

## **PARENTS AND EDUCATORS**

Children are being exposed to technology increasingly each day and at even younger ages than before. Often these children also have a better understanding of how technology works than adults and parents.

In order for children to be safe online and to make safe and smart choices with their technology, it requires the adults in their lives to remind them about practicing healthy cybersecurity hygiene and help them as they learn the advantages and disadvantages of technology and the Internet.

### **Did you know?**

- Parents of teens are notably less likely than parents of younger children age six to nine to say they monitor technology usage very closely.
- Seven in ten young people are victims of cyberbullying and 37 percent experience cyberbullying on a frequent basis.

### **Simple tips in protecting kids:**

Follow these simple tips from the CGRC's Cyber Security Awareness Campaign to help children in understanding cyber world.

- Create an open and honest environment with kids.
- Start conversations regularly about practicing online safety.
- Emphasize the concept of credibility to teens: not everything they see on the Internet is true and people on the Internet may not be who they appear to be.
- Watch for changes in behavior. If your child suddenly avoids the computer, it may be a sign they are being bullied online.
- Review security settings and privacy policies for the websites kids frequent. These settings are frequently updated so check back regularly.
- Make sure mobile devices are secure. Use PINs and passwords, only install apps from trusted sources, and understand the privacy settings and permissions for all apps.

CGRC takes cybersecurity seriously every day of the year. As part of this, we would like to provide you with tips and resources to protect yourself and your company. Our campaign is aimed at empowering the Pakistan public to be safer and more secure online. The main objective is to help you become more aware of growing cyber threats and arm you with the tools to protect yourself, your family and your community.