



Established 2001

BAWA-LALVANI PUBLIC SCHOOL

CBSE Affiliation No. 1630328

- Keep TV/ laptops/ computers, etc, in a common area and definitely out of bedrooms. This will help in restricting usage time and you can easily keep an eye on the child's overall usage of digital devices.
- Develop digital rules in consultation with children and follow it. The plan could cover things like screen-free areas in home, internet safety rules, duration of watching TV, surfing the web, etc. Talk with children regularly to help them understand the importance of responsible use of the internet rather than scolding.
- Discuss with children about netiquettes like not to post hurtful messages about others, not to post photos, videos and other information without permission of that person online; think before posting one's photos, videos or other data in social media and other places.
- Discuss and enquire if the child is spending too much time on the internet or mobile, predominantly in instant messengers, forums, texting messages, etc.
- If aware, may use parental controls in devices and enable safe search in browsers while children are surfing the web.
- CBSE has recently released a manual on cyber security for learners. Parents may like to go through it on http://cbseacademic.nic.in/web_material/Manuals/Cyber_Safety_Manual.pdf and also scan the QR codes in the manual and watch the videos related to it.