

ACT QUICKLY TO SAVE YOUR CHILD IF YOU NOTICE ANY OF THE SIGNS BELOW.

Talk to your children about topics that are appropriate for their ages. It will help you win your child's trust.

If your child is a victim of online abuse, please be mindful of the emotional trauma and pain that your child is feeling. Prevent scolding, accusing, or harshly admonishing your child and instead, seek guidance from a counsellor.

Most apps, platforms, and devices have privacy and security controls. Configure them to ensure online safety.

Pay attention to your child's emotions. Respect and dignity should always be shown to your children.

Know what your children are doing online and always keep an eye on them.

If you see that your child is watching inappropriate content online, talk to them and tell them what could happen if they keep doing that.

Teach children not to meet strangers they meet online in person, because children can be easily manipulated and cause harm.

It's important to inform children that their online presence and interactions are not real in the same sense as their physical experiences.

The internet can be dangerous, but don't worry. There are people who can help you.

HAVE YOU NOTICED ANY BEHAVIOURAL CHANGES IN YOUR CHILD?

It is difficult to tell if something is bothering your child, but you should talk to them if you notice any of the following symptoms:

Displaying sexual behaviours that are inappropriate for their age or stage of development.

A shift in their online behaviour, such as spending more or less time online or only doing privately.

Changes in eating habits, behaviour, or mood.

If your child, or children, have been a victim of online abuse report it immediately to one of the agencies below:

NCPA (National Child Protection Authority):
1929

CWB (Children and Women's Bureau):
011 244 4444

CID (Criminal Investigations Department):
011 232 0141

PEaCE (Protecting Environment and Children Everywhere):

011 281 9397 / 071 273 3037

info@ecpat.lk

www.ecpat.lk



EXPLORING THE DIGITAL WORLD

What every parent should know about
Online Child Sexual Abuse

**Protecting Environment and Children
Everywhere (PEaCE)**

For the safety and well-being of your children, keep an eye on their online activities.

They use the internet for more than 24 hours a week on average.

Do You Know The Online Activities Your Kids Engage In?

Do They Exchange Offensive Content?

It Is Crucial To Discuss The Harm That Can Be Done To Them.

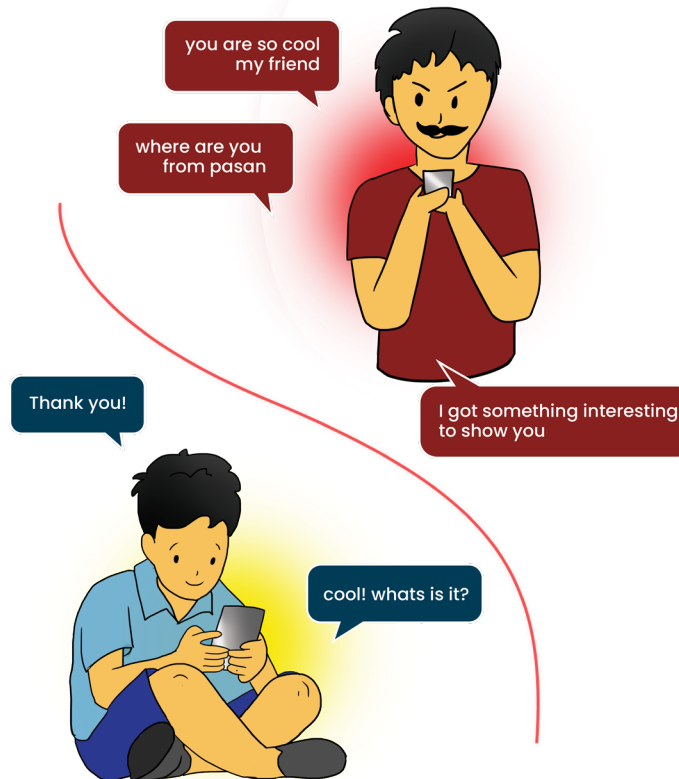
If your child posts any inappropriate content, including, text messages, images, videos and voice recordings. It cannot be removed permanently from the internet.

It is important to know that behind every online image of a child depicted in a sexually explicit or implicit way, there is a real child who has been.

Regardless of the child's age, if they are using a device that has internet connectivity, they need to be informed of what is and is not appropriate to do online.

ARE THEY ENGAGING IN ONLINE CHATS WITH STRANGERS?

The intentions of strangers are not always truthful or sincere. To trick or entrap your child, criminals may use a number of tactics.



DO YOU WORRY THAT YOUR CHILDREN SPEND TOO MUCH TIME ONLINE?

Set reasonable limits on how long they can spend online, and keep an eye on the websites they visit most often.

Most importantly, parents and other adults must act as role models if you want your children to limit their online activities.

DO THEY PLAY VIDEO GAMES TOO MUCH?

Children can easily get addicted to playing online games, which can lead to health problems in the body and mind.

It's important to look at how your child is doing in general at home, at school, with their friends and in terms of their physical and mental health.



MODERATION IS KEY TO A HEALTHY LIFESTYLE

Video games can sometimes lead children to isolate themselves from real-world social interactions. To ensure a healthy balance, it's essential to teach them the value of moderation in gaming and gently encourage them to engage