







Child Online Protection

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

 Set time limits for the use of gadgets and online activities. Instead of imposing these rules, talk to your children about ground rules first, and why they are important. And don't forget to reduce your own time online to model positive behavior.

 Be alert to signs of distress. Notice if your child is withdrawn, upset, secretive, or obsessed with online activities.

 Talk to your child on how and where to report inappropriate content online. Such content can be reported using the online reporting portal for child sexual abuse material (<https://report.iwf.org.uk/na>), a trusted teacher, Gender Based Violence Protection Unit, Lifeline Childline or the nearest Police Station.

 Create trusting relationships and open communication through positive support and encouragement. Tell your children that if they experience something online that upsets them, makes them uncomfortable, or afraid, they can talk to you and you will not get upset and/or punish them.

For more information on Child Online Protection contact LifeLine/ChildLine Namibia on the Toll Free number 116 or visit www.lifelinechildline.org.na.

