LOG IN BACK THE REAL LIFE

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HOW CAN YOU CONTRIBUTE TO YOUR CHILD'S FUTURE?

SAFE INTERNET USER GUIDE

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SAFE INTERNET USE

FAMILY INVOLVEMENT IN THE DIGITAL WORLD

PREFACE

Today's children and youth are growing up in a different world than the one in which many adults grew up. In this world where information and communication technologies are constantly and rapidly changing and renewing, the roles of families are changing as children and young people use technology intensively and spend most of their time online. In addition to their basic familial responsibilities towards their children, families should guide their children not to acquire negative internet habits, to use technology productively and appropriately to support their education, to navigate digital borders safely, to acquire basic cyber life skills and to grow up as responsible global digital citizens.

Prohibiting children from accessing the Internet is not an effective method for their development and adaptation to the requirements of the age. The important thing is to guide them on how they can use technology and the Internet, which have many advantages, effectively, efficiently, appropriately and responsibly.

You should monitor your children's online activities, ensure that they make appropriate choices and are aware of the consequences of their choices, and be both a controller and an advisor.

> Just as you teach our children to look both ways when crossing the street, to swim, to ride a bike, they also need to learn how to use information communication tools and the Internet safely in order to navigate safely in the digital world..

HOW CAN YOU GUIDE YOUR CHILD?

1. BE INFORMED

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You don't have to be an expert in using technology, but you should be knowledgeable and familiar with the technologies your children use and their experiences. Educate yourself about the Internet. You should be informed about the positive and negative aspects of technology use and raise awareness of these issues in your children. While emphasizing how useful and interesting the Internet and technology are for learning, you should also mention its tragic consequences such as cyberbullying. like tragic to the results Y o u s ho ul d also mention.

" BE NOT JUST A TEACHER, BUT ALSO A LEARNER!"

"There were no such things in our time.", "It is past us now.", "We do not understand such things as well as they do." Do not compare your children with yourself with statements such as.
Research and read about the technologies your children use and what you can do to use the Internet safely.
Ask your children questions about the technologies they use, let them be your teachers about keeping up with the times and mass media.

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2. BE INTERESTED

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• Be aware of your child's online activities.

• Check their online activities, talk to them about what they do and why.

Having information about your child's online activities allows you to supervise, and talking to him or her about these activities allows you to quickly detect and solve some problems.

• Become familiar with the sites your child visits and the games he/she plays.

"JOIN YOUR CHILD'S DIGITAL WORLD."

VİDEO 1

I AM WORRIED
BECAUSE MY CHILD IS
PLAYING GAMES ON
THE INTERNET.

- Talk to your child about what games they play and who they play them with online. Sit next to him while he plays. Make sure that there is no violence or harmful content in the game and that the language and images used are appropriate for the age of your child.

- Get to know your online friends..

- Spend time online with your child from time to time.

3. CREATE COMMON AREAS.

- Keep the devices your child uses to access the Internet (computer, mobile phone, tablet, laptop, etc.) in common areas outside of bedrooms.

It is important to keep all tools where you can see them, especially for the safety of young children.

- Learn to surf the Internet. Visit the sites your child visits.

VİDEO 2

MY CHILD SPENDS A
LONG TIME ON THE
COMPUTER. WHAT CAN
I DO ABOUT THIS?.
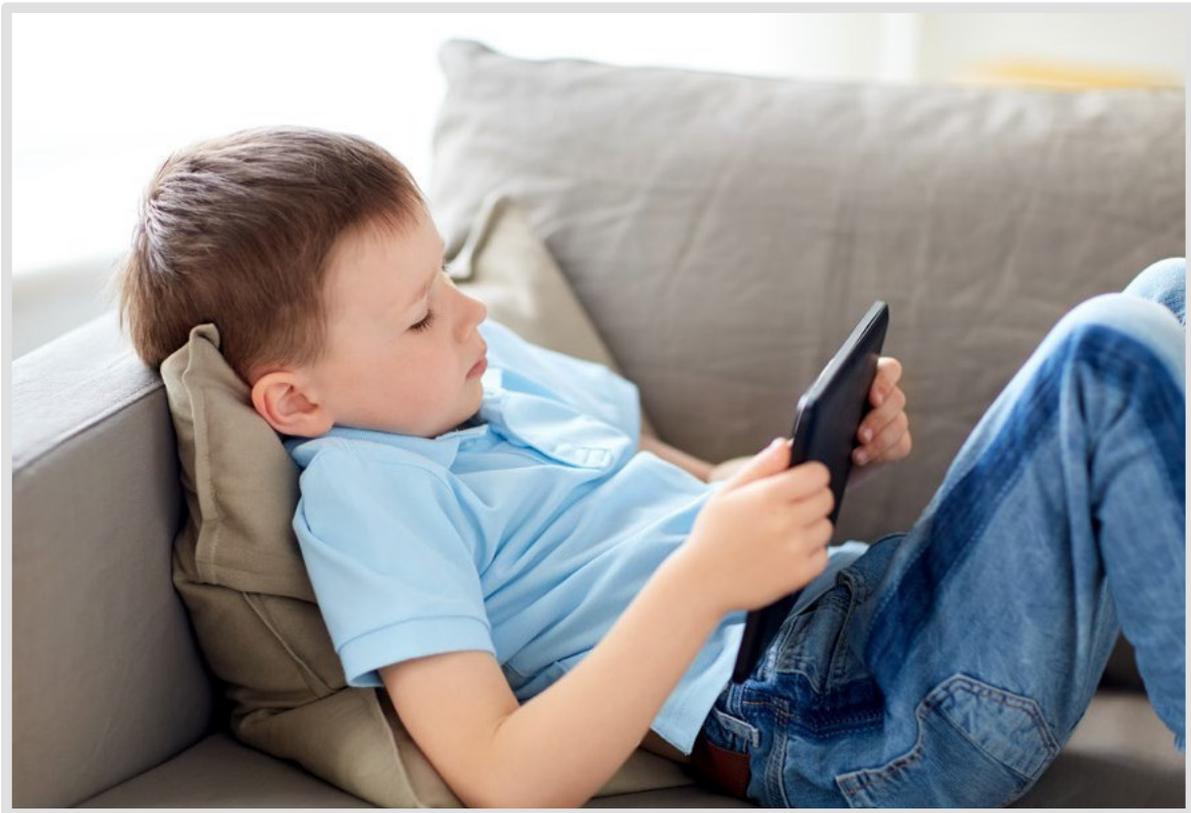
4. TAKE SAFETY PRECAUTIONS.

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- Download internet filters and family control apps if necessary. Explain why you use them.

- Put a password/passcode on your phone.

- Set rules together about when, where and how to use the Internet. Determine with your child the amount of time he/she will spend online and do not flex on this issue.

- Create a healthy balance between your child's online and offline time and activities.

- Inform your child about the importance of offline social and sports activities. Plan with your child the time to spend online and offline. Create a family plan for what to do online and offline.

- Have your child share with you the password(s) he/she uses. Explain to him why this is necessary.

▷ VİDEO 3

MY CHILD NEVER LEAVES HIS PHONE. HOW CAN I SET LIMITS ABOUT PHONE USE?

5. ACT CONSCIOUSLY.

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- Continue to have conversations about digital technologies and their impact.

- Talk about the risks and safety precautions that can be taken. Help your child be mindful. Because you can't be on top of it all the time. Your aim should be to raise awareness in the child.

- Teach your child to think critically.

- Help your child identify safe and reliable websites and apps. Encourage them to be careful when clicking, downloading, uploading and posting content.

▷ **VİDEO 4**

I AM AFRAID OF DANGEROUS CONTENT WHEN MY CHILD PLAYS GAMES ON THE INTERNET

6. BE YOUR CHILD'S SCREEN.

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- Be an example to your child with your online behavior and use of technology.

- Be careful when sharing information and photos about your children.

YOU CAN GIVE THE FOLLOWING ADVICE TO YOUR CHILD:

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1. You should not respond to unpleasant messages and emails.

2. You should not open messages or e-mails from people you do not know; You should not click on links.

3. When you receive unpleasant messages or e-mails from a person or persons you know or do not know, you should block the person and tell me or your teacher.

4. If you don't like or feel uncomfortable about something you read or see online, you should tell me or your teachers.

5. You should be careful when sharing private/personal information (address, phone number, credit card number, etc.) and photos about yourself and your family. Because everything shared stays there forever, and the information you share can be easily copied. You should make sure that the information you share is available to very few people, because you never know who might view it.

6. If anyone insists on you sharing personal information about yourself, you must let me know.

7. You should not download videos that require you to install video playback software

8. You should behave the same way online as you do face to face.

9. You should create secure passwords and not share them with anyone.

10. People may behave differently or hide themselves online. For this reason, you should not communicate virtually with people you do not know.

11. You must notify me before downloading any content.

12. You should keep your social media accounts private and check your privacy settings regularly.

13. You must respect the privacy of others. You should not share other people's personal information and photos without their permission, and you should not tag people.

14. You should not meet people you meet in chat rooms without my permission and without knowing who they are.

DON'T FORGET!

THE BEST ONLINE SAFETY STRATEGY IS TO TALK TO YOUR CHILD.

It is obvious that today the online world has become an important part of the social lives of children and young people.

To ensure the safety of children in this area, families; Rather than banning internet use, they should be knowledgeable about communication technologies, not give up control, and approach their children with empathy on this issue.

Your child needs to know that she can easily share with you any problem she encounters and get help from you

FOLLOW FOR SUDDEN CHANGES IN YOUR CHILD' S BEHAVIOR THAT YOU CANNOT EXPLAIN.

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Your child;

1. Has started to spend less time on social activities and sports,

2. If school success has decreased,

3. If he/she complains of fatigue, sleep disturbance, headache, eye strain,

4. If there has been a change in eating habits,

5. If personal care has decreased,

6. Has become obsessed with certain websites and games

7. Becomes extremely angry when asked to take a break from online activities

8. Becomes anxious and irritable when away from the computer

9. If he/she starts to withdraw from his/her friends and family,

When your child exhibits these behaviors, try to understand the reason instead of judging him. If necessary, seek help from an expert.

▶ VİDEO 5

HOW DOES EXCESSIVE INTERNET USE AFFECTMY CHILD'S DEVELOPMENT?

LET'S WORK TOGETHER FOR YOUR CHILD' S FUTURE!

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