



Internet safety for kids & teens

SWIPE LEFT FOR
MORE



Teaching children
about online safety is
like teaching them to
swim



Top cyber threats and tips for kids & teens



Cyberbullying



Cyberbullying is digital bullying (or online bullying) that can have serious emotional and mental health consequences for kids.



How to protect kids from Cyberbullying?



Open Communication

- Explain cyberbullying to your kids
 - what it's about,
 - where it can pop up,
 - how it happens, and
 - how to spot it.



Educate Them

- Use storytelling and interactive ways (quizzes, role-playing)
- Make sure they understand reporting and blocking cyberbullying.



B I N G O

Report Inappropriate Posts	Cyber-Bullying	Don't Friend People You Don't Know	Support the Victim	Say No To Sexting
Reach Out For Help	Don't Post Hurtful Comments	Cyberspace	Digital Reputation	Don't Post Pictures Without Permission
Have a Strong Password	Keep Passwords Safe	Free!	Digital Footprints	Don't Share Personal Info
Block the Cyberbully	Don't Create Fake Accounts	Don't Let Friends Use Your Account	Set Limits on Electronics	Don't Respond to Rude Comments
Always Log Out	Make Kindness Go Viral	Think Before You Share a Post	Save the Evidence	Set Accounts to Private



Activity monitoring

- Keep the computer in a visible spot, use a shared email, and monitor social media.

However, there is a limit to monitoring.



- Create a trusting relationship with your child so they feel comfortable talking to you if they are cyberbullied.
- Use parental control on the devices and accounts.



Online Predators



- Individuals who prey on vulnerable individuals, especially kids and teens, using digital platforms.
- Predators use tricky tactics to gain trust and then emotionally, psychologically, or sexually exploit their targets.



How to protect?



Devices Usage

- Talk about phone camera, photo apps and device settings to ensure safety.
- Teach your kids to verify with teachers or grown ups before using new applications.



Online Interaction

- Talk about chat rooms and social sites with your children.
- Set rules for online activity.



Safe and responsible use

- Engage in a conversation about good online choices.
- Teach them the tactics predators use to manipulate children and how to recognise suspicious behaviour.



Phishing



- Phishing is when someone online pretends to be your friend or a legitimate person and asks for your private information or wants you to click on a link.
- But they're not really who they say they are – they're trying to trick you into giving them sensitive information.



How to protect against Phishing?



Education is the Key

- **Teach them about phishing:** how people pretend to be friends online to steal personal info or trick others.
- **Show them how to catch phishing emails:** common red flags.
- Read and watch online safety content with them



Encourage them to be Cautious

- Warn them not to trust unknown messages, especially if they ask for money, personal information, or credentials.



Avoid Clicking on Unknown Links

- Remind them about what personal information is and the dangers of giving away sensitive information.



Inappropriate Content



- Inappropriate content comes in many forms:
 - Pornography
 - Violence
 - Hate speech
 - Drugs and alcohol
 - Gambling
 - Self-harm
 - Eating disorders
 - Bullying
 - Scams
 - Fake news



How to protect your kids?



Use Parental Controls

- Set up parental control software or filters on devices your kids use.
- Block or limit access to inappropriate websites and content,
- If they identify anything, teach them how to report.



Safe Search Settings

- Turn on safe search settings on the search engines to filter out explicit content from search results.



Age-appropriate Platforms

- Let them explore sites, apps, and platforms meant for their age.
- Not all platforms act responsibly, ensure you interact with kids regularly on the topic.
- Teach them the online dos and don'ts.



Digital Footprint



- All the data you leave behind when you use the internet such as playing games, posting pictures, or chatting
- This information can be used to track your online activity and build a profile of your interests and habits.



How to teach kids to have a minimal digital footprint?



Online Sharing & Privacy

- Show your kids how to be cautious about what they share online.
- Help them use privacy settings on social media to manage who can see their posts and personal info.



Critical thinking

- Encourage them to keep personal stuff private and keep an eye if others share any information about them.
- Teach them to be critical thinkers online - don't believe everything they see or read online



Positive Online Presence

- Encourage them to spread positivity and respect online, building a footprint they can be proud of.
- Make it a habit to review their online accounts together and delete anything that doesn't match their real selves.

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