

WHAT YOU CAN DO IN YOUR COMMUNITY

- Make sure that access to the internet at your child's school is monitored by adults.
- Know your child's friends and their parents. If your child's friend has internet access at home, talk to the parents about the rules they have established. Find out if the children are monitored while they are online.
- Make sure that your child's school has an Acceptable Use Policy (AUP). This policy should include a list of acceptable and unacceptable activities or resources, information on netiquette (etiquette on the internet), consequences for violations, and a place for you and your child to sign.



POINTS THAT YOU AND YOUR CHILD SHOULD AGREE TO ON INTERNET SAFETY

I WILL PROTECT MY REPUTATION AND PRIVACY...

I will not give my personal information to someone I do not know, and I will not post anything on my profile that I would not want my parents, teachers, or future employers to see.

I WILL DEMONSTRATE MATURITY...

I agree to only use the internet responsibly and to not be hurtful to anyone. I will be mindful of how much media I consume and I will balance it with other activities in my life.

I WILL THINK FIRST...

I know that not everything I read or see is true, and I will think about whether a source or person is credible. I will recognise that my safety and well-being are more important than anything else.

IN EXCHANGE, MY PARENTS AGREE TO:

- Be open-minded about the media that I love and recognise that it is a big part of my life.
- Allow me to make some mistakes and help me learn from them.
- Before saying 'no,' talk about what worries them and why.
- Respect my privacy and talk to me if they have concerns.

*Issued in the public interest.
Department of Information and Media (DoIM),
Ministry of Information & Communications
and the Bhutan Centre for Media and Democracy
www.doim.gov.bt / www.bcmd.bt*



A PARENTS' GUIDE TO

INTERNET SAFETY



DoIM, MoIC

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BHUTAN CENTRE
for MEDIA AND DEMOCRACY

UNDEF The United Nations
Democracy Fund

GET TO KNOW THE RISKS

For most teens, being online and connected with media is as natural and easy as breathing—whether they're sending instant messages (IMing), creating web pages on a computer, gaming on a playstation, or texting on a cell phone. And while the internet is mostly a positive place for them, it also opens up areas and activities that may not be appropriate. A single click takes them into a wide range of worlds. These worlds may be forbidden and fascinating, sites with hidden (and not-so-hidden) agendas and pop-up commercial messages that do not even require a click. These fantasy worlds of the internet can come crashing down with one click on an infected commercial or link.



You may not feel that you have the same technical intelligence as your kids do, but you have been teaching them about safety ever since they were old enough to crawl. Just as you would not send children near a busy road without some safety rules, you should not send them on the information superhighway without rules of the road. It is just too easy for pedophiles, con artists, and cyberbullies to reach children (and adults) through the internet, it can be a very dangerous place.



GUIDANCE—NOT CONTROL

Online safety is a familiar effort, not a power struggle. Children and teens do not want to be cheated or manipulated, or put family or friends at risk any more than you do. As they become increasingly independent, you can help them develop a smart sense of how to deal with situations, information, and people on the web—skills they need now and when they leave home.

- Periodically ask your kids to show you what they are doing and who they are meeting and talking to on the web. Ask them what sites they visit or create, what games they play, what they talk about, and so on.
- Negotiate clear guidelines for internet use that fit your kid's and family's values. Discuss the kinds of sites that are off limits and what information should not be shared. Lay boundaries for communicating with people on the internet.
- Watch for signs of online bullying (being upset when online or reluctance to go to school) and talk with your kids about how to deal with it. Discuss how cyberbullying is never acceptable and make the consequences clear.
- Defend your computer against internet threats. Use firewalls, antivirus, and antispyware software.
- Teach teens to trust their instincts: if something feels uncomfortable or alarming, it almost always is. Let them know they can come to you and that you will help solve their problems.