

## CYBER HYGIENE

- 👁️ Discuss with your children about Internet safety as soon as they begin using Internet.
- 👁️ Ensure that your child has access to age appropriate online sites which do not promote unethical or violent behaviour.
- 👁️ Use parental controls on all the devices used by your child. Monitor the screen time & his/her online activities.
- 👁️ Set Internet protocol — time & place of accessing the Internet. Encourage usage of Internet in family/living room rather than in isolated environment.
- 👁️ Keep reemphasizing children not to share their personal information like passwords, phone numbers, address etc. with anyone online viz. Facebook, Whatsapp.
- 👁️ Ensure that your children don't meet anyone face-to-face with whom they got introduced online without your knowledge & consent.
- 👁️ Be compassionate with your children so that they feel comfortable in sharing their inhibitions, peer pressure, cyber bullying and taking guidance from you when they encounter any problem in the cyber space.
- 👁️ Watch your child's mood & be proactive in talking to them regarding their concerns.
- 👁️ Talk to other parents, share concerns if any and discuss best ways to help your children.
- 👁️ Keep yourself updated with recent Internet phenomena.

**BE A ROLE MODEL TO YOUR CHILD. BE CONSCIOUS OF YOUR OWN ONLINE ACTIVITIES**