

COMMUNICATE **IN SECURITY**

Digital

Friends

Movies Games

Family

Security
Guide

preschoolers



Digital Security

WHAT IS IT?

The reality is that children are starting to use technological equipment, access the Internet and interact with Technology at an increasingly younger age. This early use of technology and equipment has benefits, such as the development of language skills or logical and strategic reasoning acquired through games, but it also brings children some risks, such as viewing inappropriate content or contacting people they don't know.

In this sense, it is fundamental that parents accompany their children, teaching them and making them aware of these risks, so that they have the skills and knowledge to protect themselves. It is therefore necessary for parents to also have knowledge, in order to provide their children with good Internet experiences, so that they see the Internet as a positive and beneficial place for their development.



SUGGESTIONS/ HINTS

Common spaces

Children should use devices in a common area of the house. This way, you will be able to see what they are seeing and, if they feel they need support, it will also be easier to ask an adult for help.

Rules of use

Rules are important. It is important that you define rules for the use of the Internet or devices, - e.g. time limit, websites they can see, installing games, etc. It is essential that children are aware of the rules. You can make a “contract” with the rules to be signed by your children.

Discovering as a family

Sit next to your children to find out new games and sites. Try to understand the reasons why they like that game so much. Ask them to explain the rules and how the game works. Explain why there are websites that cannot be seen, the precautions they need to take in case they are approached by unknown people or users, and how they should react in such a situation.

Exploring together

Talk to your children about what the Internet is and show them all the funny and educational things they can do on the Internet. Teach them to talk to the parents in case they see something that bothers them.

Parental control

It is important to install parental control programmes on your home network and equipment. It is also very important to create specific profiles for the age of your children. This set up will define that there are specific websites your children will not be able to access. If there is only one computer for the whole family, it is important that the other users have passwords to access their accounts, so that children do not access adult accounts incorrectly.

Flight mode

If your children are using your mobile phone, it might be a good idea to set it to flight mode, so that they do not make improper calls, send messages by mistake or access content that might be inappropriate for their age.

Family

Verify age

Pay attention to the age rating of games and social networks. Most Social Networks only allow people over 13 to register. If your children under the age of 13 want to have an account on a Social Network, explain the reasons why they shouldn't have one. Choose websites according to their age (e.g. Youtube Kids; Google Kids Space; MEO Kids, etc.).

Inappropriate content

Talk openly with your children and encourage them to tell you what they saw that bothered them.

Avoid punishments

We all make mistakes, and children are more likely to do so because they don't have as much knowledge. So don't overdo it, show your support for your children and help them solve the situation.

Viewed websites

View the history of websites visited by your children. Activate control tools in order to receive information about your children's browsing.

Friends

Movies



SECURE INFORMATION

ONLINE **SAFETY HELPLINE**

800 21 90 90

PROJECT



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