

# ONLINE GOOD PRACTICES

Optimal usage of the privacy settings in social media

Keep your personal information private

Carefully consider before accepting new friends

Think twice before sharing anything on social media

Before you post personal information, like pictures, videos etc. you should know who can see it and who can't.

Ensure that your social media accounts are not linked to each other.

Use a complex password and change it frequently.

Don't share any hurtful or indecent or inappropriate content on your social media platforms.

Don't try to meet your unknown virtual friends in person.

Don't click suspicious links that come to your private chat box.

Always keep your webcam and microphones muted.

# ONLINE SAFETY MEASURES

Increase your privacy settings on social media networking sites so that only close friends can reach you, tag you in posts, or share content with you.

You should know that if you or your friends use social media in a bad way, you or they could get caught at any time



Report it immediately if you believe you are a victim of online abuse or that a friend of yours or an unknown child is in danger. There are people who can help you.

## PLEASE INFORM:

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



# STAYING SAFE IN THE DIGITAL WORLD

## Online Safety Guidelines for Children



Protecting Environment and Children Everywhere (PEaCE)

# SMART AND SAFE INTERNET USE

The internet can be used in a variety of beneficial ways. You can update your knowledge while acquiring universal knowledge. However, you need to use it carefully.



The internet is a great place to learn and have fun, but you should be careful and use it in a smart way.

## THE MISUSE OF THE INTERNET

Misusing the internet means to use it to commit crimes or do anything else that is against the law.

There are numerous criminals who target children and vulnerable populations in order to trap them in their online criminal activities. They are committing such crimes without knowing the gravity or impact of their acts.

During the COVID-19 pandemic, the number of online child sexual abuse incidents in Sri Lanka increased by 400%, from 2,600 in 2019 to 15,800 in 2020 (Groundviews.org).

## BE CAUTIOUS WHEN USING THE INTERNET

- While using the internet, there are chances for your data to sync with web platforms
- Hackers or predators can take advantage of your information to threaten or manipulate you
- So, be careful when you share, upload, post, or export things like private photos and videos
- Don't share your bank account details and passwords online, even with known people
- Don't reveal your full name, address, telephone number, family details, or school to your online-friends



## USE SOCIAL MEDIA CAREFULLY

You can connect with anyone, anywhere, using social media. Anyone could approach you, with good or bad intentions.

Most of the crimes that happen online, like grooming, hate speech, child sex abuse materials, and bullying, are on social media.

In order to gain more friends or followers on social media, four out of ten children change their privacy settings.

Six out of ten followers are actual friends, but the other four are not.



## INDECENT PUBLICATION

Producing, providing, or making available indecent content in any form such as; photos, images, videos, letters, voice recordings of minors on online/offline platforms is prohibited. (including Child Sexual Abuse Materials (CSAM) also known as Child Pornography).