



BCM SCHOOL
Chandigarh Road, Ludhiana



CYBER SAFETY CHECKLIST FOR PARENTS TO ENSURE YOUR CHILDREN ARE SAFE ON LINE

- ❖ Have a pep talk with your child about online activities (ask child's favourite gaming/ social media platform).
- ❖ Check your child's username (used for online activities).
- ❖ Familiarize yourself with the game/s and social media sites with reporting options.
- ❖ Talk with your child about the risks of sharing information online. (They should not share: gender, age, location, ethnicity, religion, hobbies etc.)
- ❖ Encourage your child to speak about things on the web that makes them feel uncomfortable.
- ❖ Educate yourself and your child about dangers that your children may encounter, including online predators and cyber bullying.
- ❖ Monitor their internet use by sharing an email account, checking browser history, keeping the computer /mobile in a shared situation and maintaining access to your child's account.
- ❖ Install defensive software such as anti-virus, parental control software to limit user screen time and access to sites, games, chat and file sharing.
- ❖ Select child-safe browsers, sites and gadgets (*blue light-blocking gadgets* to protect eyes).

Be Alert, Be Aware, Be Cyber Smart!