### **Cyber Awareness and Hygiene Tips for Parents**

1. **Talk to Your Children**
   * Discuss online threats like grooming, bullying, and stalking.
   * Keep track of their online activities and set clear guidelines for internet and game usage.
2. **Watch for Behavioral Changes**
   * Notice if your child spends more time online or becomes secretive about their activities.
   * These may be signs of cyber grooming. Encourage offline activities and open communication.
3. **Protect Against Cyber Grooming**
   * Explain how strangers might build trust to exploit children.
   * Teach responsible social media use and help set strong privacy settings.
4. **Avoid Suspicious Links and Attachments**
   * Don’t click on links or open attachments from unknown emails, texts, or social media messages.
   * This helps prevent malware infections.
5. **Cover Webcams When Not in Use**
   * Hackers can use webcams to spy on daily activities.
   * Keep webcams covered when not in use.
6. **Use Antivirus with Parental Controls**
   * Install antivirus software with parental control features on devices your children use.
   * Regularly review privacy settings on social media accounts.
7. **Keep Software Updated**
   * Update software and operating systems regularly to fix security vulnerabilities.
   * Avoid downloading apps, games, or files from unknown sources.
8. **Secure Browser Settings**
   * Use the latest version of your browser and install safe browsing tools.
   * This helps protect against hackers and malware.