ARMY PUBLIC SCHOOL, AHMEDNAGAR
Advisory for Parents

Dear Parents,

Due to the pandemic, the school has started with online classes and assignments through electronic media. Here is some **preventive measure** that you as a parent must follow:

Basic Rules :

- Place computers/laptop in a common area of the house. Don't allow kids to have a computer/laptop in their room.
- Learn more about computers and the internet. Look for information from your Internet Service Provider (ISP), online resources, etc.
- Spend time online with your kids. Help them with their homework online, searching for information together. But, make sure to put the Google search filter on "safe."
- Set reasonable time and usage limits. If they say they're researching for homework, you may not include that in the time limits. But make sure they're using it fruitfully.
- Discuss the dangers of the web with your child. Talk openly and honestly about what's out there and the kind of stuff they want to avoid.
- Keep the youngsters out of online chat rooms, and do your best to reinforce the old rule, "never talk to strangers."
- No personal information is given out, and no "face-to-face" meetings
- NEVER let your child upload or download photos without your permission
- Check with your Internet Service Provider for any parental controls, blocking and filtering tools they may offer

Help your children safely navigate their digital world and educate them to avoid harmful online experiences. Explore websites, games, apps and social media together and set some rules.

Be engaged, open and supportive

- Get involved. Share online time with your children as part of family life. Play games together. Talk about favourite apps, games or websites.
- Keep lines of communication open. Ask about their online experiences, who they are talking to and whether they are having any issues.
- Reassure your child they can always come to you, no matter what. Let them know you will not cut off internet access if they report feeling uncomfortable or unsafe when online — this is a real concern that may stop your child from communicating with you openly.
- If you notice a change in behavior or mood, talk to your child about it. If you are concerned, consider seeking professional help — from a psychologist or a school counselor.

Set some rules

➢ Set age-appropriate rules for devices and online access, with consequences for breaking them.

➢ Ensure your child's input — this will help them understand risks. As they get older you can review your rules together.

➢ Consider creating a family tech agreement. A family tech agreement is a set of rules about how devices, like smartphones, tablets, computers, TVs, and gaming consoles are used in your home. It is written down and agreed to by all family members and kept in a place where everyone can see it, such as on the fridge.

➢ Your family tech agreement could cover the type of websites that can be visited, time spent online and acceptable online behavior.

➢ The consequences for breaking the rules should be clear. Negotiate these with your child when you create your agreement so they mean something to them — Raising Children Network has some useful tips and advice.

➢ Consider making some 'rules for parents' too — and stick to them! Model behavior that you would like to see.

For teenagers, it is important to

➢ Keep things open. Have an 'open door' policy when devices are used in bedrooms, and check-in with them regularly to see what they are viewing.

➢ Stay engaged. Ask about their online experiences, who they are talking to online and whether they are having any issues.

➢ Reinforce the importance of protecting their personal information and privacy. Remind them to create screen names or IDs that do not indicate gender, age, name or location and are not sexually suggestive.

➢ Equip them to use social media responsibly. Terms of use for each service cover the rules for using the site, the type of content that can be posted and any age requirements. Go through these with your child to make sure they understand what is expected of them.

➢ Explain that linking social media accounts can make it easier for strangers to learn about them, so it is best to keep accounts separate.

➢ Encourage them to think before they post. Remind them that they could expose themselves to risk by sharing sexually suggestive or intimate images of themselves or others.

➢ Help them understand online risks and what to do about.

Regards,

Principal