Dubai National School
مدرسة دبي الوطنية - البرشاء

Digital safety and technological usage tips for parents community

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Digital safety, frequently referred to as internet safety, media safety, online safety or cyber safety encompasses many things. At the core of digital safety is protecting ourselves, our families and others as we connect through digital devices. Digital safety can help you to prevent your school going children from being exposed to unwanted information, materials, or risks on the internet that might harm them, their devices and misuse of personal information. It's smart to teach children computer safety so that they don't fall victim to some common dangers of the internet, and here are some of the helpful tips for safely use of the internet:

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01

Lead by example

Just like anything, children copy their parents' actions and behavior. If you set boundaries for your own screen, it will be easier for your kids to do the same.

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02

Ask your child to show you the sites they use

Show an interest, take note of the sites your children visit and re-visit them later when you are alone. Find out how to set the safety features and how to report any issues directly to the site.

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03

Ask your child to set profile settings to private

Since children use social media sites to share just about everything they do, setting their profile to private can help protect them against photos, personal information or even location in the real world ending up in the wrong hands.

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04

Set boundaries with your kids

Get them involved in the process of setting age appropriate limits on how long they can spend online, at what times and on which platforms.

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05

Ask your child to tell you if they are worried about something online

By talking to your child about the internet, their favourite sites and the risks they may encounter, they are more likely to turn to you if they get into situations online where they don't feel comfortable or see something they don't want to see.

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06

Avoid using screen time as a reward

This will elevate the status of screen time above other activities and like using food as a reward may encourage children to simply want more.

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07

Physical activity & sleep are really important

Make sure screens are not displacing these things by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.

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08

Be aware of age restrictions

Many popular sites (YouTube, Instagram, etc.) have age restrictions. Don’t allow your child to sign up for sites if they’re underage or not ready.

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9

Help your child to think critically when they're online

Remind your child that not everything you read or see on the web is true, and not everyone online tells the truth. More than ever, internet users are required to wade through a lot of noise, distractions, and opinions that flow freely online. Children need guidance to learn this skill.

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10

Be careful what they post

The more information you post, the easier it may be for a hacker or someone else to use that information to steal your identity, access your data, or commit other crimes such as stalking.

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Tools That Can Help You Make The Internet a Safer Place For Your Children

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Make sure your router has a decent firewall

Install Decent Antivirus Software

Keep Your Computer Up to Date!

Keep Your Password Safe and Hard to Guess.

Use a Decent Web Browser

Don’t Trust Public Wifi

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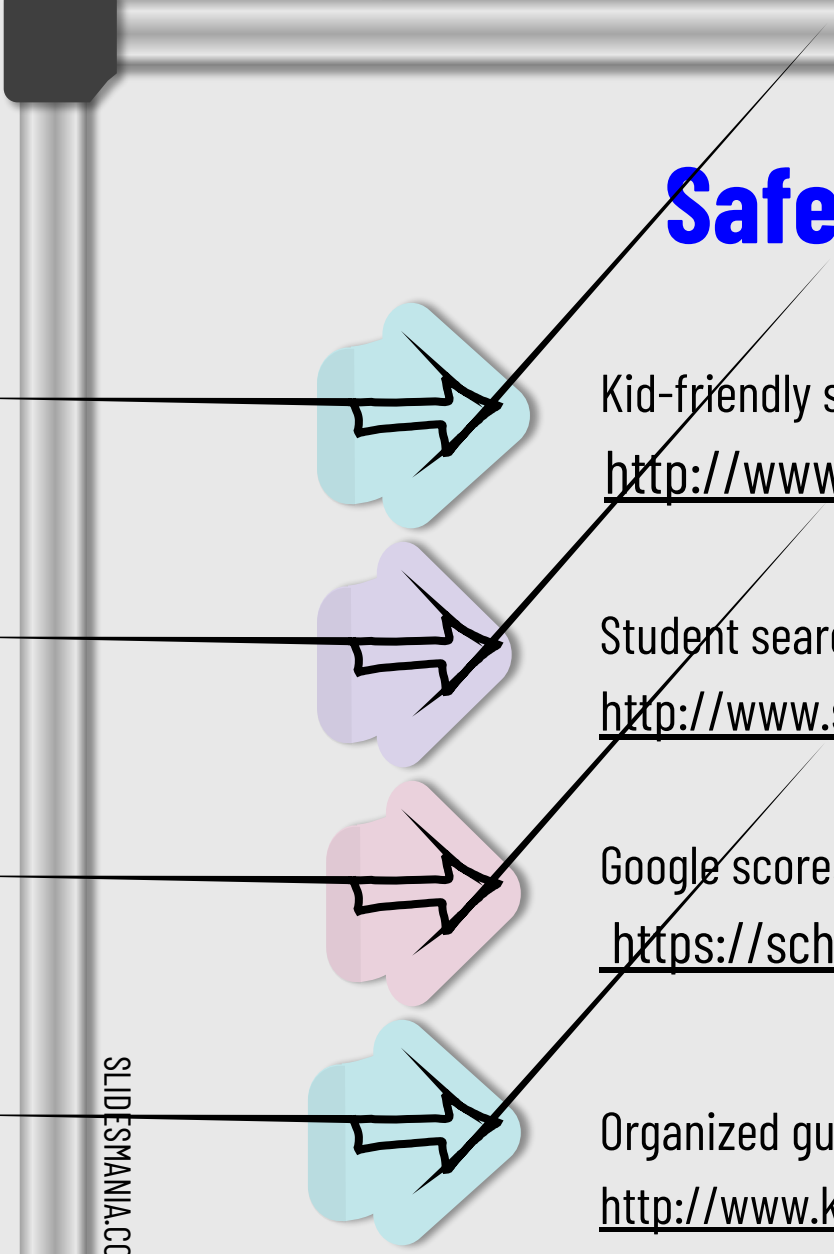
Safe Browsers and Search Sites



Kid-friendly search with suitable results, some exceptions.

http://www.kiddle.com

Student search engine gives kids credible, relevant results.

http://www.sweetsearch.com

Google scores with scholarly search engine.

https://scholar.google.com

Organized guide to educational info on the Web.

http://www.kidinfo.com

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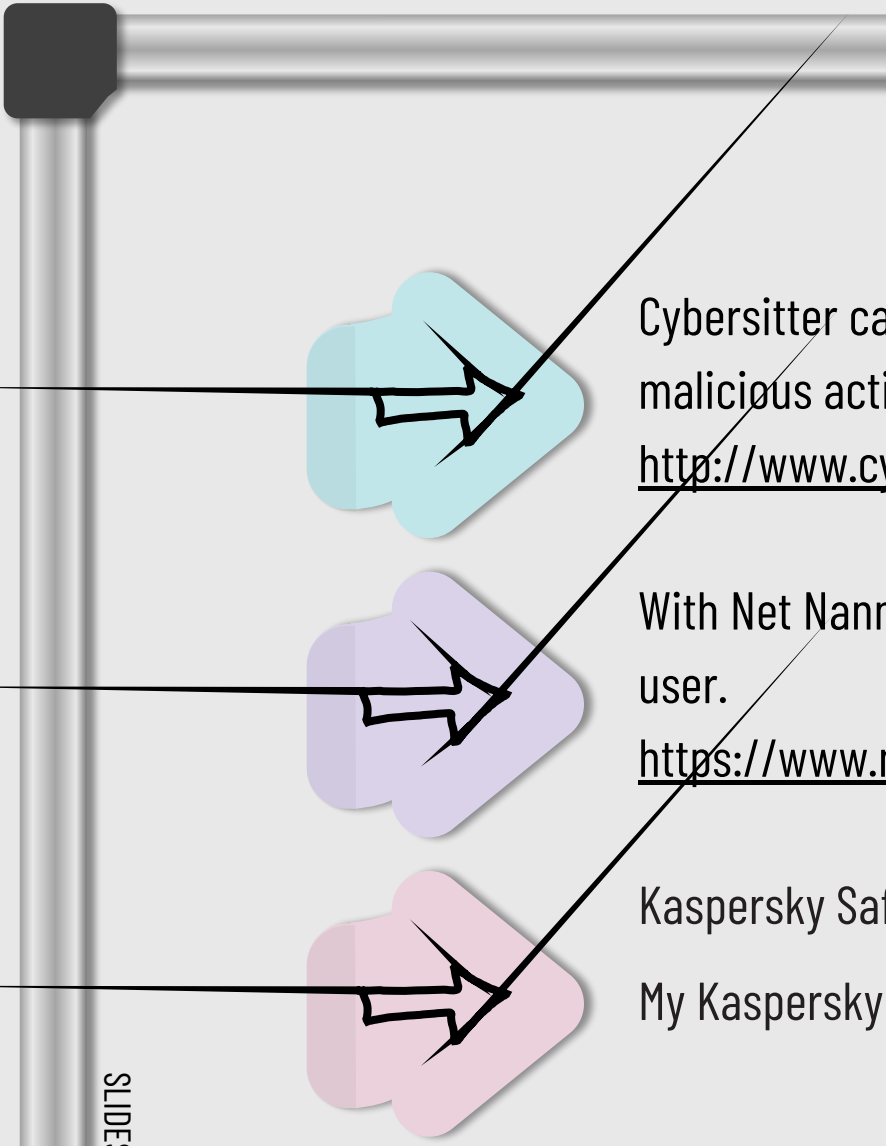
Parental filtering Apps



Cybersitter can block adult websites, and keep everyone safe from potentially dangerous or malicious activity.
http://www.cybersitter.com

With Net Nanny, parents can monitor their family's online activity and customize filters for each user.
https://www.netnanny.com

Kaspersky Safe Kids includes an app for your child and a parent app which get connected via your My Kaspersky account An app on your kid's device helps you regulate your child's activities.

https://me-en.kaspersky.com

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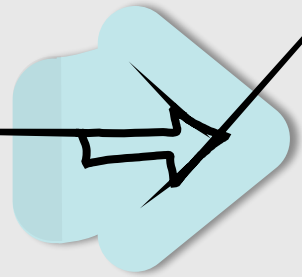
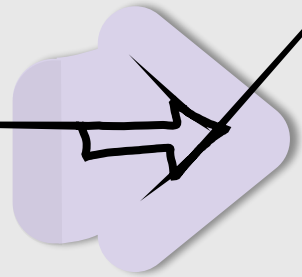
Apps for Parents to Monitor and Limit Screen Time



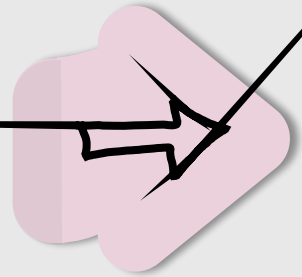
Screen Time App

https://screentimelabs.com



DinnerTime Plus App

http://www.dinnertimeapp.com



FamiSafe App

https://famisafe.wondershare.com

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As cybersecurity leaders, we have to create our message of influence because security is a culture and you need the business to take place and be part of that security culture.

Britney Hommertzheim

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