

Set daily limits

View app time

Set a bedtime

Google

Search Settings

Search results

Languages

Help

SafeSearch Filters

SafeSearch can help you block inappropriate or explicit images from your Google Search results. The SafeSearch filter isn't 100% accurate, but it helps you avoid most violent and adult content.

☐ Turn on SafeSearch   Lock SafeSearch

Results per page

10	20	30	40	50		100
Faster						Slower

Private results

Private results help find more relevant content for you, including content and connections that only you can see.

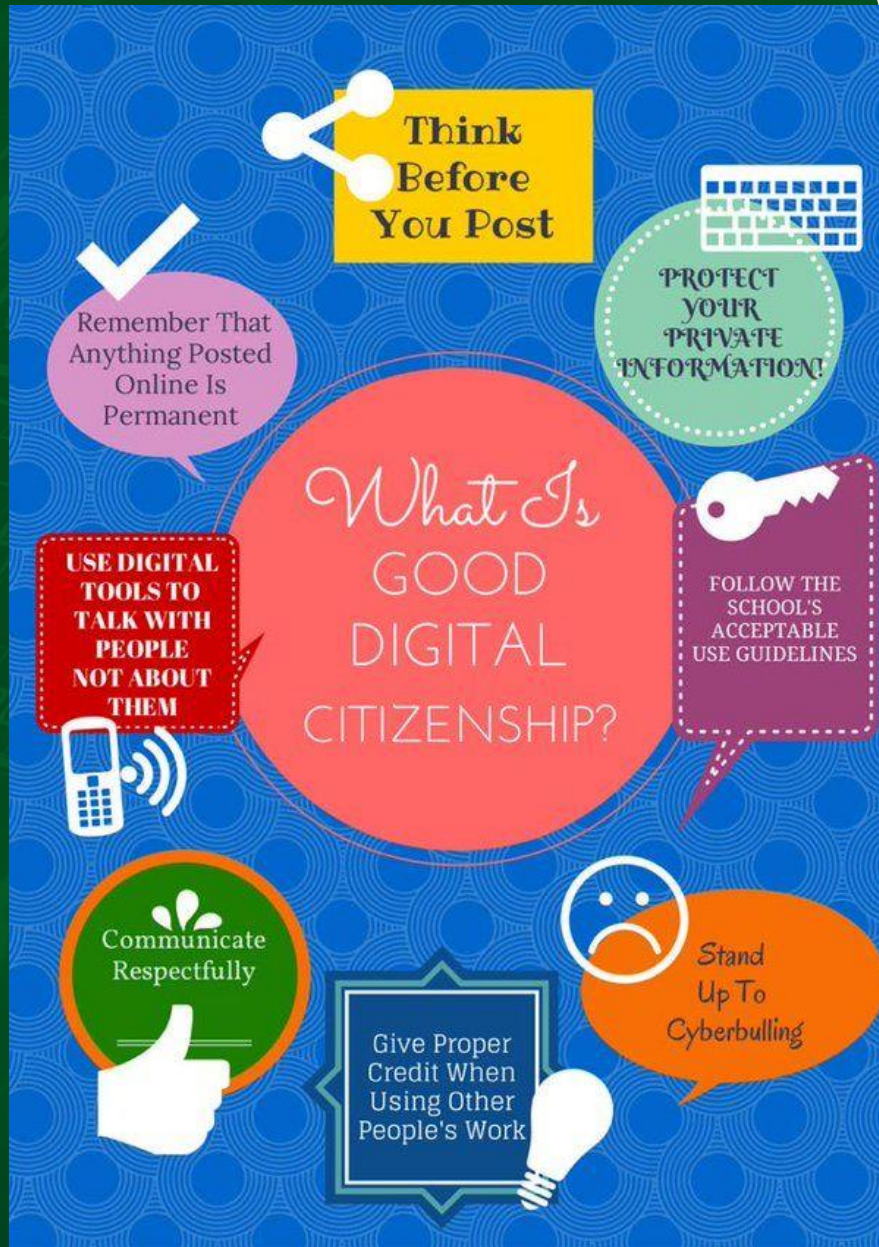◉ Use private results

◯ Do not use private results

Where results open

☐ Open each selected result in a new browser window

Search activity

Search activity helps give you more relevant results and recommendations by using the things that you

Promoting Responsible Digital Citizenship

Digital parenting teaches children how to navigate the digital world responsibly. This includes understanding the consequences of their online actions, respecting others' digital rights, and being mindful of their digital footprint.

https://mx.pinterest.com/pin/703828247986283198/

Building Healthy Relationships

Social media and online platforms can influence children's relationships and self-esteem.

Digital parenting involves guiding children on how to maintain positive and healthy

- Online relationships,
- Recognize and respond to cyberbullying
- Foster empathy and respect in online interactions.
- Be Mindful of Tone
- Manage Conflicts Constructively
- Engage Regularly
- Encourage Positive Interactions
- Be Patient

Teaching Critical Thinking and Media Literacy

- In a world where misinformation and fake news are prevalent, digital parenting equips children with critical thinking skills to evaluate online information critically.

- Helps them distinguish between reliable sources and misleading content.

MEDIA LITERACY

DEFINITION

Media literacy refers to the ability to approach media sources with a critical and discerning eye.

CRAAP FRAMEWORK

C Credibility
R Reliability
A Authority
A Accuracy
P Purpose

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Supporting Mental Health

Anxiety Attack Symptoms

Sweating | Nausea | Shaking | Agitation

Heart palpitations | Severe feelings of panic | Shortness of breath

Excessive use of digital devices and social media can contribute to
- Anxiety
- Depression
- sleep disturbances in children.

- Digital parenting involves monitoring children's online activities and promoting healthy digital habits that prioritize mental well-being.

Depression Symptoms

Thoughts of death

Tiredness and lack of energy

Angry outbursts

No concentration

Loss of interest

Feelings of sadness

Reduced appetite

Sleep disturbances

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Preparing for the Future

INTERNET ACCESS

PERSONAL LEARNING DEVICES

SAFETY, PRIVACY, AND RESPONSIBILITY ONLINE

Proficiency in digital literacy is essential for academic success and future career opportunities.

Digital parenting ensures that children develop the necessary skills and knowledge to navigate technology effectively in their education and professional lives

Encouraging Creativity and Innovation

Digital parenting encourages children to use technology creatively and innovatively.

It fosters their curiosity, problem-solving skills, and digital creativity through constructive activities such as coding, digital art, and online learning platforms.

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4 WAYS TO
SET TECHNOLOGY BOUNDARIES

PARENTAL CONTROLS — Set up controls on time, number of app purchases, download notifications etc before giving the device to kids

TIME LIMITS — Set up time limits, be sure to discuss and agree with the kid before doing this

CHECK IN — Have conversations about what kids are doing online

TECH BREAK — Create a no tech day. Use the time on the day to read, play cards, play flash cards or step outdoors.

ekDali

Digital parenting emphasizes the importance of offline family time and face-to-face communication.

Involves setting boundaries for technology use within the family and promoting activities that strengthen family bonds and interpersonal relationships.

Adapting to Technological Advances

Technology evolves rapidly, introducing new devices, apps, and online platforms.

Digital parenting requires parents to stay informed about these changes, understand their implications for children's safety and development, and adapt parenting strategies accordingly.

Technology and Society: How Technology Changed Our Lives

Privacy and Security Advocates

- **Teach privacy awareness:** Explain the importance of protecting personal information online and offline.

- **Set strong passwords:** Guide your child in creating secure passwords and avoiding sharing sensitive information.

- **Be mindful of online tracking:** Discuss the concept of online tracking and how to manage privacy settings.

KEEPING CHILDREN SAFE IN EDUCATION WHAT YOU NEED TO KNOW

A child means everyone under the age of 18.

Children need the right help at the right time to address risks

Remember 'it could happen here' where safeguarding is concerned.

We are all responsible for the welfare of children and keeping the environment safe, whatever our job.

What is safeguarding?

Safeguarding and promoting the welfare of children is defined as: protecting children from maltreatment; preventing impairment of children's health or development; ensuring that children grow up in circumstances consistent with the provision of safe and effective care; and taking action to enable all children to have the best outcomes.

Agreement for Digital Resource Utilization @ home

Using digital resources is a responsible activity. It is a two-way partnership where the kids and parents in the family agree on certain rules to be abided by them while using devices and technology.

Rules to be followed

I will limit my digital gadgets time to _____ minutes

I will always be polite with others online

I will be honest and share with you what I do online

I will let you know if I see some disturbing content online

I will follow no digital zones during dinner, sleep and study

I will use digital resources to have fun and learn new things

Assessment tool for measuring skills at Digital Parenting

I have updated knowledge on the trending technologies, their advantages and disadvantages.

I adopt innovative strategies to ensure appropriate use of digital resources by children.

I use my digital gadgets responsibly within restricted time and space and set an example for my children.

I am aware of the security, privacy and safety features of digital resources and enable them for safe usage.

I know about the tools and apps that can be used for exercising parental control for online safety of a child.

I encourage children to utilize the online resources in an enabling way, for learning new things and having fun.

I make myself accessible to my children and engage in open talks and discussions with them and understand their digital woes.

I will monitor digital activities of my child and keep track of them consistently to offer help, if required.

I am aware of the threats and dangers that are lurking in the cyber space for children and the means and measures to effectively handle them.

I am aware of the parenting challenges that the digital world presents and I am constantly working on upgrading my digital parenting skills.

Family Pledge for Responsible and Careful Digital Device Use @ home

Agreement note for children on digital device usage:

I understand that using digital devices like mobile, family computer etc. is a privilege. I also understand that this right to use digital devices comes with a responsibility of following the below mentioned rules:

Internet not being a safe place and filled with unknown dangers, I understand that my parents will help and guide me for safe use of Internet and breaking the below mentioned rules can lead to restrictions and disciplinary actions.

- I will limit my screen time to _____ minutes and avoid its use during food time, bed time and study time.
- I will not share my personal Information and also respect privacy of others on Internet
- I will not download or install anything without consent of mom and dad
- I will use polite language and would not post /write/ share false or disturbing content.
- I will inform mom and dad in case I need to meet my online friend and seek help if I see any disturbing /offensive content online.

Signature of Child 1 :
_____

Date :
_____

Agreement note for parents on digital device access @ home:

I understand that it is my responsibility to enforce the guidelines & rules to protect myself and my family and to help them have fun and good learning experiences with digital devices online. In this spirit I agree to the following:

- I will enforce the digital devices usage guidelines in good spirit.
- I will be available to the children to talk about any of their concerns.
- I will know about and enable the privacy and the security features on the digital devices for safety.
- I will work on upgrading my knowledge and information about the trends in technology.
- I will have regular open discussions with family about the online threats, dangers and measures for protection.
- I will not take drastic measures or react aggressively under any circumstances no matter what happens.
- I will encourage children to have fun and a good learning experience online

Parents Signature :

_____

Date :

_____

FAMILY PLEDGE FOR DIGITAL SAFETY

We, the members of the_____family, believe that using technology and digital devices accessible to us is a privilege that we enjoy. We believe that this right to access to technology comes with responsibility to use it in a useful and appropriate manner. We understand that it is just as any other resource if used inappropriately, can have consequences that are harmful for ourselves, other members of the family and outsiders. We strongly believe that we need to make use of it in enabling and educating way, that will help learn things with fun.

We acknowledge our responsibility to lead by example and the need to put in place the rules, guidelines and framework to ensure effective, efficient and safe use of digital devices and internet accessible to us.

Therefore, we pledge that we will all hereby abide by the rules or guidelines stipulated for responsible use of the technology and digital devices accessible at home.

Names & Signatures

Children	Parents	Grand Parents
Child 1 :	Father :	Grand Father :
Child 2 :	Mother :	Grand Mother :
Child 3 :		

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