



RECOMMENDATIONS TO MAKE A GOOD USE OF INTERNET AND PREVENT CYBERBULLYING

HEALTHY HABITS FOR INTERNET CONNECTION AND PREVENTION OF CYBER-BULLYING FOR GIRLS AND BOYS

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- Sleep without devices 🛌📵
- Disconnect during family meals 👨👩👧👦📵
- Avoid excess connection. We have time for everything: sports, laughing, books, study, music... 🏆📖🎵

ONLINE SECURITY PRECAUTIONS FOR BOYS AND GIRLS

2



- Use parental control on devices 🔒👨👩👧👦
- Close the device's camera 📷
- Be sceptical of "deals" or gifts ⚡
- Use social media with private profiles 🔒👤
- Do not provide personal information 👤🏠

KEEPING A SAFE ONLINE PROFILE

3



- Use a strong password and change it frequently 🔒🔄
- Do not lend your phone to others 📱⚠️
- Disable geolocation on your mobile 🌐📵
- Configure privacy settings for each online profile 👤🔒

WHAT IS 'GROOMING'?

4



- "When an adult approaches a child online with sexual intent, using fake profiles." ⚠️
- Tell children of the dangers of speaking with strangers on social media 🚫
- Talk to your children about their online friendships 👤🗣️

LET'S ACCOMPANY OUR CHILDREN

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- Now is a good time to get acquainted with the digital world of your children 🏠➡️📱
- Talk with them and see what sites they visit 💬🎮
- Help them identify places (sites, social media platforms, etc.) that aren't suitable for their age 🚫⚠️

HOW TO PREVENT CYBERBULLYING?

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- Children need to be careful when posting content 📷📱
- The content must be respectful ⚠️
- It is important that they have a private profile to prevent cyberbullying by third parties 👤🔒

DO YOU NEED HELP AGAINST CYBERBULLYING?

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- Children that are being harassed or bullied often stay silent and do not tell their parents or teachers 🙊⚠️
- Bullies can be blocked and, if applicable, reported 🚫

WHAT IS THE DIGITAL IDENTITY OF MY CHILDREN?

8



- It's easier to say things behind a screen that we wouldn't say face-to-face 👤🗣️
- We need to let children know that everything that happens online is recorded, and that it can have legal consequences 📖⚖️

WHICH CONTENT DO WE PUBLISH ON THE INTERNET?

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- We lose control of the content we publish 📄🗣️
- This content can circulate widely and reach people we do not want to see it 😬
- It is important that children do not submit content which may embarrass them if it reaches third parties 🙊💡