

# CHILDLINE NEWSLETTER



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## Cyber safety for children: Guidelines for Parents



Children are spending a considerable amount of their time online, as schools are closed and no play-time with friends due to health related concerns of COVID-19. This has become a major cause of concern for parents.

The internet is an ocean of information and entertainment. But every online activity or content is not safe for children. Many people share inappropriate content online that must not be viewed by children. Online predators can coerce gullible children into sharing their personal information or intimate photographs. Therefore, it becomes extremely crucial for every parent to monitor their child's online activity. Here are some guidelines:

### Limit your child's screen time

It is a known fact that excessive screen time for children is highly detrimental for their overall well-being. Limiting the number of hours children can spend online, activities they can indulge online or what programs they can watch will enable you to keep an eye on your child.

### Communication with children about online safety

An open conversation with children about inappropriate content and people online will make them responsible and vigilant. Explain to them, very clearly why they must not share their personal information with strangers online. Talking to your children will help you understand what type of content your child likes to see online. You can also suggest a few apps or websites that are safe for them.

### Parental control software

Such softwares are not spying tools. However, they will help you set rules and limits for children and monitor their online activity. The parental control software like Google Family Link will enable you to monitor every device connected to your network and allow you to set device-specific schedules for your children.

### Be a part of your child's online activity

Co-play online games with your children. Sit with them when they are surfing random websites. This will be a great opportunity for you to closely monitor your child's activities and spend quality time together.



Monitoring online activity has become very important, especially of children in rural areas as they are now educating themselves through online classes at community service centers. CHILDLINE 1098 has created a pool of resources and activities on their website that are safe for children. Click on the link mentioned below to access them.



Resources and information on Covid-19

<https://www.childlineindia.org/a/covid19>

Donate to CHILDLINE and support our efforts to protect and rescue children.

[https://www.childlineindia.org/a/fundraiser\\_campaign/168477](https://www.childlineindia.org/a/fundraiser_campaign/168477)

