







# Child Online Protection

## PARENTS PAY ATTENTION TO CHILDREN'S DIGITAL LIVES & BUILD RESILIENCE

 Check that all apps, games and social media sites are age-appropriate for your child. Look out for messaging or online chats as well as location sharing within apps, games or social media accounts. These can expose your child to unwanted contact, content and reveal their physical location.

 Explore websites, social media platforms, games, and apps together. Engaging in their online lives is the best way to understand what they are doing whilst online, and why they enjoy an app and or a game. It also provides the perfect opportunity to start conversations about online safety. Most importantly, co-view and co-play.

 Ask your children to show you their online activities such as, sites they visit, pages they create, games they play, what they talk about, and share and with whom. Regularly use any opportunity to browse their online activity.

 Set up parental controls to block your child from accessing specific websites, apps or functions (i.e. using a device's camera and cover webcams when not in use), filter different content such as 'adult' or inappropriate content, and set time limits, blocking access after a set time.

**For more information on Child Online Protection contact LifeLine/ChildLine Namibia on the Toll Free number 116 or visit [www.lifelinechildline.org.na](http://www.lifelinechildline.org.na).**



Sharing your world

