






# Child Online Protection

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

 Talk to your children about online safety, digital lives, wellbeing and respect. Reassure your children that you're interested in their life, offline and online.

 Listen to the reasons your child provides for wanting to use apps and/or a site, which you think are not suitable, and explain to them why these are not appropriate.

 Be honest with your children about your concerns. You could say, "I think this site's really good" or "I'm a little worried about things I've seen here."

 Teach children to trust their instincts, and explain the dangers of risky behavior including sexting, live streaming, and sharing personal information. Let them know they can come to you if they are bothered by online content. Be clear that you will not take away their phone or curtail digital privileges.

**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).**

