



himaya, in collaboration with **Moms & To Be**, aims to break the silence on children abuse which is still considered a taboo. This section is to help you recognize different forms of abuse and stop them from happening to ensure the safety and welfare of a child.

Kids' Safety Online

“Parents have to get involved. Just as they know every detail of the playground around the corner - the jungle gym, the swings - they need to know their kids' online playground as well”
Tim Lordan.

The internet is an amazing tool for our kids to have fun, play games, do activities, gain knowledge, learn new things, explore, do research and socialize with other kids of their age. However, leaving our kids to surf the internet alone and unsupervised can be risky.

Good parenting aims to raise happy and healthy kids in a safe environment. Whether we accept it or not, it's a fact that internet and technology is the environment that our kids are living in nowadays. It is kids' nature to explore things on their own with their curiosity of knowing the 5 W's of life (who, where, why, when and what), and since kids at small age are vulnerable and inexperienced,

it's our duty to educate them on how to use the internet safely while visiting the online world to prevent them from getting in trouble and facing unpleasant consequences.

It's very important to keep an eye on our kids and monitor all their activities online but it is also impossible to be aware of what they do 24/7 as they go to school for minimum 5 to 6 hours in the weekdays and hang out with their friends on weekends. Therefore it is best to educate our kids about online safety and teach them the Dos and Don'ts of the online world to be able to protect themselves.



Google took the initiative and created “Kiddle”, a search engine especially for kids. Kids within the age of 12 can use “Kiddle” for educational purposes, fun, games and videos without stumbling across inappropriate content, images, videos, sites, etc. Google did its part of the job, and now it's our turn to do ours. We as caregivers can help our kids navigate safely on the internet by teaching them the following:

1. The reason behind accessing the online world is to gain knowledge, explore new things, learn, increase creativity, satisfy one's curiosity about things going on in the real world, and a lot more.
2. Be aware of the fact that the internet is not a safe place to keep their secrets and share their private and personal stuff.
3. Limits and boundaries that kids acquired apply to both real world and online world. Kids should stick to these limits and boundaries everywhere and anytime.
4. What content should be shared on online platforms including Social Media platforms and what should not.
5. Kids have been taught to respect other's privacy in the real world, now they have to learn how to respect their own privacy in the online world.
6. Kids should know both the internet's benefits and the consequences in case it has not been used safely.
7. Personal information such as name, phone number, address and name of school should not be published online.
8. No one else but the kids themselves should know the credentials of their emails, social media accounts and other online accounts, and they have to choose a strong password that cannot be easily predicted.
9. Never meet anyone they know from a social media platform or chatting room in person. Parents should be alert of everything their kids are doing online.

They need to:

1. Always monitor kids using tablets, mobiles or computers and check the sites they visit.
2. Use apps and software to control access to certain sites and apply restrictions to specific sites.
3. Place the computer in a crowded area of their home, not in the kids' bedrooms, to be able to watch and monitor everything they do online.
4. Set a time for your kids to be online and what sites to visit.
5. Parents have to be very understanding and should not blame or punish their kids in case they experienced something unusual or scary online. Kids have to tell a trusted adult about it and it's preferable that this adult is the caregiver.
6. Surf the Internet with your kids and let them show you what they like to do online. If your kids like to play certain games or do certain activities online, ask if you can join and take part in this.

Being their friend who likes the same favorite game and have similar interests, will make your advice more appreciated and applied. This won't just enable you to spend quality time with your kids but will also make you win their trust and come to you seeking help and advice when they face any problem online or offline. When you notice unusual signs in your kids' behavior such as staying alone in their room and spending long hours online especially late at night, closing the laptop immediately after you enter their room and receiving phone calls from people they do not know then you should start worrying that your kids are in danger. If you detected that your kids are victims of cyberbullying or online sexual abuse break the silence and report the case to save your kids and other kids of their age from online predators and cyberbullies.

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Pour l'innocence en danger
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