Guide to a family-friendly Internet experience

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DiGi

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smarter choice

DiGi Internet™
Internet For All™

DiGi's Commitment to a Family Friendly Internet Experience

The Internet is a wonderful tool that allows families to learn, share and communicate. It is easily accessible through PCs, gaming consoles and mobile devices.

This extremely enriching tool brings with it certain risks and dangers and therefore should be used responsibly to ensure a family friendly and safe internet experience.

DiGi together with our partners, Ministry of Education, CyberSecurity Malaysia and Childline are committed to creating greater awareness on the positive use of the Internet.

This booklet provides useful tips and resources that you can share with your friends and family.

Top five things your children do online
1. Online Gaming (multi player games)
2. Facebook & Twitter
3. MSN/Yahoo Messenger/GTalk
4. Youtube (music & video online)
5. Google (online search & downloading)

Online Risks and Dangers Faced by Children

Cyber-Bullying

Cyber-bullying is when a child is threatened, humiliated or targeted by another child using the Internet, mobile phone, or other type of digital technology. This includes posting humiliating messages on Facebook, disseminating harmful photos or creating false viral videos.

Cyber-Stalking

Cyber-stalking is a crime in which the attacker harasses a victim using electronic communication, such as e-mail or instant messaging (IM), or messages posted to a Web site or a discussion group. A cyberstalker relies upon the anonymity afforded by the Internet to allow them to stalk their victim without being detected.

Cyber-Grooming

Cyber-grooming is a process employed by child abusers to prepare a potential target for abuse by befriending and gaining the trust of a child, so that the child does not realise that he or she is being abused. Cyber-grooming refers to the use of the internet for the process, and happens via chat, IM, or even Facebook.

Child Pornography

Children can also be persuaded to pose in sexually revealing positions with the right incentive, unknowingly become a victim of child pornography themselves.

Identity theft

Personal information provided in social networking and online gaming sites, could be stolen and misused by persons who have malicious intent, e.g. to commit crimes, and online fraud.

Creating A Safe Computing Environment

1 Set up the computer in a high-traffic family area with the screen facing outward, e.g. living room. This makes it easier to monitor computer use.

2 Ensure antivirus software, parental filters, pop-up blockers and privacy settings are installed and updated.

3 Keep the webcam covered when not in use as it can be remotely hacked and switched on by strangers.

TIPS

Creating a Strong Password

Your passwords should be at least 8 characters long and using a combination of letters (upper & lower caps), numbers, and symbols. Passwords should be changed periodically.

Example : CyB3r5aFe@D1G1

Test your password here : http://cybersafe.my/pswd-checker/index.html

Understand that the virtual world is a real world to your child.

It is where your child chats with his/her friends, finds information and play games. Things that happen online also affects your child, making him/her feel sad, happy or frustrated. These emotions are real, so treat your child's reactions to online ongoings as you would do in real life.

Parenting A Tech-Savvy Child

Parenting your child online is the same as parenting them in every day life. They need to be guided to make the right decisions.

1 ***Start With A Conversation***
Discuss with your child their online habits, and also dangers that they could be exposed to. An early discussion helps you to understand the risks they are already exposed to, provide early guidance on how to use the internet, and reduce future conflicts on their internet usage.

2 ***Keep to the Basics***
Set basic rules and keep them updated as newer technologies become available.

3 ***Open Discussions on Difficult Topics***
Be open about difficult issues (e.g. online child abuse and pornography). Be firm on expectations of behaviour, but be open to questions from them.

4 ***Learning is a Two Way Street***
Acknowledge that your child may know more than you about technology. Turning to them for help builds your child's trust and confidence.

5 ***Be Their Strongest Supporter***
It is important that they know there is someone to turn to for help. When they come to you, keep calm, listen to them and help them through the problem.

Keep the lines of communications open about your family's online experiences

Rules For A Family Friendly Internet Experience

Discuss these rules together with your child

- Agree on the amount of time to be spent online.

- Agree on acceptable online behavior.

- Never disclose personal information online.

- Think twice before posting anything online (e.g.status, photos and location).

- Always log out from your online accounts especially when using a public computer e.g. cyber cafes and friend's house.

- If the child plans to meet an online friend:-
  - They should keep you informed
  - They should meet in a crowded place
  - They should bring along a trusted friend or family member

- Encourage your child to speak to you if they have an encounter with something or someone that they do not understand or like.

Additional resources available from:

15999 Childline **Ready to Help** is a 24-hour telephone support service for children. If you child needs to speak to someone, just call **15999** or visit **www.childlinemalaysia.org**

CyberSAFE

Cyber Security Awareness For Everyone is an awareness programme under CyberSecurity Malaysia with the aim of spreading the awareness of safe internet usage. For more information, do visit **www.cybersafe.my**

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A Parent's Checklist

1 Are you aware/involved in your kids' online activities? Can you name three websites that they visit regularly?

- _____
- _____
- _____

2 Does your family have a set of rules or an agreement for appropriate Internet use?

☐ Yes   ☐ No

3 Have you talked to your child about responsible online behaviour?

☐ Yes   ☐ No

4 Name two Online Risks or Dangers

- _____
- _____

5 Name two proactive actions that you can take to keep your child safe online:

- _____
- _____

Note to Parents: School Contest

Please fill in the below and return it to your child's school

Signature : _____
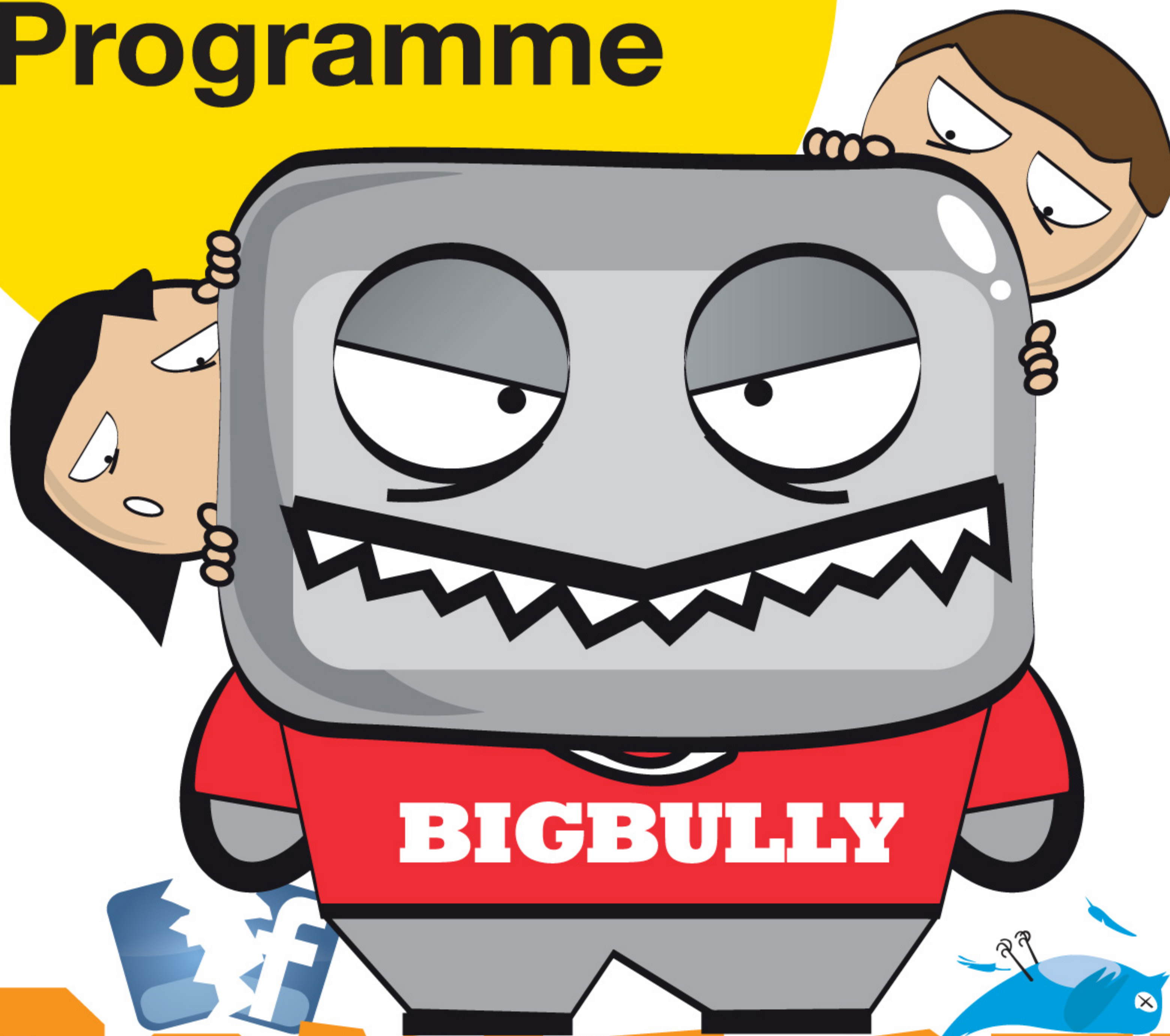
Parent / Guardian Name : _____

Child's Name : _____

Child's School : _____

Date : _____

Only valid during the DiGi Cybersafe Programme