Czech Telecommunication Office

digimajak.ctu.gov.cz/en

Ten rules for parents

01

Talk openly with your child

An open and age-appropriate conversation is the foundation of a child's safety online. Take an interest in what your child is doing online, which services they use, who they communicate with and what they enjoy doing in the digital environment. It is important to create a safe environment where your child feels comfortable talking to you openly. Reassure your child that they can come to you even if they have made a mistake. In such situations, focus first on addressing the problem and keeping your child safe, rather than on punishment.

02

Set rules together

Agree with your child on clear rules for using digital devices. Discuss together not only screen time and when and where devices can be used, but also the use of apps and social media, online purchases, sharing photos and personal information, and communicating with strangers. Parents should lead by example.

03

Make use of the technological tools available

For younger children, use parental control tools, including filters for inappropriate content, app blocking and setting time limits. Technology cannot replace parenting and should go hand in hand with active communication with your child. Explain to your child why you are using these measures and, as they grow older, gradually give them more independence.

04

Teach your child to protect their privacy

Explain to your child which information is safe to share and which information could be misused. Their address, school, phone number, current location, regular daily routine and login details should not be publicly accessible. Go through the privacy settings of their accounts together and show your child who can see their posts and personal information.

05

Pay attention to inappropriate content

Children can easily encounter online content that is not suitable for them, such as violence, pornography, drugs, or manipulative or fraudulent content. Such content can negatively affect a child's psychological development and their understanding of relationships and sexuality. Take an interest in what your child watches and how they understand it. Teach your child the importance of checking and verifying information they find online.a sexuality.

06

Talk to your child about sharing photos and videos

Explain to your child that once a photo or video is sent, including intimate content, they may lose control over who sees it or where it ends up. If your child has already sent intimate content to someone or is being blackmailed because of it, reassure them that they can talk to you and that you will deal with the situation together.

07

Beware of manipulation and risky contacts

A child should be aware that someone they only know from the internet may not be who they claim to be. A risky contact does not necessarily start with a threat – it may initially seem very friendly, offering attention, understanding, gifts or in-game currency. Warning signs may include requests to keep the communication secret, share personal information or intimate photos, or meet in person. Your child should know that they can always turn to you in such a situation.

08

Teach your child to think about their digital footprint

Talk to your child about what they share about themselves. Help them think about what information, photos and videos they post online and who can access them. Explain that once content is posted online, it can be difficult to take back and may reach people it was not intended for.

09

Respond to cyberbullying and harmful communication early

Online environments can sometimes encourage ruder forms of communication. Children may encounter insults, hate speech or cyberbullying as a victim, witness or participant. Teach your child that the rules of polite and respectful behaviour also apply online, and that anonymity is not an excuse for hurting others. Encourage them to turn to an adult if they encounter a problem.

10

Encourage a healthy balance between the digital and real world

Digital technologies are a natural part of children's lives. However, make sure your child gets enough sleep, exercise, face-to-face interaction, rest and other activities outside the digital world. Pay attention to changes in their behaviour. If online activities consistently interfere with their sleep, school, interests or relationships, this may be a sign that they need your attention and help.