Government of Punjab

PAKISTAN PEDIATRIC ASSOCIATION CHILD RIGHTS COMMITTEE

PAHCHAAN

unicef for every child

ONLINE SAFETY



of children and adolescents. A guide for parents

As a result of School closure and restricted movement, children are accessing schoolwork through virtual platforms. This has increased their access to internet with also more time to surf online



1. **Advice to parents and other care givers:** If you're introducing them to new **learning websites** and **digital applications** while school is closed, take the opportunity to talk to them about **how to stay safe** on these services and in general



2. **Limit screen time** even for **studying online**-make a schedule together and **stick to it**.



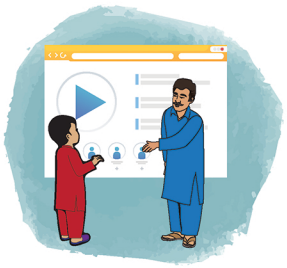
3. Children should be **encouraged** using **blended learning** and spend time adequately on **reading**, **writing** and using **net for online studying**.



4. **If possible**, ensure **firewalls** are in place **whenever children are accessing internet**. Firewalls prevent **unauthorized internet users** from accessing **private networks** connected to the internet.



5. **Safety measures:** children should **focus on school related work** and **not engage** with **strangers**, strangers could **bully** or **sexually exploit** your children online, help your children to keep their **personal information safe** while online.



6. **Encourage your children** to **report contents** online which make them **uncomfortable and inappropriate**.



7. **Schedule device** free time **with your kids** and engage them in **fun activities** like **making music together**.

PAHCHAAN HELPLINE. 0300-0659427





8. **Explore together:** Ask your child to show you **their favorite websites** and **apps** and **what they do on them**. Listen, show interest and **encourage** them to **teach you the basics** of the **site** or **app**.



9. **Getting Help:** Make sure they know that if they **ever feel worried**, they can get **help by talking to you** or **another adult they trust**.



10. **Supervise their online activity:** Keep the devices your **child uses in communal areas** of the house such as in the **living room or kitchen** where **an adult can supervise**.



11. Children **under 18 should not access** the internet **unsupervised** in **private spaces, such as alone** in a **bedroom** or **bathroom**.



12. **If children** are considering **sharing a photo/video** of somebody else, they should **always ask permission first**.



13. **Use 'Safe Search':** Most web search engines will have a **'Safe Search' function**, which will allow you to **limit the content** your child can access **whilst online**.



14. **Parental controls:** Use the parental controls **available on your home broadband** and **all internet enabled devices** in your home.

If you find a child being abused, neglected or exploited, call the **Child Helpline 1121 of Punjab Child Protection Welfare Bureau (CP&WB) and Police helpline 15**