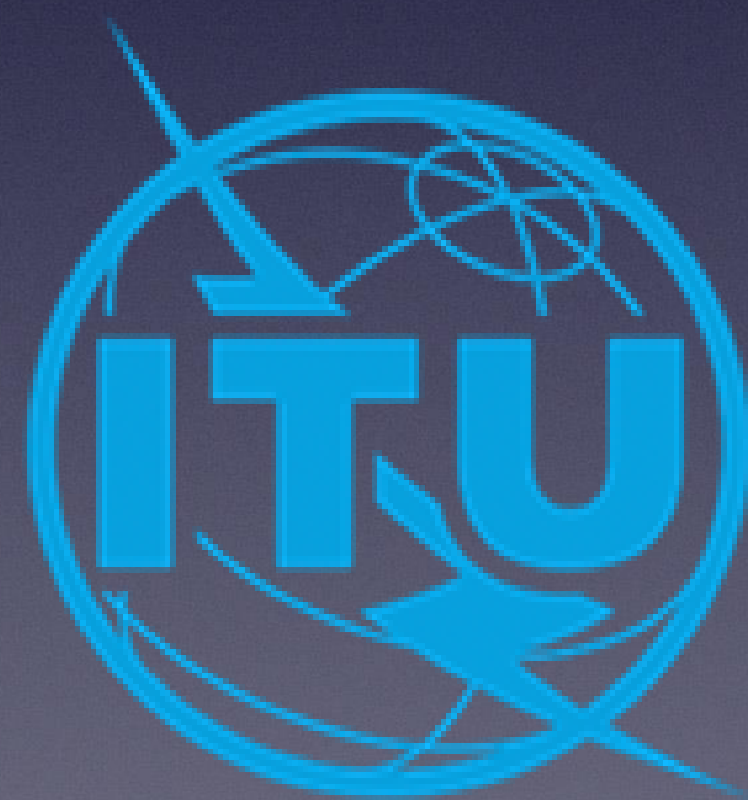


Guidelines for Parents, Carers, and Guardians



Teaching Children how to Have a Positive Online Experience

Principles:

1. Emphasize positive forms of interaction
2. Tailor approach to specifics of child and how they use the internet
3. Build resilience, independence, and sense of ownership
4. Understand technological tools and environment



Sharing Perspectives

- Engage with your children about the internet
- Learn why they do things
- Discuss news stories about internet
- Don't assume you can control all their online activities
- Build trust!



Education About Risks and Harms

- Internet has good and bad sides
- Give age-appropriate advice on risks and harms, but don't rely on fear
 - Severe and illegal ones like CSAM, blackmail, grooming
 - More subtle ones like shaming
- Teach digital citizenship: ensure child treats others with kindness



Establishing Rules

- Make rules with children, listening to their experiences
- Point isn't to constrain but to inculcate proper habits
- Common rules:
 - Screen time limits
 - When and for what purpose to use the internet
- Abide by your own rules where possible to model good behavior



Control of Spending

- Keep your credit card and PINs private
- Investigate mysterious charges
- Consider online allowance for children

Parental Control Software

- Varying levels of intensity, including monitoring and filtering content
- Can help parents protect children from unsafe online content
- But consider issues of trust, independence, and privacy
- Tech-savvy kids may bypass

Securing Technology

- Identify connected devices in your home: computers, phones, internet of things (IoT) devices, fitness trackers, gaming consoles, etc.
- IoT risk hard to mitigate
- Consider firewalls and antivirus software where possible
- Keep software up to date!



Managing Personal Information

- Make sure children understand that information on the internet can spread and be hard to control
 - Applications may have controls such as Snapchat's ephemeral messaging
- Teach children what information is personal and why they must keep that secret
- Explain how information contributes to reputation
- Instill sense of value of data



Photography Etiquette

- Children shouldn't upload photos of others without their consent
 - Also consider risks of sharing photos of your child
- Photos can reveal personal information or be misused by third parties
- Photo metadata can also reveal information



Website Age Restrictions

- Many websites require users to be over a certain age
- Often because of laws governing collection of personal data
- Websites aimed at younger users may ask for parental consent before allowing children to join or before collecting data

Reporting

- Learn how to report objectionable material on platforms your children use and make sure they know how to do so as well
- Research local reporting hotlines
- Similarly, educate children on how to change or remove their profiles

Online Relationships

- Children may form personal connections to people they've only met online
 - Usually safe and often rewarding
- May want to meet in person, which has higher risks
- Go along yourself, or require a trusted adult escort
- Remember, predators won't necessarily try to escalate to in-person contact



Content Literacy

- Ads can be misleading, inappropriate, or intrusive
 - But they can be blocked, reported, and tailored
- Media may be inaccurate or biased
- Scams common online — teach warning signs