

# INTERNET SAFETY

GUIDE FOR PARENTS



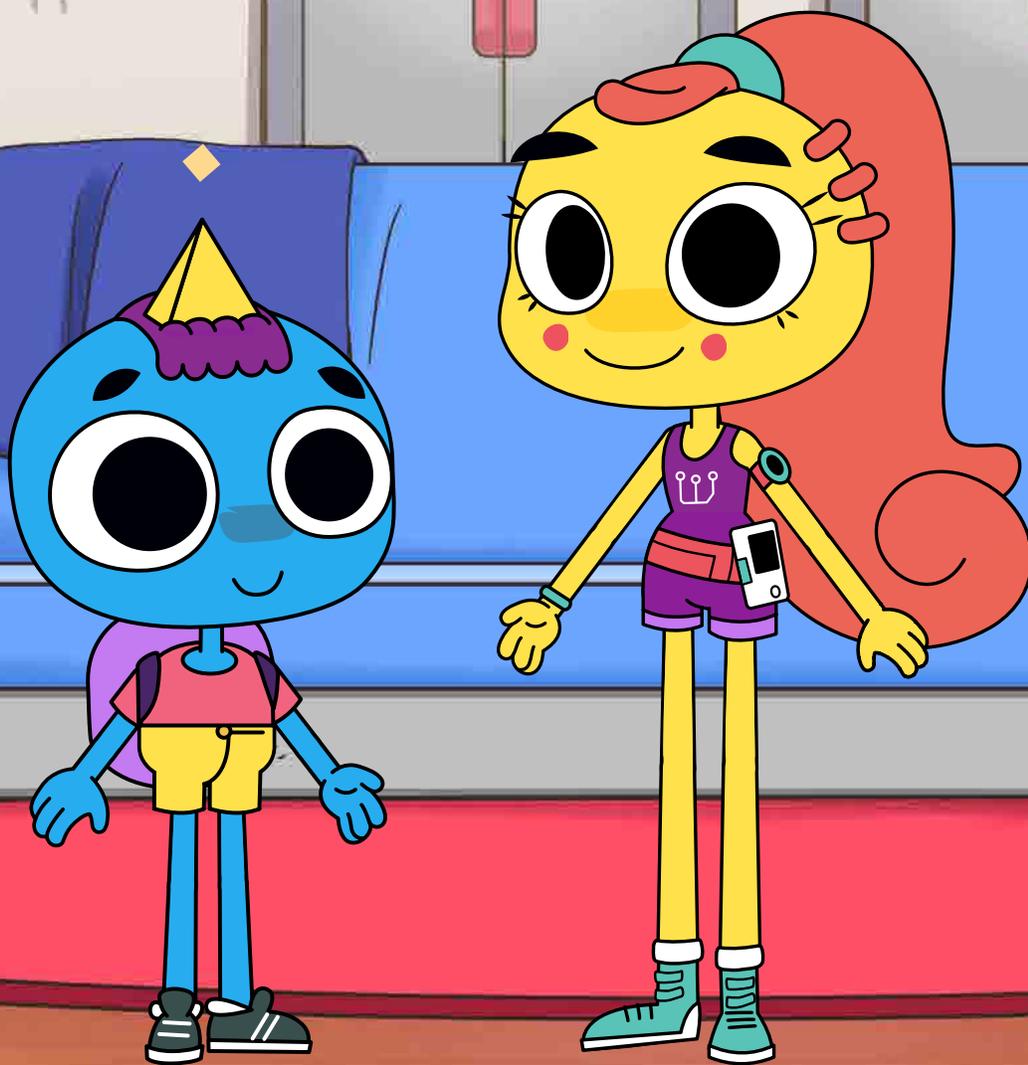
 

SAFER  
INTERNET  
DAY #SID2022

Together for a better internet!

# DIGITAL FOOTPRINT

## CHAPTER 1



## Definition

A "Digital Footprint" is the records and traces we leave behind when we use the Internet. It is a portrait of who we are online. Therefore, we must manage it responsibly and consciously to build a positive digital reputation, because everything we do generates a digital footprint.

## Values

**Reputation:** Raise children who are aware of their actions online and who understand that everything they say or do online will have a positive or negative effect on their reputation. Adults also understand that everything they post about their children is part of "their child's" digital footprint.

## Recommendations

- Remember that nothing is temporary online. A post can go viral in a fraction of seconds (it is easy for other people to copy, record or forward your information).
- Take your time before posting if you feel anger.
- If you wouldn't do it in real life, don't do it online either. Sharing material or making negative comments when we are not face-to-face hurts others and ourselves.
- Your children's online identity and reputation are generated in a similar way to their real-life identity.

## Things to watch for

### A) Adults, you must set an example. What behaviors do children see in their parents, regarding the digital footprint, that are a bad reference and that can be improved?

Sometimes adults make much of their lives public on social networks; they post the places they frequent, share private conversations and exchange information that they have not verified and that may be false. They also share information about their children that may not always be agreeable for the child. And we are not always aware that connecting to any public Wi-Fi network is dangerous. We accept terms and conditions without reading them in detail, and we even leave our devices everywhere. The best way to avoid an inconvenience is to set an example of safe surfing and responsible use of devices and their tools, where privacy and reputation prevail over any other factor.

**B) Your children may not always be comfortable with the content you upload about them:**

It is vital to understand that every photograph, video, or comment that we upload, or is uploaded to the Internet is a portrait of us that remains there indefinitely.

**C) Avoid reacting digitally if you are upset:**

If we dislike a publication, the best example for our children is to calm down, think, and ask ourselves if it is worthwhile to leave a comment on the web that will remain permanently.



# DIGITAL EMPATHY



## CHAPTER 2

## Definition

**“Digital Empathy”** is the ability to know, be sensitive and supportive of one’s own and others’ feelings, needs and concerns online. To be digitally empathetic is to think about who is on the other side of the screen and not just who they appear to be on the screen.

## Values

**Awareness and empathy:** Children should demonstrate an awareness and compassion for the feelings, needs, and concerns of others online.

## Insights

- Educate our children about the concept of “Digital Empathy” and how to apply it to real life by giving them examples of everyday situations.
- Sometimes our children are not aware or forget that the people on the other side of the screen also have feelings. Being tolerant, not judging and understanding others is key in the construction of “Digital Empathy”, to generate a healthy and responsible digital identity. On the internet and in real life, how we treat others significantly influences who we are, how people see us, even how we feel and see ourselves.
- The online and offline world in terms of empathy, is the same.

## Recommendations

- The empathy that your children develop as people in the real world should be transferred to the digital world.
- Treat others as you would like to be treated. Having them treat others as they would like to be treated, will make his or her online experience as fun and healthy as in real life.

Promote an environment of tolerance and respect. Just like in real life, conflicts make our days more difficult. If they promote an environment of respect and tolerance, the hours in front of the screen and away from it will be just as much fun.

- Teach your children not to respond or write online if they are angry. Sometimes we use digital media to drain something that frustrates us. Remind your children that the reach of their words is greater when they spread it online, and their reputation or that of others can be affected when a problem of two becomes the topic of conversation for thousands. Encourage them to analyze the problem and not respond if they are frustrated.

### Things to watch for

- A) If you see your child's group of friends acting hostile toward an individual, remind your child that they should not participate in bullying for fear of being excluded from the digital group. Explain that the best solution is to tell an adult what is happening so that they can find a solution. Empathy is not a congenital skill, so it is crucial to educate it from childhood to always improve on it.
- B) The network provides countless alternatives for cooperation, solidarity, and openness, where anonymity itself can generate trust to reveal sensitive issues that are difficult to address face to face. In this sense, the child can assume an empathetic and understanding posture more easily and the adult must be watchful if this happens.



# PERSONAL CYBER SECURITY MANAGEMENT

## CHAPTER 3



## Definition

**“Personal Cyber Security Management”** is the ability of children to detect cyber threats such as hacking, piracy, viruses, “digital predators”, scams, among others. It is the value they place on personal data and devices, in addition to the use of security strategies and appropriate protection tools that allow them to self-manage their security.

## Values

**Trust:** adequately informed children build the necessary trust to be able to detect and warn their close adults (family members) if they are confronted with a cyber threat.

## Insights

- Consider normalized actions that are not safe, so that children can understand what a cyber threat is and what to do when faced with them.
- Provide some tools for children to detect risks in time and be able to ask for help from the adults around them and self-manage their safety.
- To awaken critical thinking in children so that they can protect themselves in the online world, in the same way as they do in the offline world.

## Recommendations

- Teach your children or relatives not to fall into the temptation of clicking on everything they see. Analyze before pressing the button, to avoid being victims of stalkers, viruses or inappropriate information that affects them and their devices.
- Generate trusted spaces so that the children around you can tell you when something makes them feel uncomfortable, or seems strange or suspicious on the Internet. Pay attention to advertisements, videos, or strange messages asking for personal information or challenging them to fulfill a challenge.
- Activate the parental control level on your children's devices. This will not only help you protect your child from cyber risks, but also empower them to be good digital citizens, and build trust in your family. Remember that the Internet is not the problem, it's how we use it.
- Just as in the real world, children should not talk to or accept anything from strangers in the online world.

### Things to watch for

- A) If your child knows of a friend or family member who is a constant victim of inappropriate videos, ads, or messages on the Internet, but is afraid to tell their parents what's going on, help them!
- B) **Social media challenges:** however fun or exciting they may seem, challenges can threaten the safety of our children both on and off the web. Conversation is a better approach than prohibition.
- C) The world on and off the web offers the same risks and consequences, so the integral and multidimensional self-care of your children is essential.
- D) **The importance of self-care starts with the protection of our personal data:** we are permanently exposed, but we can minimize our vulnerability and take care of ourselves online, just as we protect ourselves in the face-to-face world, if we pay attention.



# BALANCED USE OF TECHNOLOGY

## CHAPTER 4



## Definition

**“Balanced Use of Technology”** is the ability of children to self-monitor and self-manage when they are in front of and interacting with different technological devices. Self-regulation is something that is learned; therefore, it is something to be taught. The role of adults is important in this process.

## Values

**Self-control and self-management:** When children use technology consciously and with a specific purpose, screen time translates into the development of positive relationships with others, in moments of recreation and entertainment, where their digital needs are prioritized, they spend time completing tasks and enhance their learning.

## What you'll find in this video

- Technology is not an end, but a means to enhance knowledge, education, innovation, and digital skills.
- Parents should motivate their children to use digital tools to develop competencies and skills that will make them better digital citizens. Educate children about the good use of technology.
- Electronic devices are not the problem, but the way we use them. Adults should oversee supervising how, when, and where technology is used. It is not about always being restrictive, but understanding what is right, and what is wrong, to transmit it.

## Recommendations

- Be a good role model. Children are great imitators, therefore, parents or adults in charge must understand what good use of technology is. Adults should analyze their own relationship with technology, to be a real example.
- Let your children know the value of face-to-face communication. The best way to spend and enjoy family time is to be able to interact with them. Whether or not technology is used as a means, two-way communication is key to personal and family development. It builds trust, understanding and improves mental health.
- Help your children plan the time they spend on their devices. Encourage them to create a plan that everyone can participate in and that they can take advantage of! One way to make the most of their time is to set dates or times, that allow them to do what they like to do best while enjoying time together as a family. Help them plan movie days, games, or any activity that gives them the opportunity to grow individually and as a group.

### Things to watch for

- A) Adults who use technology in a balanced way can better mediate their children's use of technology.
- B) How can we be sure that technology is not the problem? Digital technologies are not the problem. For example, if a socially isolated person spends too many hours on the screen, the problem is not that he/she plays online, but the lack of meaningful relationships with peers: problematic use is a sign of conflicts in the environment and not the screen.
- C) Motivate your child to not spend time alone. Have them invite a family member or friend over to play. It is important to take advantage of opportunities to spend time with family or friends. Whether it's enjoying a video game or playing ball at the park. Two-way communication and interaction are essential for our children's growth and social development. Don't forbid them to do what they like, encourage them to share that moment with someone else in their environment.



# DIGITAL CITIZEN IDENTITY



## CHAPTER 5

## Definition

**“Digital Citizen Identity”** is built from all the data that describe or identify us online. All the content and interactions that we make on the Internet, or that others make about us, and the publications in which we appear, build the image that others have about us. Each action creates an algorithm that describes us as users and defines our identity.

## Values

**Honesty and Transparency:** we seek to generate interest in children so that they value building and managing honest and integral digital identities, which allows them to identify themselves individually and collectively. Educate them to understand that by building their online personality through their digital activities, they shape their digital identity, which is composed of what they have built of themselves and how others perceive them.

## Insights

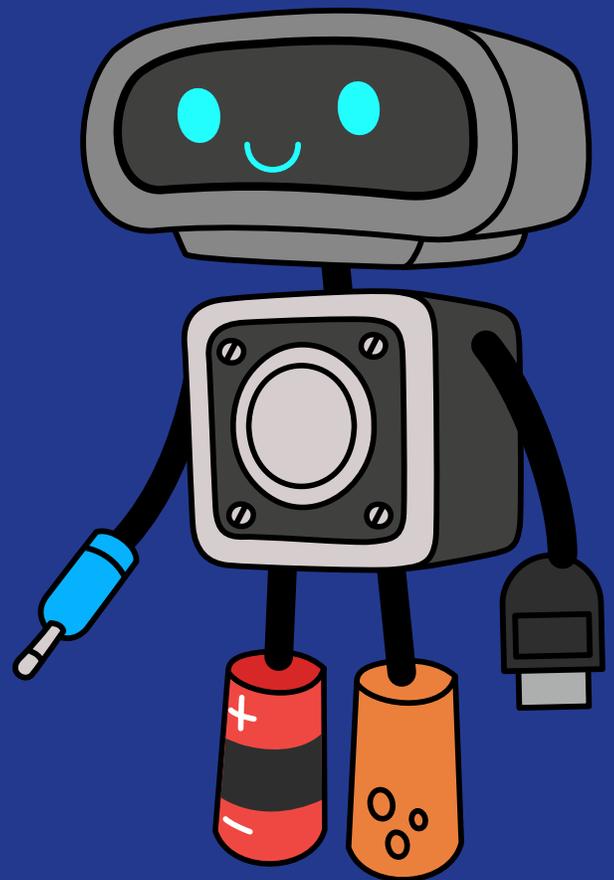
- Today's children live in a hyperconnected world. The web is a space for interaction between individuals, communities, and platforms, which define digital identity as an opportunity to enhance skills, competencies, and values that define the true self of each child.
- Today's users are “prosumers”: consumers and content producers, so children can be active agents in front of screens becoming an opportunity to expand creativity.
- Integrity, self-management, and honesty should be promoted as postures that children should adopt under their parents' guidance, to build an honest identity that will help them take advantage of the opportunities offered by technology. If you are what you say you are, you can get positive responses from other people.

## Recommendations

- Children should not hide their identity online. Encourage them to build credibility, trust, and be transparent.
- Create community and empower change. You can encourage your children to exchange ideas and propose solutions with users who share their likes and ideals, supporting them.
- Help your children to have an appropriate online identity. Your children's online identity is not only based on who they say they are, but also on how other people believe or perceive them to be. Every idea, comment, photo, or content they upload, or you upload to the Internet defines their personality to other users.

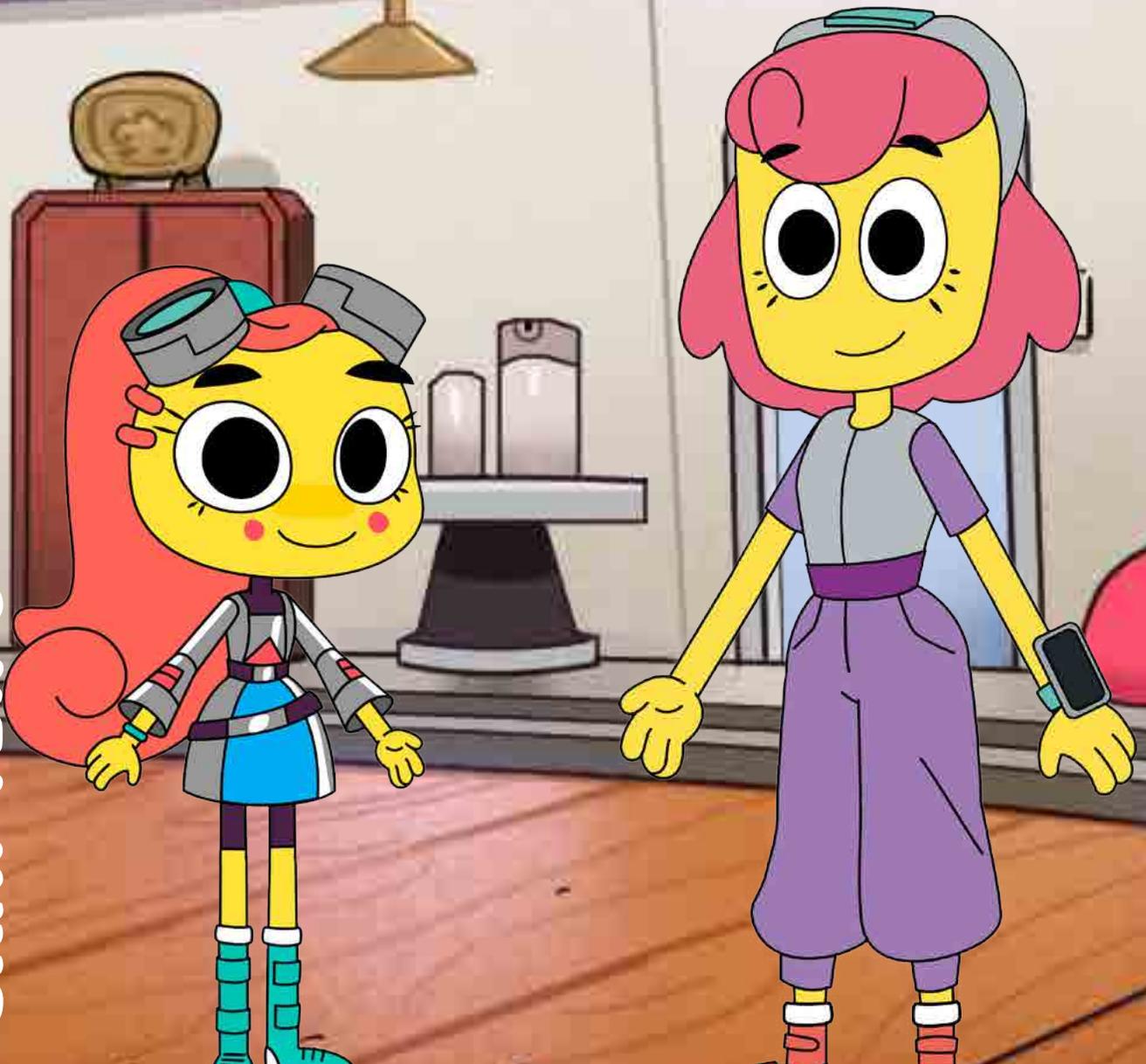
### Things to watch for

- A) Individual and collective identities are simultaneously and permanently reinforced. People online produce a narrative that is in constant dialog with the values and priorities conveyed by different cultural and social movements. In this way we observe how the virtual environments where online profiles are created, are neither socially nor culturally neutral, but carry implications and interpretations that orient and organize social practice.
- B) Online identity, while it may not show our true selves, it should be seen as a reflection of who we are "in the real world". A person's anonymous account is a digital mask, not a true digital identity. In this sense, hiding who we are offline, beyond making us go unnoticed by different groups and environments, will also make us invisible or unrecognizable before any achievement we reach.



# DIGITAL LITERACY

## CHAPTER 6



## Definition

**“Digital Literacy”** is a process of constantly learning basic skills, information comprehension, and content creation, to know how to communicate through technology. It is the ability to find, research, and analyze information with critical reasoning. Literacy should be understood not only as a medium, but also as a new way of communicating, creating, and understanding information.

## Values

**Awareness of the creation / Audiovisual content creation:** Today children are not only viewers but also content creators in the digital environment. Help them become aware of the content they create, because it will make them able to understand, and analyze the information, to retransmit (communicate) critically and consciously.

## Insights

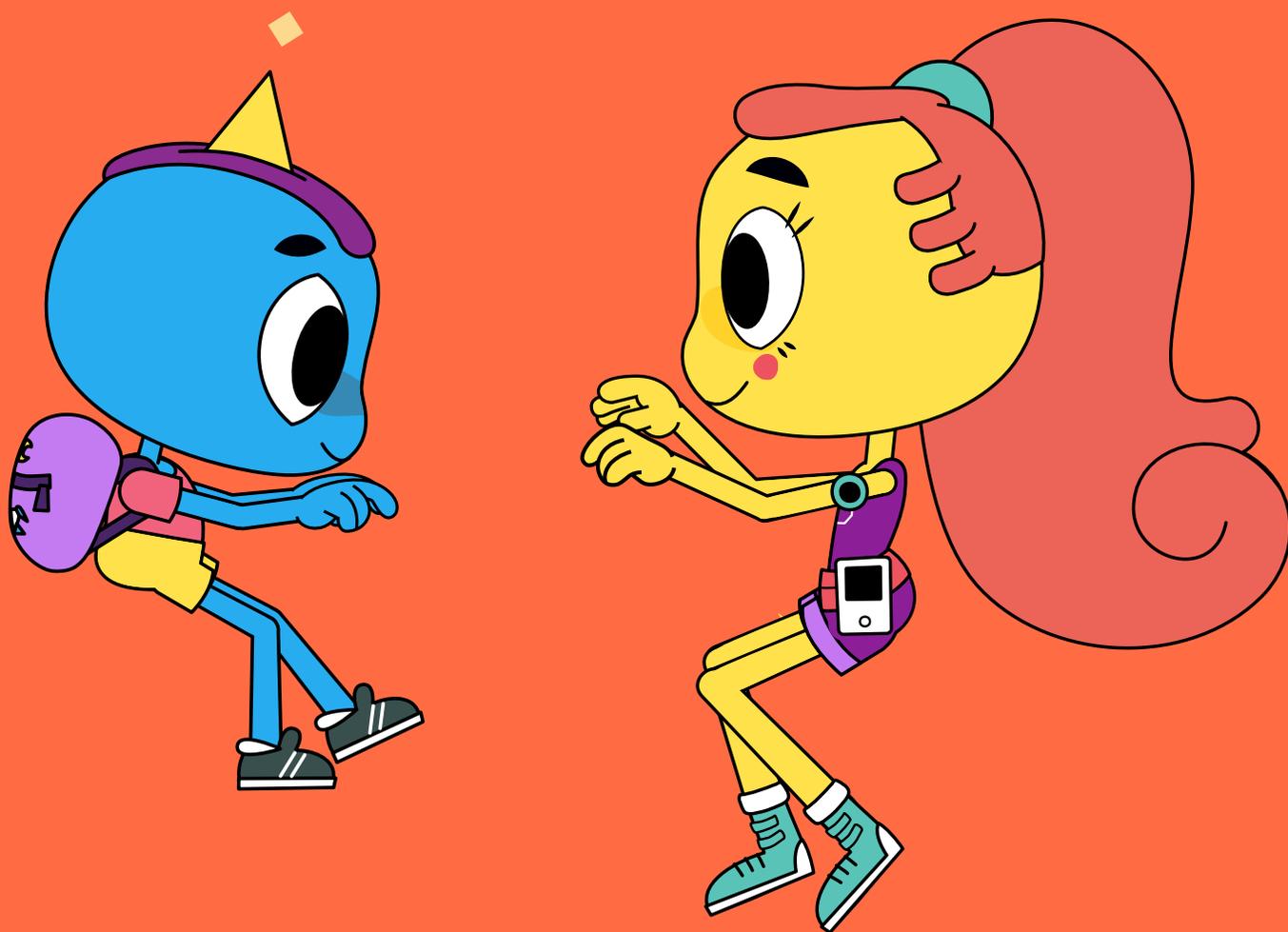
- Digital literacy is a skill that both adults and children need to develop. People of all ages are in a continuous and constant learning process, although young people are more familiar with technologies, they are simply not experts and must be educated. In this sense, we must provide children with adequate knowledge about the use of devices, and more frequent information processing techniques to promote their communication and development in digital areas.
- Digital literacy allows us to make the most of the tools and resources provided by the Internet to enhance personal growth, creativity, critical thinking, and communication. Being digitally illiterate is a sentence to the personal and collective development of an individual.

## Recommendations

- Teach your child to be a creator and not just a consumer. One of the main ways to advance in digital literacy is to know how to use the tools that technology gives us to communicate.
- Encourage your children's curiosity and help them discover new ways to communicate what they know. Encourage them to make the most of their ideas, to create content that is useful for them and for others.
- Seize the moment... learn by teaching. Research, learn, and share your knowledge with others. In the communication process, we can also “self-literate”, discovering information that we did not know, but that we can easily understand and retransmit.

### Things to watch for

- A) It allows children to use all the communicational resources around them. Digital literacy is part of a series of “new literacies” related to information and media in the modern world, whose approach requires skills such as critical thinking, collaboration, communication, and creativity. These new technologies have become a new context, which in turn demand new ways of living together. Thus, children need to experience and learn about communication resources as a form of expression and learning in the digital world, to develop the skills that will make them better digital citizens.
- B) The Internet offers tools that enhance the children's self-taught work. Thus, if your son or daughter has unique skills that can help others to solve problems, or simply to inform about something: creating videos, texts or images is a good start to develop those skills in a natural way.



**Sources:**

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- Digital Generation Web Series Season #2 [www.generaciondigitalvtr.cl](http://www.generaciondigitalvtr.cl)
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