



## Online Child Safety

### Tips to protect your children from harmful online content

#### 1. Teach kids how to navigate the internet and online app usage

Talk about acceptable online content, how to spot and identify harmful contents and provide guidance when to seek assistance from adults for help.

#### 2. Set online boundaries

Restrict the children's exposure to online activities. Establish a set of rules on downloading and access of online contents on several platforms. Let them be aware that the online usage and activity is monitored regularly. It is also advisable to put online usage time limit and encourage them to engage on activities other than online. As your child gets older and new online technologies emerge, be open to reassess the online boundaries.

#### 3. Set up parental controls, firewalls and content blockers

Use the available equipment's and software tools to block inappropriate website, online games, TV programs, channels, applications that aren't safe for children. Be aware that there are also other available applications that you can download and use that are designed to protect the kids from online harmful contents.

#### 4. Monitor online activity

It is recommended to keep the computer and smart devices in a common area. Use a common email account if possible and put parental controls to ensure limited access. Monitor the children's online activities and make sure to check and assess the online contents that they access regularly.

#### 5. Remain vigilant

Know that the available online safety tools are not 100% effective. It is encouraged to monitor online activity and continuously build good online safety habits at your home. Always keep your devices, software and firmware updated because an old software or firmware may render the existing parental controls vulnerable. Equipment and software companies may come out with new version or approach to address the latest and innovative harmful contents out there.

#### 6. Be prepared to respond

When your children is exposed to harmful online contents, stay calm and help them understand the situation. Ask questions regarding their experience, how that made them feel and how they came to access the content. Encourage them to ask questions about what they saw or heard. Be open and help them process and learn from the situation.

You also need to investigate how they managed to access restricted contents, identify any loopholes.