



DICT
CYBERSECURITY
BUREAU

Parenting in the Digital Age

Diana Jean P. Faustino
Cybersecurity Bureau
diane.faustino@dict.gov.ph



The Good

The Internet

The Bad

advantages

benefits

positive
impact



disadvantages

harm

negative
impact

Online Risks for Kids

Content Risks

- Illegal content
- Harmful content
- Harmful advice

Contact Risks

- Cybergrooming
- Online harassment
- Cyberbullying
- Cyberstalking
- Illegal interaction

Online Marketing

- inappropriate/unsuitable products
- Illegal/ age restricted products

Overspending

- Physical effects
- Addiction

Fraudulent Transactions

- Online fraud
- Online scam
- Identity theft

Information Privacy

- Personal data collected from children
- Oversharing
- Unforeseen consequences
- Long-term consequences

Information Security

- Malicious code
- Commercial spyware
- Online scams
- Identity theft



Percentage of Children of Exposed to Various Online Risks

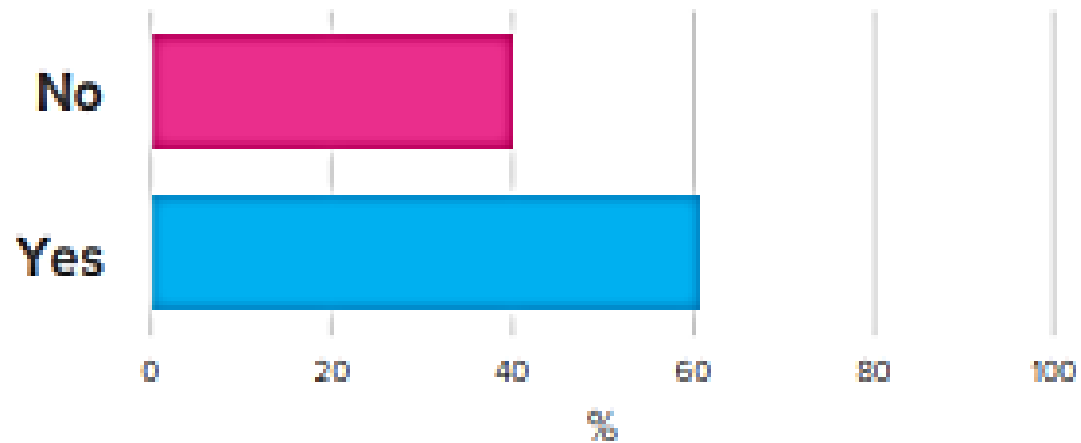
What is Digital Parenting?

Digital parenting is teaching kids responsible use of **information and communications technologies**.

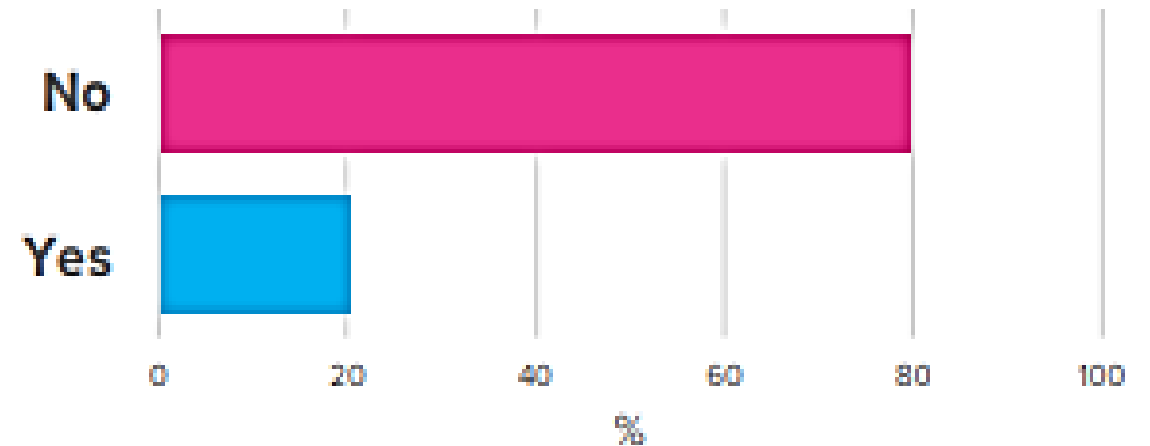


“Do as I say, not as I do”

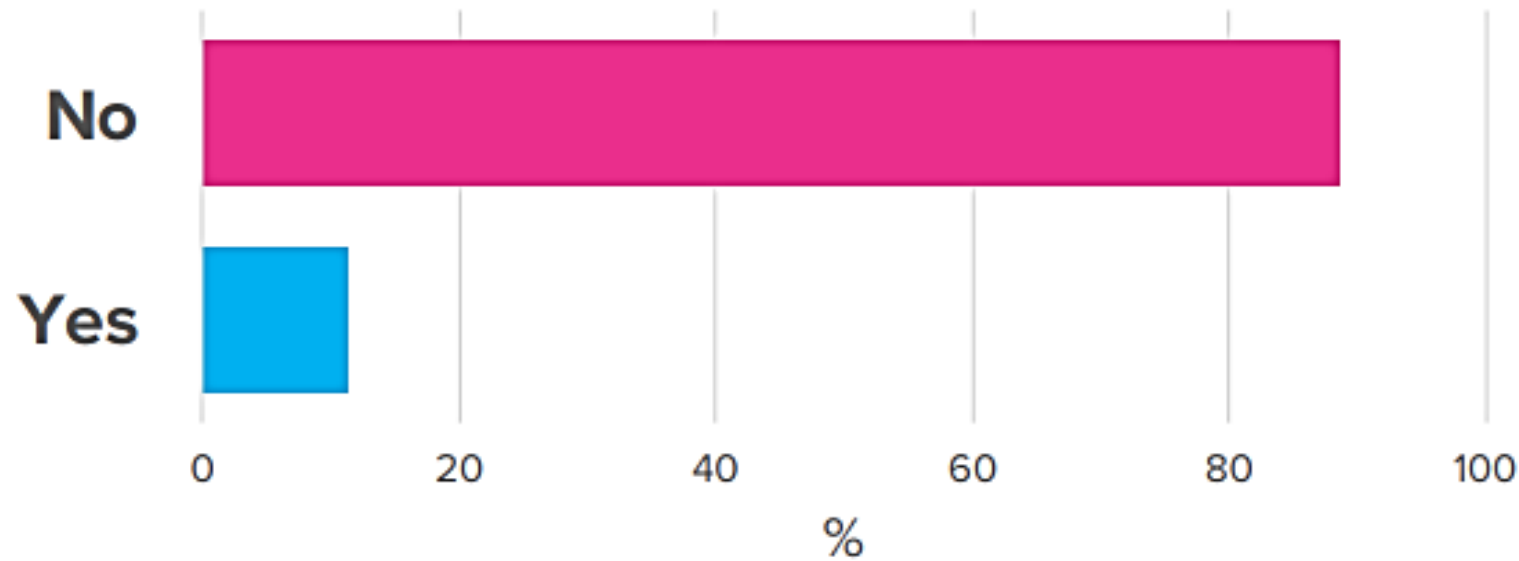
Do your parents set any screen-time rules?



Do you think the screentime rules they set are fair and sensible?



Do you think parents follow their own advice about screentime?



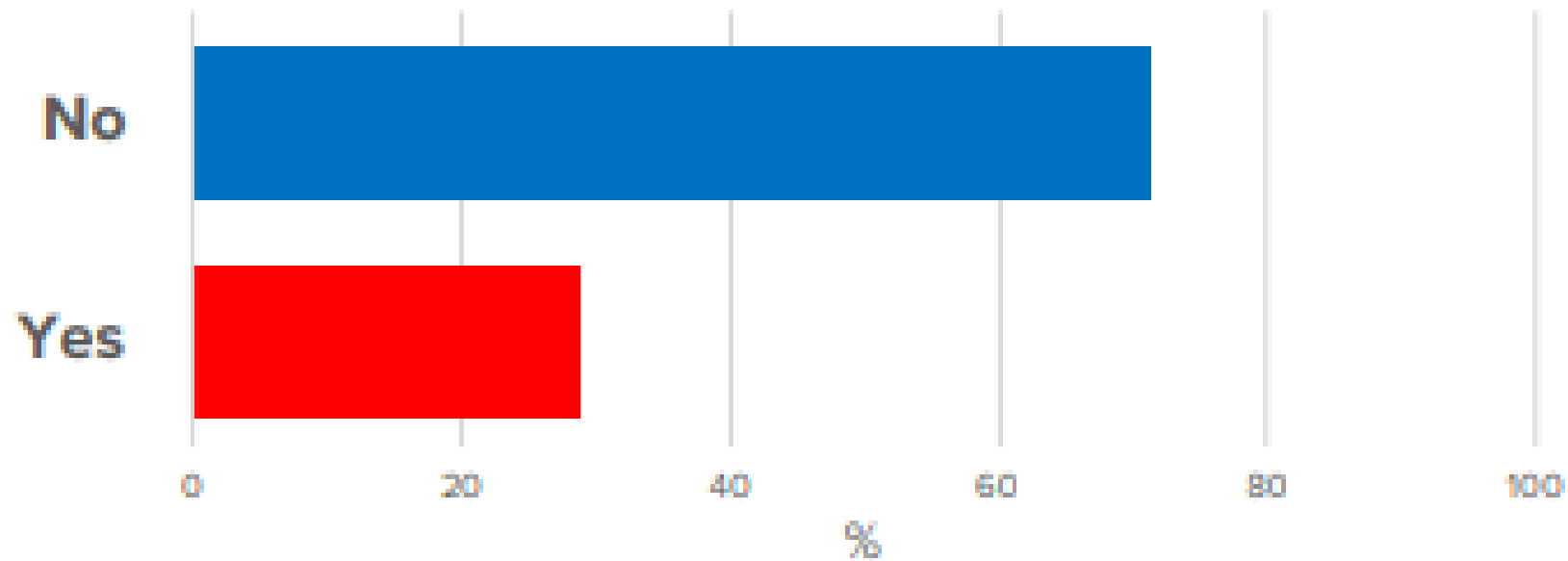
‘My parents are always on their phones but it’s like... “I’m working. I’m shopping. Shut up.”’

‘I have no tech days. Like it’s a disease.’

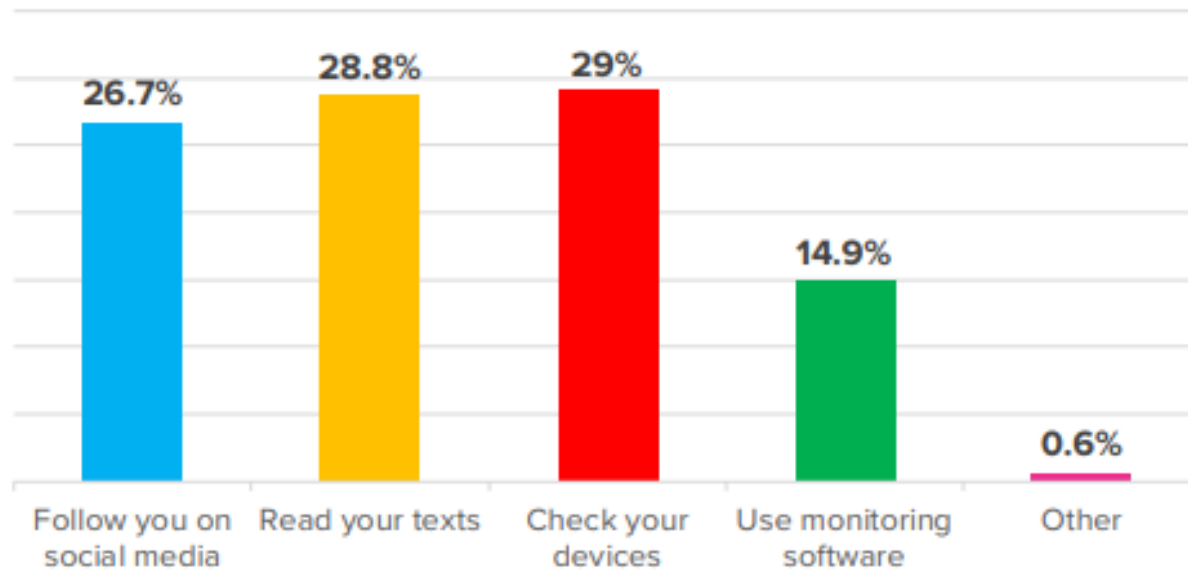
‘They think we don’t notice but we do. They use it more than me.’

Keep out!

Do you think your parents respect your privacy online?



What do they do that makes you feel they are invading your privacy?



‘Basically [they want] to know what I’m doing all the time. I get no freedom, they just think I’m meeting paedos or doing stupid shit.’

‘They stalk me. Especially my mum.’

‘They try to track me so I use fake accounts so I can have some privacy.’

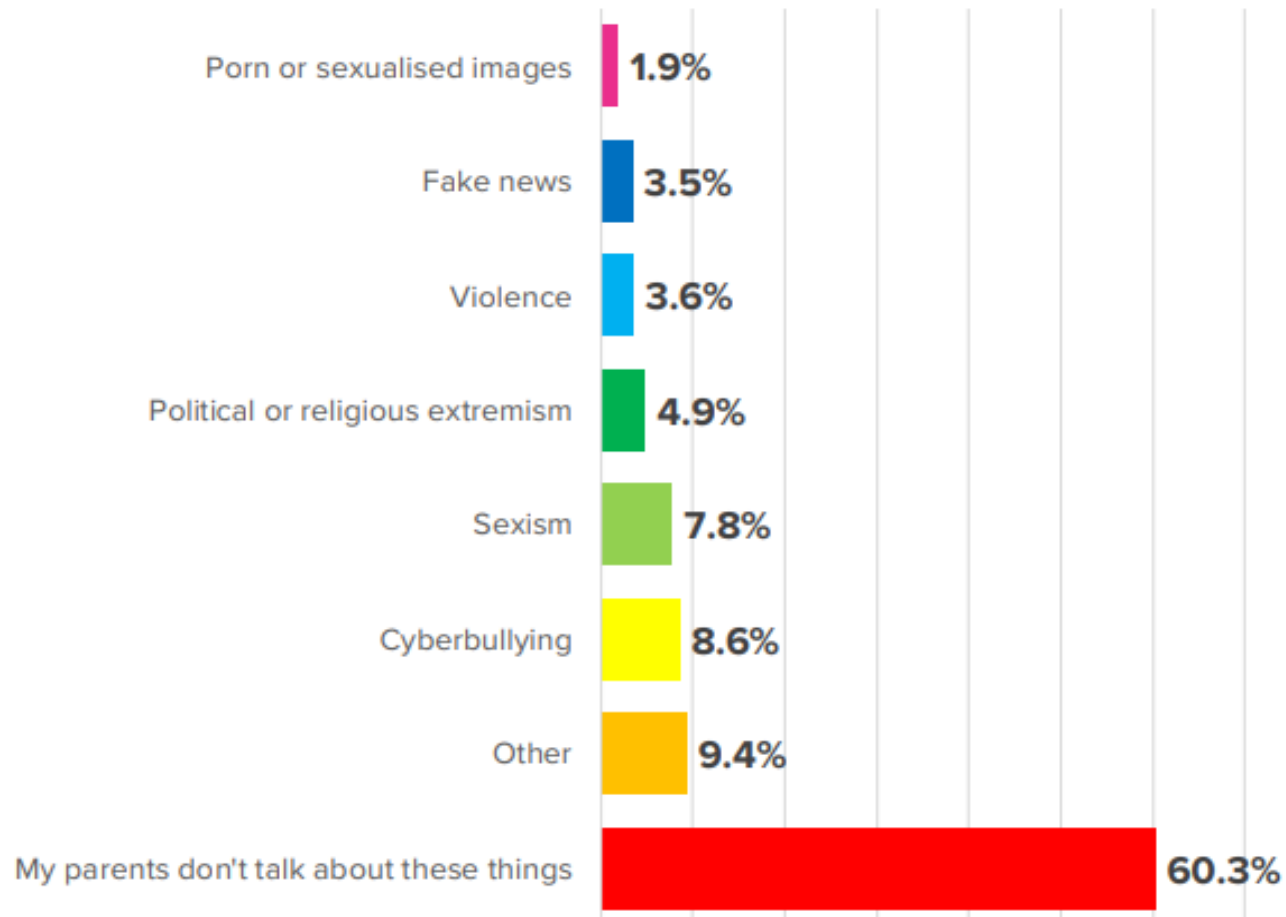
‘They try. I go stealth.’

‘I don’t want them to be my friend. I got friends for that.’



It's good to talk

Do you feel parents are generally doing a good job of speaking to their children about what they see online about the following subjects?

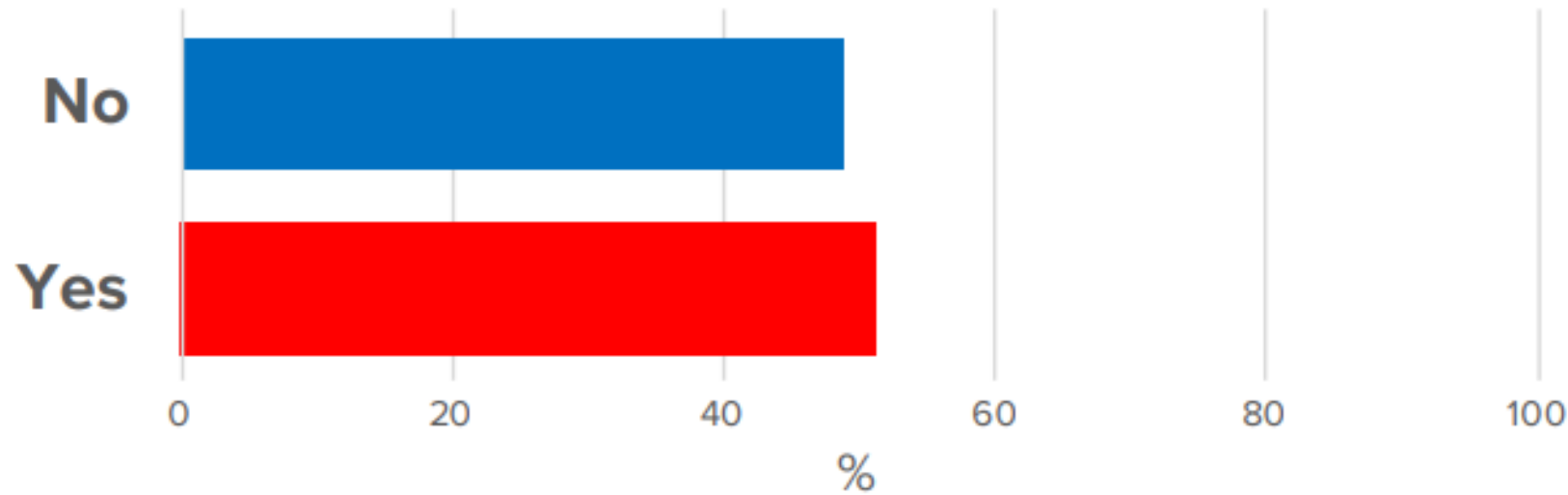




‘I’d like them to talk to me but they seem embarrassed.’



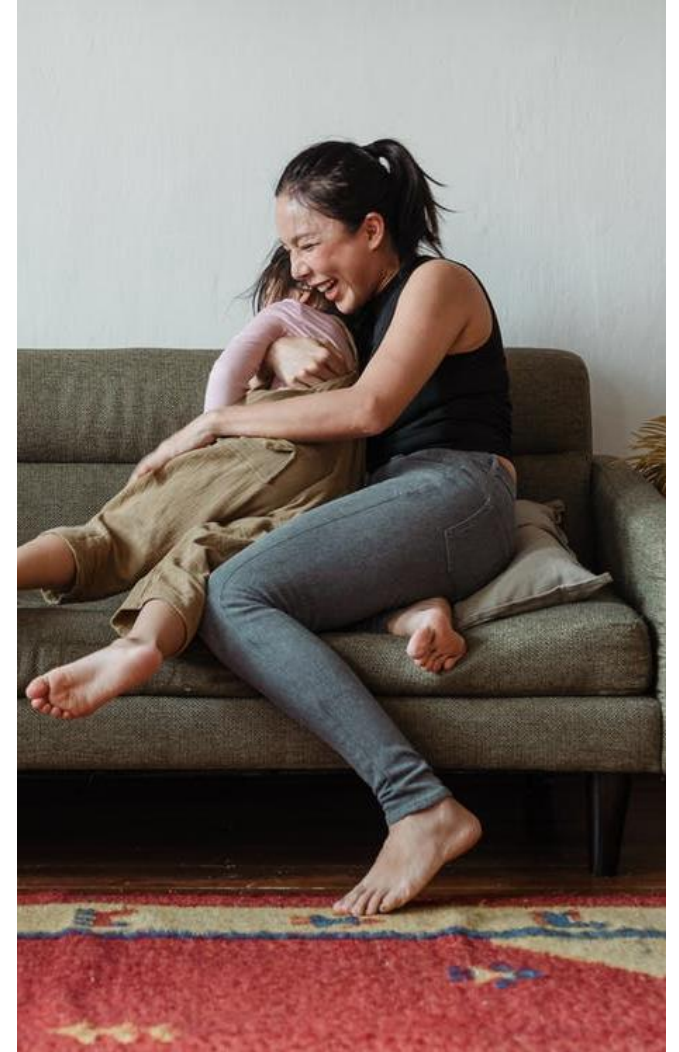
When your parents talk to you about things that happen online do you find it helpful?



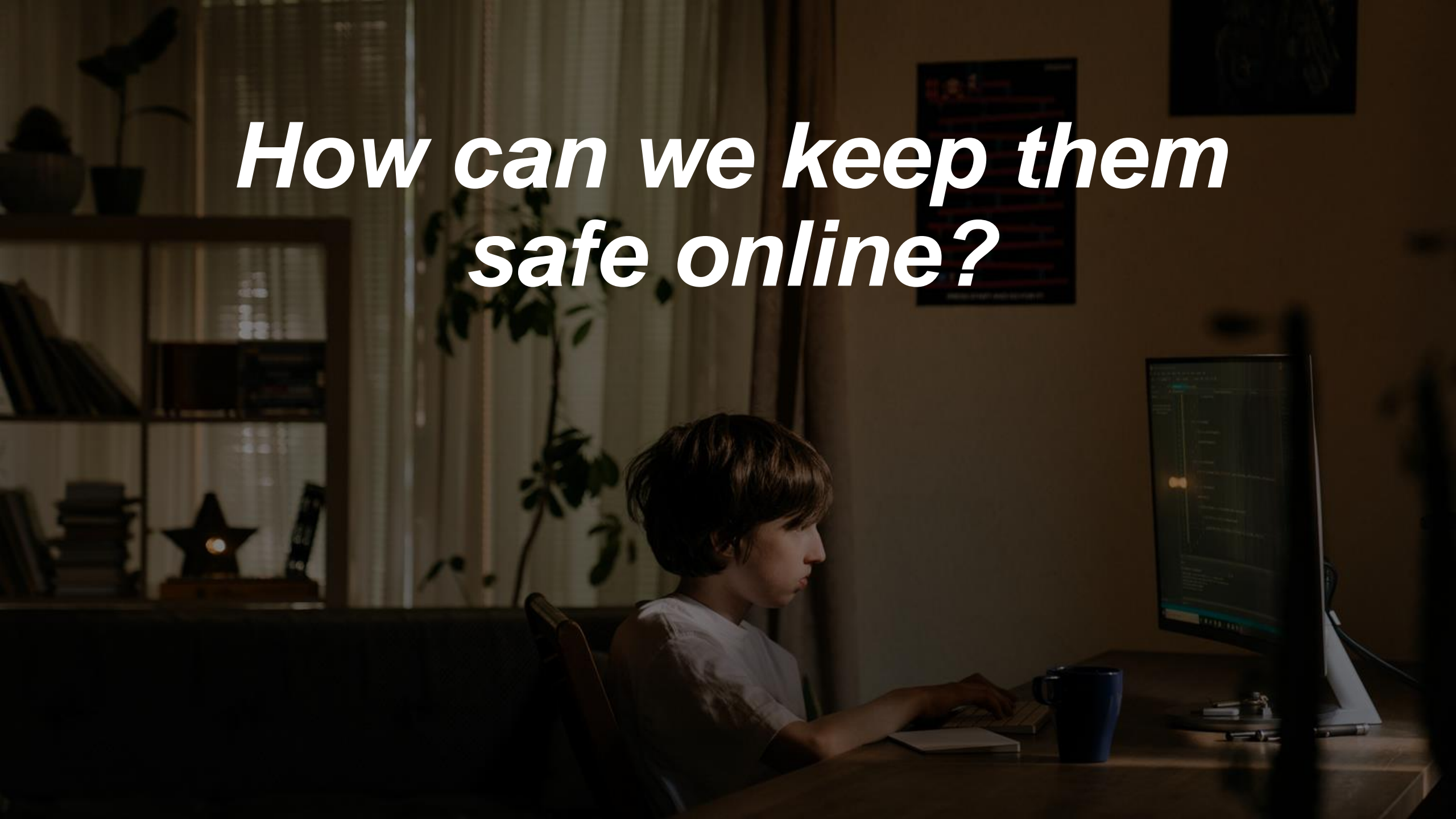
When their parents do talk about these subjects, just over half (51.3%) said it was helpful.

‘I had to talk to my Mum about something that happened that was really bad and she was amazing. She helped me sort it out.’

‘Talking is a big thing in my house and it helps. Other people don’t tell you the truth. I know my parents care about me.’



***How can we keep them
safe online?***



7 TIPS TO PROTECT YOUR CHILDREN ONLINE



Have the Talk



**Get smart about
smartphones**



Set rules



**Monitor and
manage
screen time**



**Deploy parental
controls**



**Remember the
SMART habit**



**Be a role
model**

Know their 3W's

Who

Ask your children who they talk to online

Where

Get them to tell you where they go online

What

Find out what they do online

Screen Time Guidelines by Age

**Under 18
months old**

Toddlers
(18-24 months)

Preschoolers
(3-5 years)

**Elementary
School Aged**
(6-10 years)

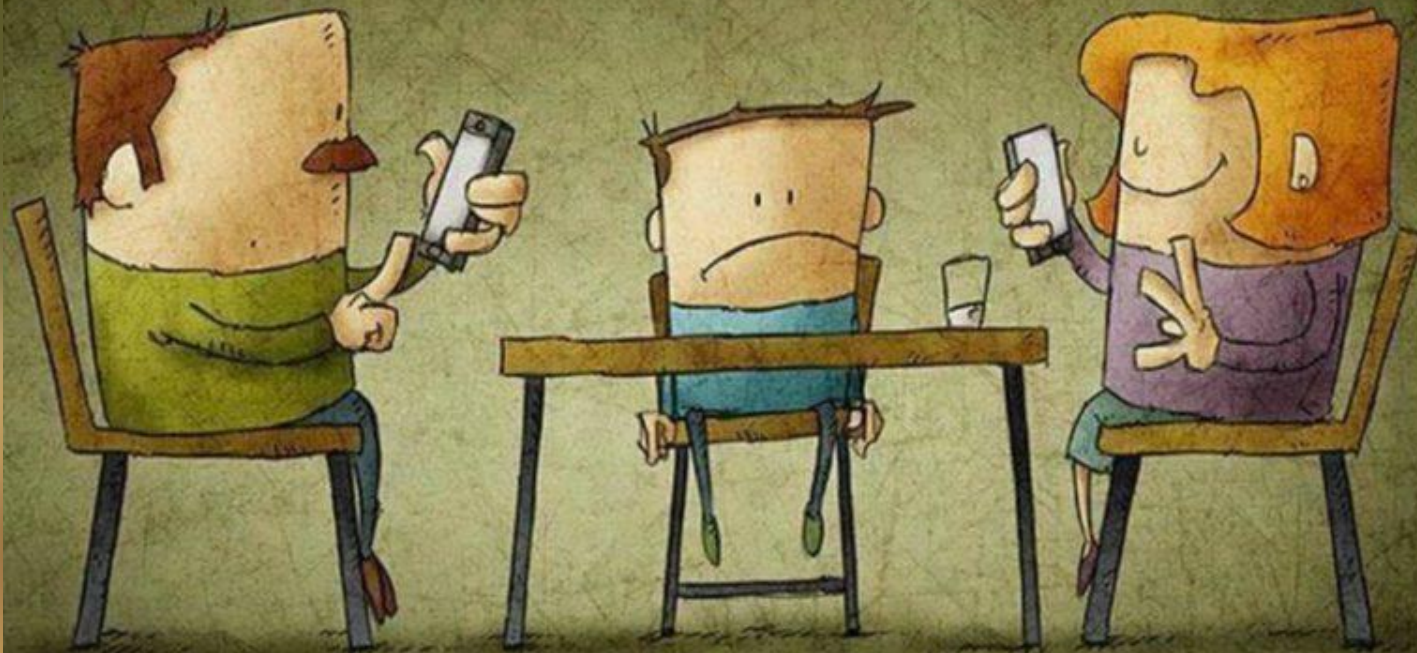
**Middle
School Aged**
(11-13 years)



Teach Kids to be SMART Online

- S** **Personal information is a Secret***
- M** **Never Meet anyone from the internet without a parent/guide***
- A** **Never Accept messages, emails, or requests from unknown people***
- R** **Remember reality. Not everyone tells the truth on the internet***
- T** **Tell a parent/guide if anything or anyone is worrying you online***

**Your cell phone has already
replaced your watch, camera,
calendar, and alarm clock.
Don't let it replace
your family.**



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