





# Child Online Protection

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

 Turn on privacy settings. Check the privacy settings on the games and apps your child is using and make sure their profiles are on the strictest privacy settings. Restricting who can contact your child or making it friends-only, helps to limit unwanted contact.

 Establish rules for using technology and devices. The use of devices in open and common areas of the home, such as the kitchen or family room, helps limit the risk of children being groomed into taking or sharing inappropriate images or videos with predators.



Involve your child in creating a family technology agreement about healthy device use.



Teach your child how to keep personal information private, especially from strangers, as some people are not who they say they are, and remind your children that what goes online, stays online (messages, photos, and videos).

**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).**

