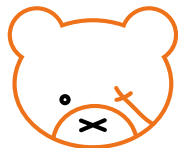


TEN COMMANDMENTS OF CHILDREN'S SAFE INTERNET USE FOR PARENTS



The internet is a source of information, but it is also a source of risk that your child can be exposed to in the safety of their own home. Read our ten things you can do to help you become supportive for your child in the online world. Be an informed mentor to your child and protect them. If you encounter a situation that you don't know how to handle, call our helpline.

1. **Teach your children to protect their privacy online. Anything your child or you put online may not be removed and may be misused at any time.** Respond to any inappropriate online behaviour in an appropriate, calm manner so that your child is not afraid to confide in you in the future.
2. **Do not prohibit your child's continued use of the internet or its services if something bad happens to them online.** They will start hiding their activities from you. Discuss the problem sensibly and explain the risks.
3. **Explain to children that it is dangerous to meet with internet friends they don't know in person.** Tell children that if they are a victim online, it is not their fault and there is no shame in telling someone.
4. **Teach children that not everything they read on the internet has to be true.** You will not only keep track of "virtual friends" but also of your child's interests, preferences, moods, and other things they share.
5. **Become your child's friend on the social networks they use.** You'll be able to keep track not only of your child's "virtual friends" but also of his or her interests, preferences, moods, and other things your child shares.

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- 6. Discuss what services your child uses on the internet and why.** Also ask about the risks associated with the services used, to see if the child is aware of them and would be able to cope.
- 7. Explain to children that under the supposed anonymity of the Internet, people can write and do things to each other on the internet that they would not dare to do in the real world and that are even criminal.** Children should know, that by behaving inappropriately on the internet, they can become criminals.
- 8. By mutual agreement, specify the rules of internet use and the time the child will use in the virtual environment.** Make sure that the child keeps the agreement. Try to set an example.
- 9. Supervise your child's online activities. You are not invading their privacy or freedom.** In the real world, you are also making sure your child does not do something dangerous to harm themselves and would intervene if they were threatened. Therefore, check the history of websites visited and his communications.
- 10. Watch for any changes in your child's moods and behaviour.** Notice if he or she is deleting activity in their browsing history and refusing to share with you who they are interacting with online and what activities they are doing.

Are you worried that your child is at risk online? Are you unsure about a situation that your child is in cyberspace? Do you have a concern or need help? Contact us!



RISKS OF CYBERSPACE

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