



How to keep your children safe in the Digital space?



**A handbook for
Parents.**





“

**Digital safety starts at home.
Together, we can foster a
culture of awareness and
responsibility in the virtual
realm.**

”





TABLE OF CONTENTS

I. INTRODUCTION	01
II. UNDERSTANDING PARENTAL CONTROLS	01
III. GENERAL GUIDELINE FOR PARENTS	01
IV. STEP BY STEP GUIDES FOR SPECIFIC APPS	02
V. DEALING WITH CYBERBULLYING	14
VI. REPORTING CYBERBULLYING	14
VII. UNDERSTANDING THE LAWS	15
VIII. APPENDIX	16
IX. BIBLIOGRAPHY	18



I. INTRODUCTION



In the current digital era, ensuring children's safety online is a top concern for parents. This parental control guidebook provides essential insights and resources to assist parents in establishing suitable limits for screen time, encouraging discussions about online safety, and identifying and tackling issues like cyberbullying. It features straightforward instructions for enabling parental controls on different social media platforms. Additionally, fostering open communication and setting clear expectations with your child is crucial for cultivating a positive and responsible digital environment.

II. UNDERSTANDING PARENTAL CONTROLS



Parental controls are features found on different devices, software, and platforms that help parents monitor and manage their children's online activities, ensuring their safety from potential dangers.



The internet provides a wealth of information and resources, but it also presents potential risks for children. Implementing parental controls is crucial for safeguarding kids from inappropriate content, managing screen time, encouraging healthy habits, fostering responsible online behavior, strengthening communication and trust, and protecting against misinformation and online scams.



Parental controls are features found on many devices, software, and platforms that help parents monitor and manage their children's online activities, aiming to safeguard them from potential dangers.



III. GENERAL GUIDELINES FOR PARENTS



Fostering open communication and working together with your child is crucial for ensuring their online safety. This approach helps create a secure and supportive environment, empowering them to navigate the digital world with confidence and responsibility.

SETTING DIGITAL BOUNDARIES:



AGE-APPROPRIATE RULES

Establish guidelines that grow with your teen's age and maturity.



FAMILY DISCUSSION

Have open conversations about safe internet use and family rules.



ENCOURAGE OPENNESS

Let teens know they can share online experiences without fear of judgment.



DEVICE CURFEWS

Set a time each evening when all devices are put away.



SCREEN-FREE SPACES

Make certain rooms or times, like family meals, free of digital devices.



SET AN EXAMPLE

Show balanced tech use by taking regular breaks and focusing on family time.





DISCUSSING DIGITAL SAFETY WITH YOUR CHILD:



Talk Openly and Regularly

Discuss online experiences as part of daily conversations.



Use Open-Ended Questions

Ask questions that encourage sharing and discussion.



Listen Without Judgment

Respond calmly and keep the conversation open.



Teach Reporting

Show them how to report inappropriate or harmful content.



Importance of Strong Passwords

Teach them to create and protect strong passwords.



Teach Thoughtful Posting

Emphasize respectful and mindful online sharing.





IDENTIFYING AND DEALING WITH CYBERBULLYING



Notice Changes in Behavior

Watch for signs like mood swings, withdrawal, or secrecy.



Keep Records

Save screenshots or messages as evidence of bullying.



Maintain Open Communication

Reassure them they can come to you for support.



Report and Block

Guide them on reporting the bullying and blocking the user.



Seek Additional Support

If needed, reach out to teachers or mental health professionals.





IV. GUIDE FOR SPECIFIC APPS

INSTAGRAM

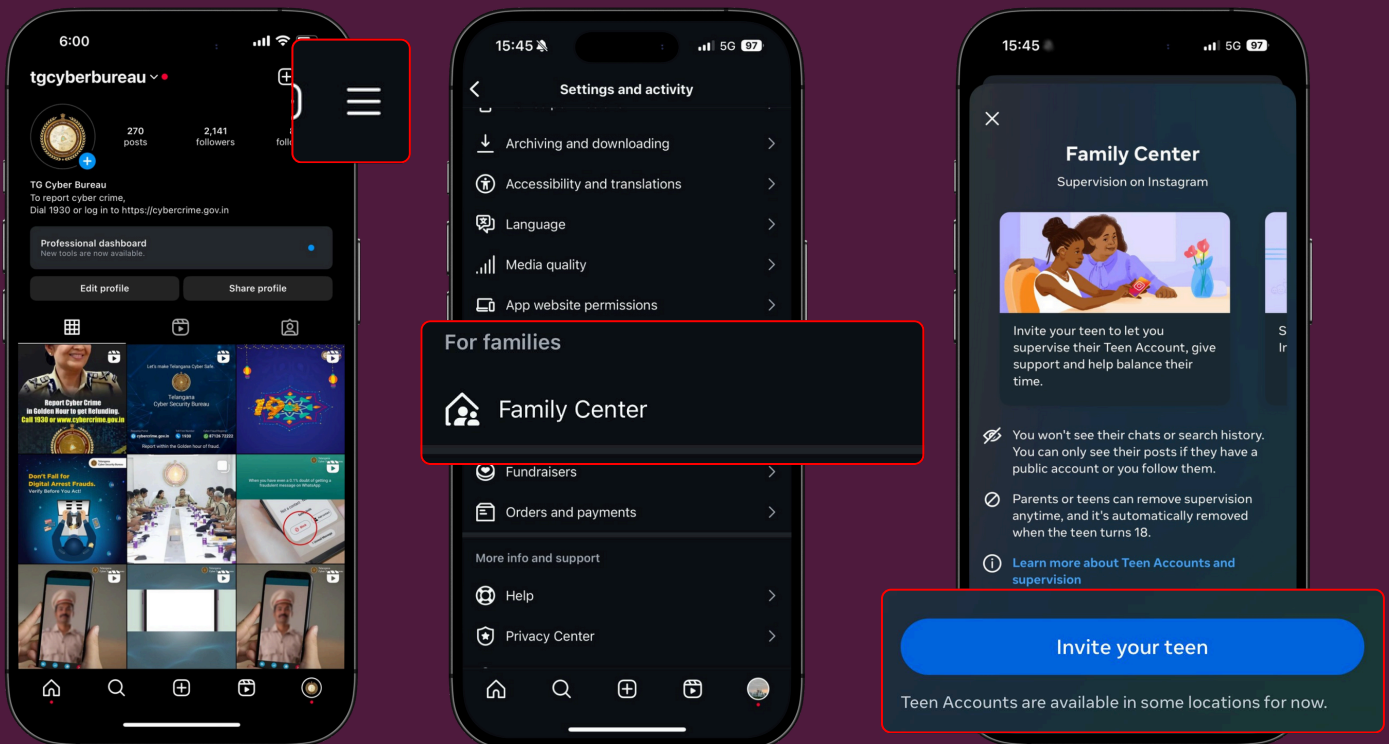


App Overview

Instagram encourages creativity and self-expression, Connects friends and family, Provides exposure to diverse perspectives

Risks

Risks of cyberbullying and harassment, Exposure to inappropriate content, Potential for privacy breaches and identity theft.



Parental Measures

Private Account, Comment Filters, Family Center, Location Sharing.

1. Go to Profile → Tap on Settings.
2. Select Supervision under Privacy and activate Family Center.
3. Invite your teen to join supervision via the app.





X (FORMERLY TWITTER)

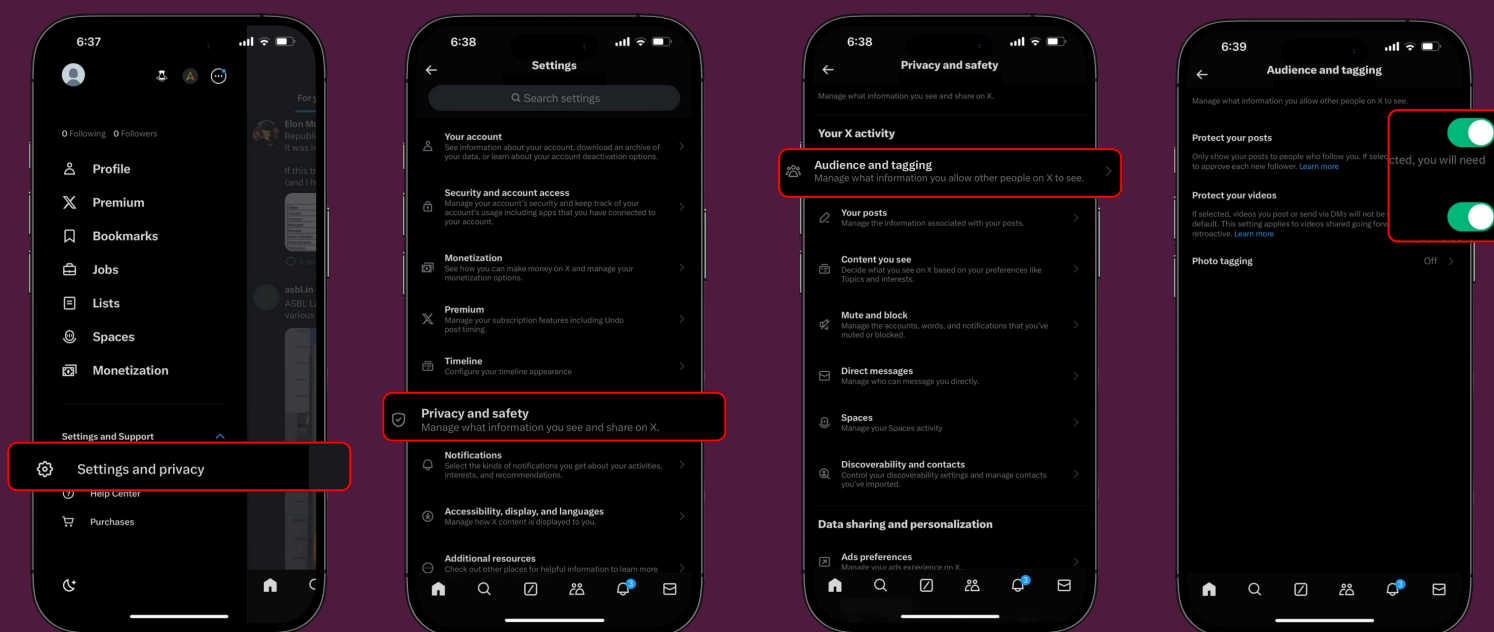


App Overview

X gives you quick access to news and information, Engages in public discourse and community engagement, Encourages sharing of ideas and opinions.

Risks

Exposure to harmful or offensive content, Cyberbullying and trolling can occur, Privacy concerns with personal information sharing.



Parental Measures

Privacy Settings, Block and Mute features.

1. Go to Settings and Privacy → Tap on Privacy and Safety.
2. Select Audience and Tagging to manage who can see posts.
3. Enable Sensitive Content Filter and Mute Blocked Words.
4. Turn on Restricted DMs to limit messaging options.





YOUTUBE

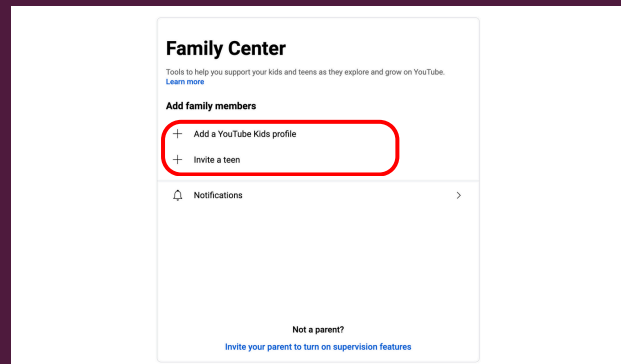
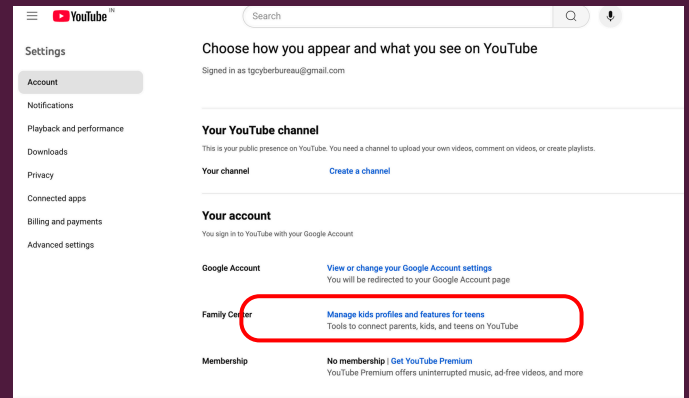
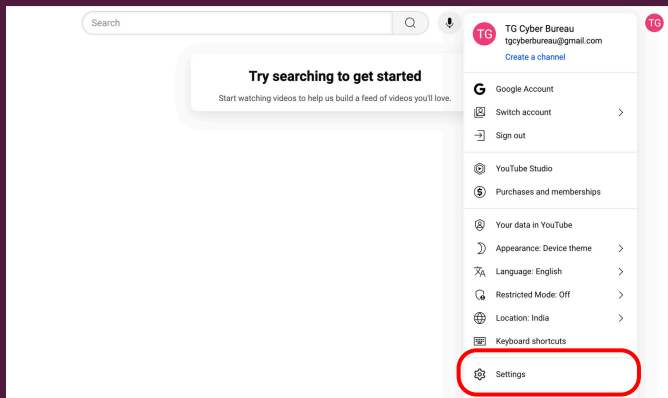


App Overview

Educational content available on diverse subjects, Encourages creativity through video creation, Provides a platform for self-expression

Risks

Exposure to inappropriate or harmful content, Risk of cyberbullying in comments, Potential for excessive screen time.





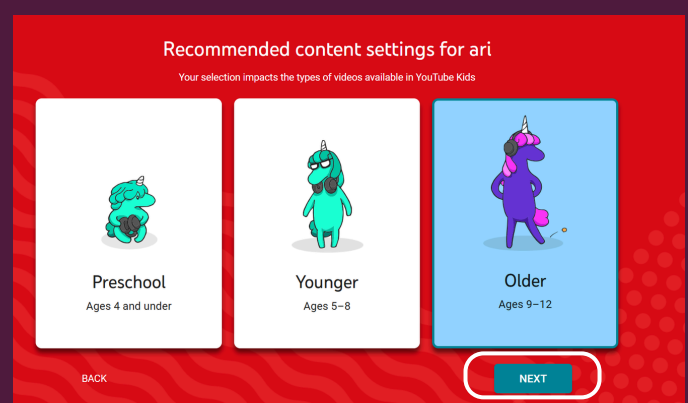
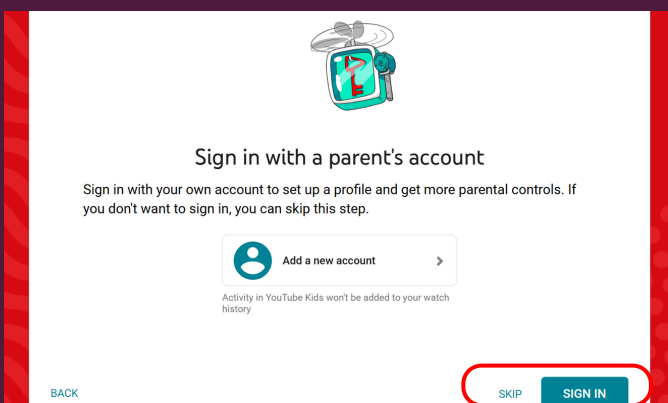
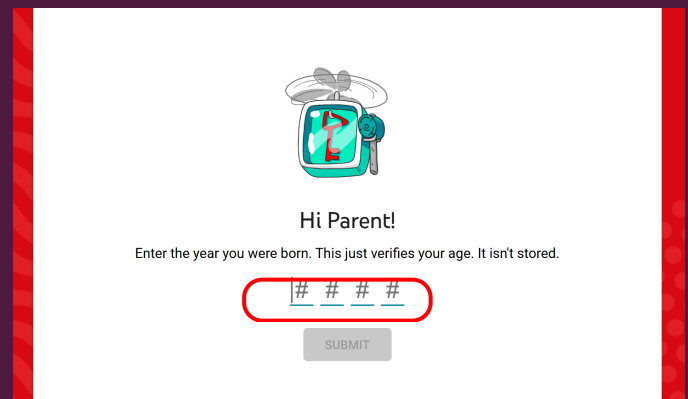
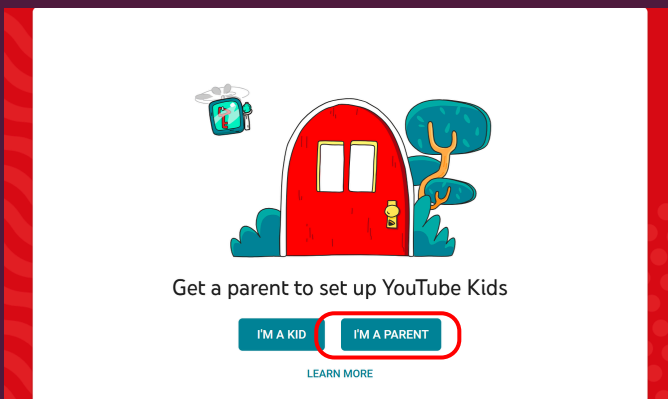
YOUTUBE KIDS

App Overview

YouTube is a video-sharing platform that allows users to upload, view, and interact with videos across a wide range of topics. It is a popular source for entertainment, education, and information.

Risks

Exposure to inappropriate content, risk of cyberbullying in comments, and potential for excessive screen time.



Parental Measures

1. Download YouTube Kids and set up a Kids Profile.
2. Select Content Settings based on age (Preschool, Younger, Older).
3. Manage screen time limits and monitor viewing history.





SNAPCHAT

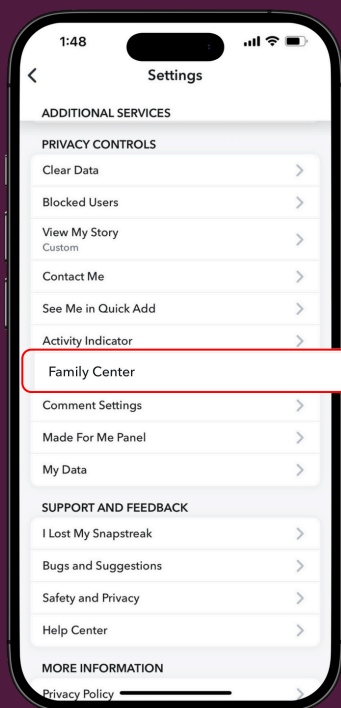
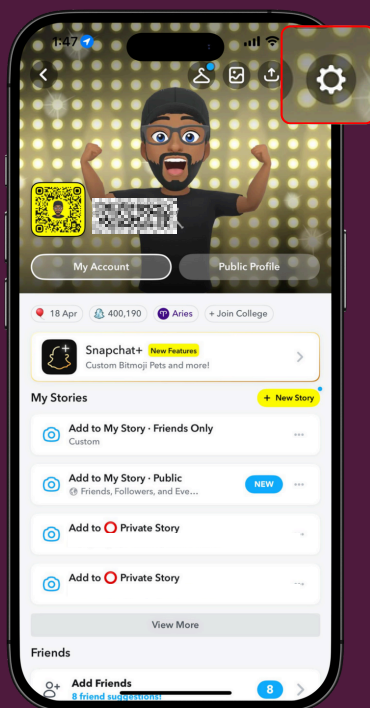


App Overview

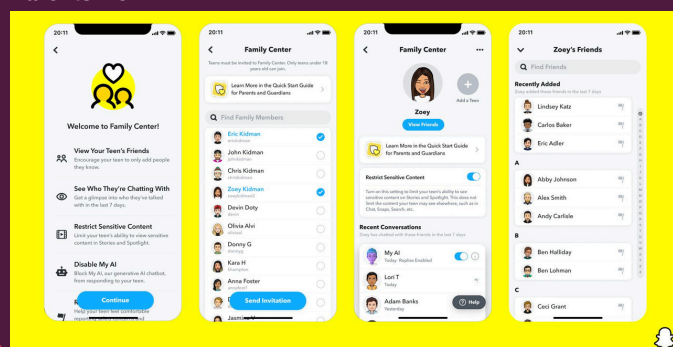
Snapchat is a photo/video messaging app with creative filters. Content/message disappears after viewing.

Risks

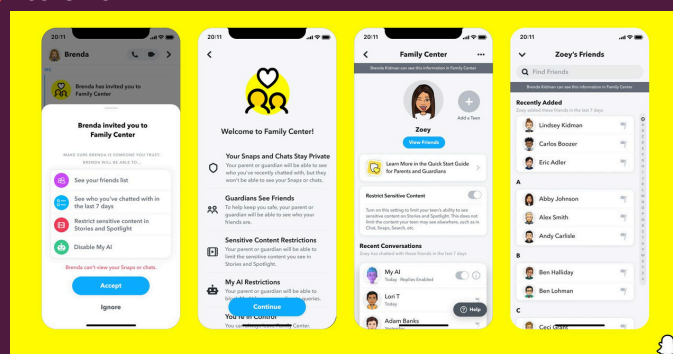
Inappropriate content sharing, Potential for cyberbullying and peer pressure, Disappearing messages may create a false sense of security.



Parents View



Teens View



Parental Measures

Monitor child's chats, hide location on Snap Map, accept only known friends.

1. Search "Family Center" in the app.
2. Invite your teen to join Family Center for monitoring.
3. From Family Center, you can view your teen's friends and manage privacy settings.





FACEBOOK

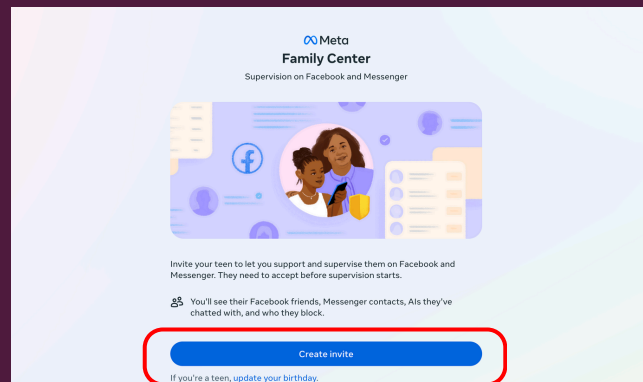
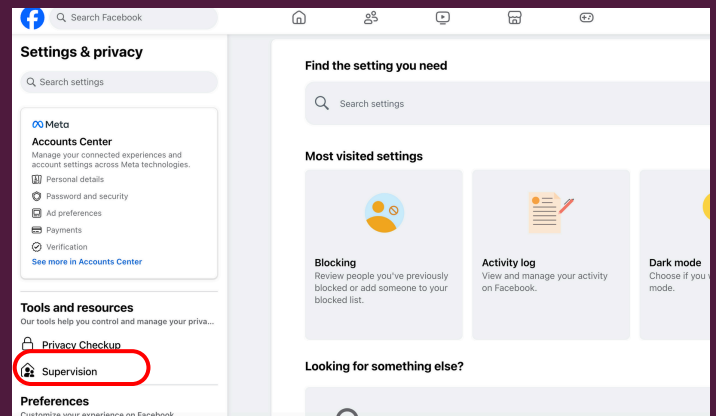
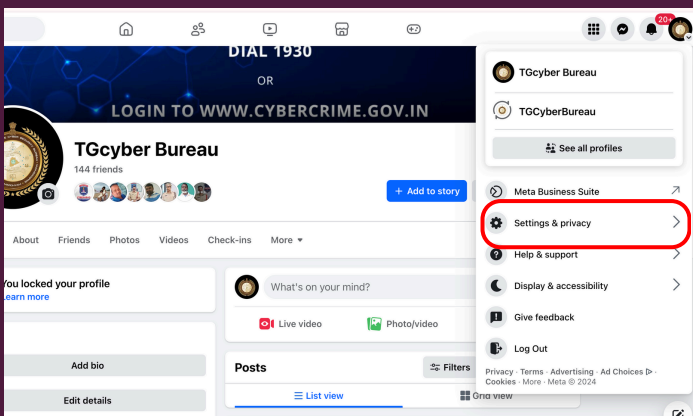


App Overview

Connects friends and family, Allows sharing of updates, photos, and life events, Provides a platform for community building and discussions.

Risks

Potential for privacy breaches and data misuse, Exposure to misinformation and fake news, Risk of social comparison and negative mental health impacts.



Parental Measures

Activity Monitoring, Customisable privacy settings, Blocking and unfollowing, Educating on identifying reliable sources.

1. Open Settings → Go to Privacy Settings.
2. Activate Profile Privacy Controls to restrict who can see posts.
3. Use Family Center to set up parental supervision with your child.

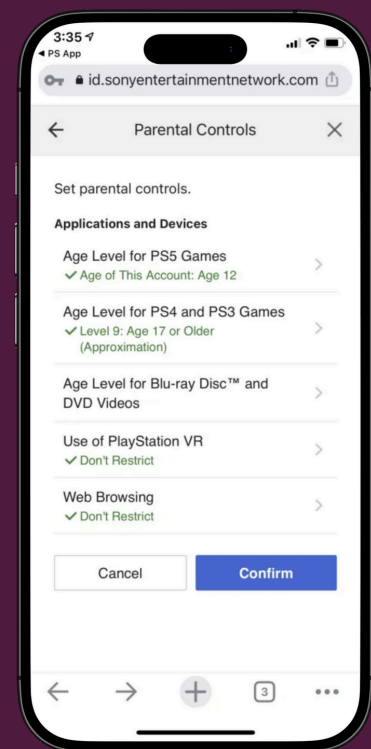
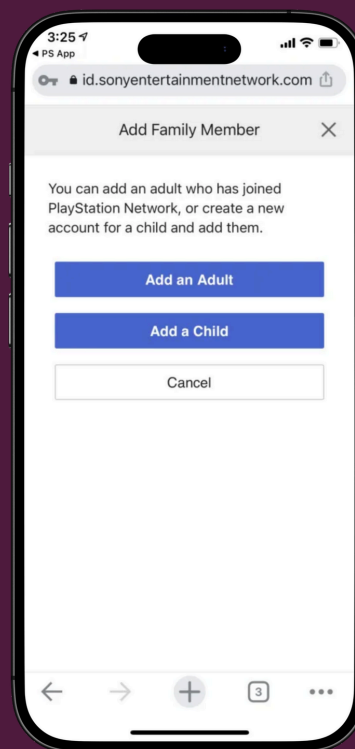
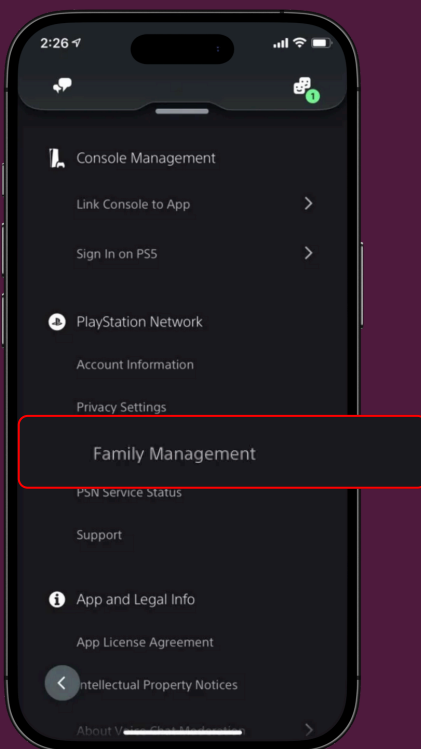




GAMING CONSOLES:

Parents can access the following links to learn more about how to activate parental controls on gaming consoles.

PLAY STATION



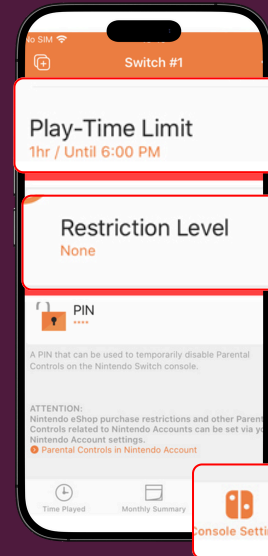
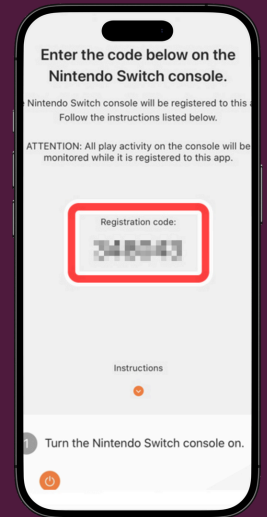
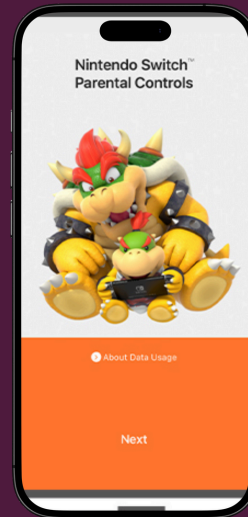
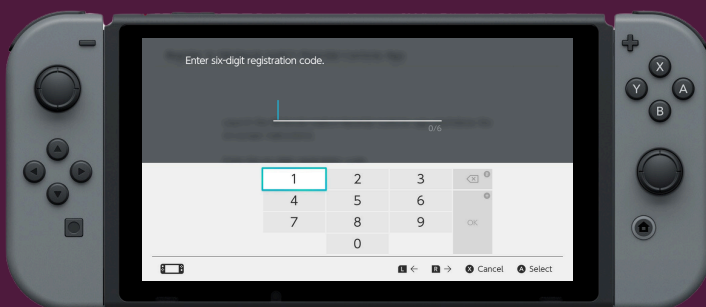
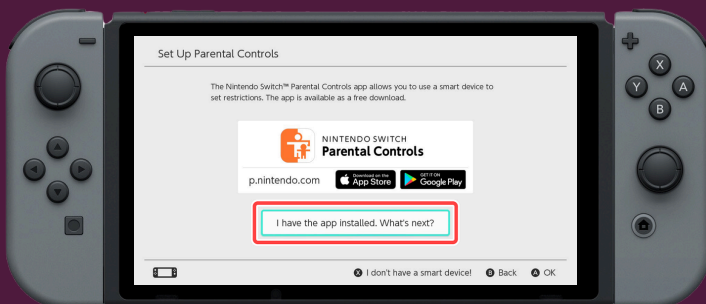
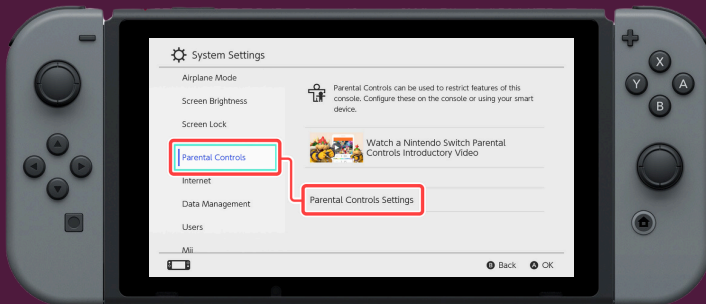
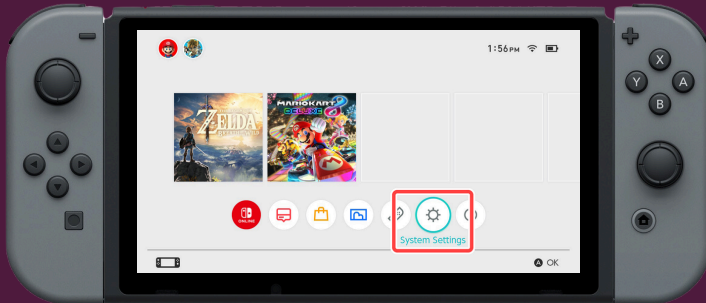
Parental Measures

1. Sign in to Account Management with your account, then select Family Management.
2. If you're adding a member for the first time, select Set Up Now > Add a Child.
3. To add another child, select Add Family Member > Add a Child.
4. Enter the child's date of birth, then click Next.
5. Applicable legal terms may appear. Upon review, you can accept and then follow the on-screen instructions to set up parental controls.





NINTENDO

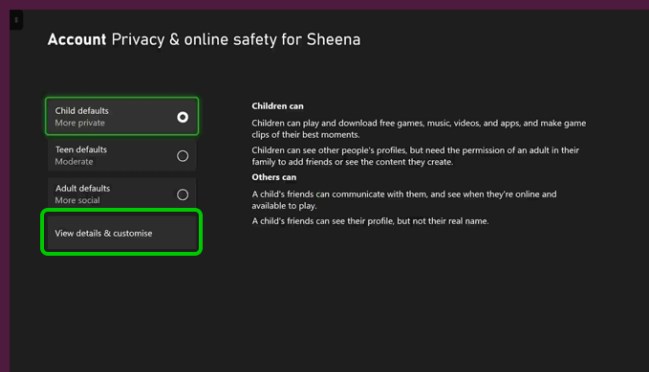
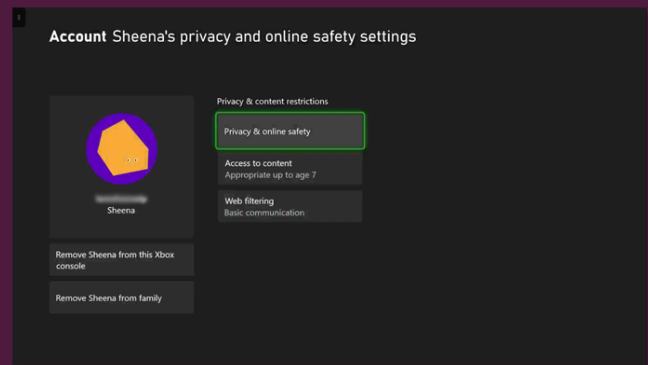
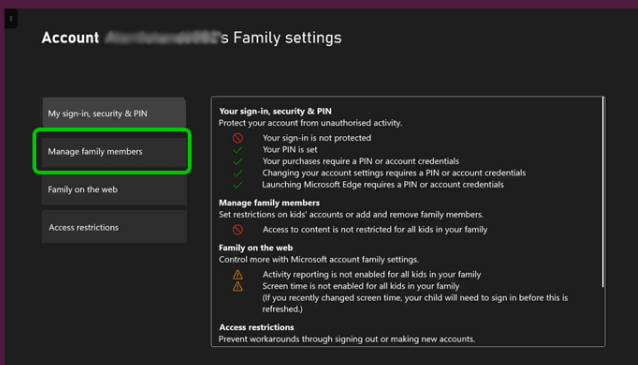
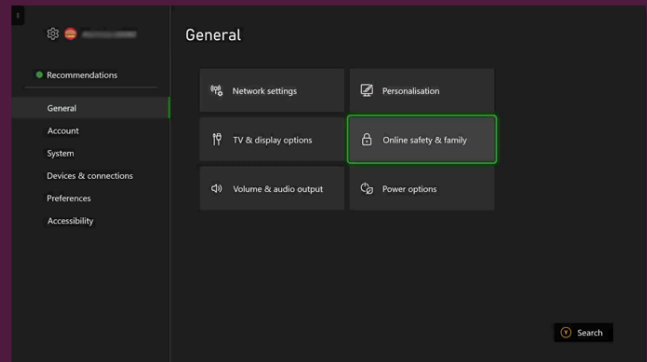
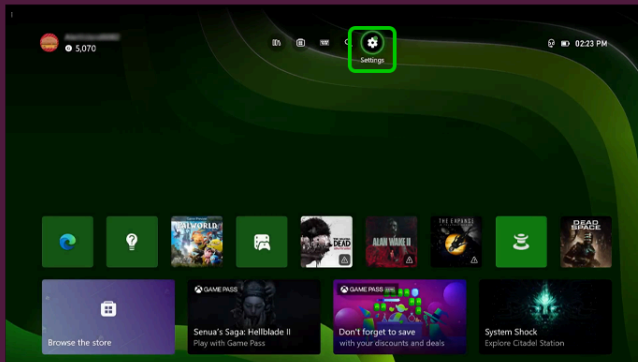


Parental Measures

1. Download Nintendo Switch Parental Controls App on your phone.
2. Link the app to the console.
3. Set time limits, age restrictions, and content filters for games and interactions.



XBOX



Parental Measures

1. Go to Settings → Select Account → Family Settings.
2. Set screen time, app access, and age limits.
3. Enable content filters to block mature content.



V. DEALING WITH CYBER BULLYING AND HARASSMENT



Parents play a crucial role in addressing cyberbullying and online harassment. Here are the steps they can take to report these issues effectively:



Encourage your child to take screenshots of any harassing messages, images, or comments. This documentation is vital for reporting the incident.



Most social media and online games offer reporting features. Parents should help children use these tools to report abusive behavior or content.



If the harassment escalates or poses a threat to your child's safety, report it to local law enforcement. Provide them with the documented evidence for investigation.

VI. REPORTING CYBERBULLYING AND HARASSMENT



Parents can reach out to helplines such as 1930 or the Cyber Crime Reporting Portal (cybercrime.gov.in) for guidance and support in dealing with cyberbullying cases.



You can also visit the nearest Cybercrime Police station or a Bharosa Center to report the incident.



VII. UNDERSTANDING THE LAWS



To ensure children’s safety in the digital space, parents should be informed about key legal protections such as the Protection of Children from Sexual Offences Act (POSCO), Section 64 of Bharatiya Nyaya Sanhitha (BNS) and Information Technology Act, 2000.

POSCO (Protection of Children from Sexual Offences Act)

POSCO was enacted to protect children from sexual abuse and exploitation. The act criminalizes:

- Child Pornography: Sharing, producing, or downloading sexually explicit material involving minors.
- Cyberbullying and Harassment: Online grooming or any attempts to engage children in inappropriate or harmful activities.
- Rape and Sexual Assault: Includes all forms of non-consensual physical or digital sexual acts, emphasizing stringent penalties for offenders.

Section 64 of Bharatiya Nyaya Sanhitha

It addresses rape, sexual assault, and digital exploitation, including Bodily or Non-Consensual Sexual Acts, ensuring stringent penalties for offenders.

Information Technology Act, 2000

- This act criminalizes non-consensual capturing or sharing of private images.
- Also, prohibits the publication or transmission of sexually explicit material, impersonation, cyber bullying, stalking and harassment.



VIII. APPENDIX



Family Center:

<https://about.instagram.com/community/parents>

How to report things:

<https://help.instagram.com/2922067214679225>



Information for Parents and Minor Users:

<https://help.x.com/en/rules-and-policies/information-for-parents-and-minor-users>

Staying Safe and Secure on X:

<https://help.x.com/en/safety-and-security>



Parental Controls:

https://www.youtube.com/intl/ALL_ca/howyoutubeworks/user-settings/parental-controls/

How to report:

https://www.youtube.com/intl/ALL_in/howyoutubeworks/



How to setup a YouTube Kids Profile:

<https://support.google.com/youtubekids/answer/7554914?hl=en-GB>



VIII. APPENDIX



Parental Controls:

<https://parents.snapchat.com/parental-controls>

Report a concern:

<https://help.snapchat.com/hc/en-us/requests/new?lang=en-US>



Parental Supervision Settings:

<https://www.meta.com/help/quest/articles/accounts/parental-supervision/parental-supervision-settings-parents/>

Policies and Reporting:

<https://www.facebook.com/help>



About Ratings and Parental Controls:

<https://www.playstation.com/en-in/legal/ratings/>



Parental Control:

<https://www.nintendo.com/us/switch/parental-controls/>



Family Settings:

<https://www.xbox.com/en-CA/apps/family-settings-app>



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“The Telangana Cyber Security Bureau (TGCSB) remains steadfast in its commitment to safeguarding children in the digital age. By fostering awareness, empowering parents, and strengthening protective measures, we strive to create a secure and supportive online environment where children can explore, learn, and thrive without fear. Together, let us work towards a cybersafe Telangana, ensuring our future generations are protected and informed.”





“

**“Empowering our children
with digital awareness today
ensures a safer tomorrow for
generations to come.”**

”





Towards a Cybersafe Telangana for the Next Generation.



SCAN THE QR CODE
ABOVE TO ACCESS
THE E-VERSION
OF THIS DOCUMENT IN
TELUGU AND ENGLISH

CONTACT US

 <https://tgcsb.tspolice.gov.in/>

 ICCB, Road No 12, Banjara Hills

TO REPORT ANY CYBERCRIME

 **DIAL 1930**

or login to www.cybercrime.gov.in



/TGCyberBureau