

Kamti umar ke ladkan ke liye Online suraksha



Introduction

Ee guide u mata pita aur carers ke liye hai jiske ladkan aat (8) saal ya usse kamti umar ke hai. Isse zyada umar ke ladkan ke liye online safety commission se **Keeping children safe online - advice for parents and carers** booklet maange ke padi onlinesafetycommission.com

Chota ladkan ke mata pita aur carers hone ke naate, online safety aapse shuru hoye hai.

Chota ladkan, chote se hi digital devices use kare lage hai. Ulong khele lage connected tohys, tap aur swipe kare tohuch screen, program choose kare streaming services pe dekhe ke liye, games khele, video calls join kare aur photo share kare lage family aur friends ke saathe.

Online rahe se bahut faayeda hoye chota seh hi. Ladkan ke mauka mile apan creativity jane ke liye, language skills improve kare, problem solve kare, critically soche aur relationships build kare.

Ladkan agar digital technologies nai bhi use kare hai tab bhi ulong bada jan ke dekh ke technology ke baarein mei sikhe hai. Tabhe bahut important hoye jaaye hai ki aap ke paas good habits hoye ke chahi aur aap ek example bane sakta hai.

Chota ladkan jab connected devices use kare hai tab Mata pita aur carers ke jaane ke chahi ki ismei khatarahi bhi hoye sake hai.

Dhyan mei rakho ki Chaar rakham ke khatra hoye sake hai:

- **Contact risks** — aapke ladkan online koi aisan jan ke saathe baat kare sake hai ya khele sake hai jiske ulong nai jaane hai. Jab ulong online rahe hai tab ulong ke data collect hoye sake hai jisme personal information jaise ki naam, umar aur location reveal hoye sake hai.
- **Conduct risks** — photohs, videos ya stohries jon aap social media pe abhi share karta baad mei sake contribute kare aapke ladkan ke permanent ‘ digital footprint’ pe. Baad mei chalkar ulong nai maangi ki wu sab public raheta. Aapke ladkan mei negative behaviour bhi aye sake agar ulong akele online chota ya phir support nai kara geh acha online skills ke liye.
- **Content risks** — aapke ladkan poor quality shows dekhe sake hai aur games bhi khele sake hai jon ulong ke age ke liye sutiable nai hoi. Ulong accidentally aisan cheese dekhe sake hai jon ulong ke umar ke nai hai jaise ki violence aur pornography.
- **Contract risks** — abhi jabki bahut jasti transactions aur jaankari online exchange hoye hai, toh aapke ladkan unfair contracts sign up kare sake hai jisse ulong ke haani pahuche sake hai ya phir use kara jaye sake hai. Ismei scams, identity theft aur targeted advertising bhi shamil hai.

Ladkan ke offline rakhe ke bajaye, bahut zaruri hai ki ulong ke online duniya ke faayede ke barein mei batao. Ila booklet khatra kam kare mei aapke madad kare hai aur aapke ladkan ke online surakhsha dewe hai.

Aapke guidance se ladkan mei confidence aaye jaye hai ki ulong safe hai, ulong ke dayalu rahe ke hai aur zarurat padne pe madad maange ke hai aur saath mei online acha choices bananye ke hai.



¹ https://core-evidence.eu/updates/the-4cs-of-online-risk/?dm_i=6RH4,668V,20UD5T,PQGY,1



Online suraksha pe pahile seh baat karo

Online suraksha ke barein mei kam umar se he baat kare se wu habits ke badhawa mile hai jon aapke ladkan ke madat kare explore, learn, create aur dusar jan se online connect kare mei.

Aap churu kare sakta baat kare seh ki aap konchi karta screen mei jab aap search karta ek address, ek text bhejta ya phir ek photoh social media pe post karta. Ladkan ke encourage karo ki aapse sawaal kare, aur ulong ke samjhe mei madat karo ki aap konchi karta hai aur kahe.

Eii chaar (4) key messages madat kari ladkan ke relate kare mei online behaviour aur practices seh asli duniya ke experiences.



Surakshit raho

- Baat karo ki kaise technologies aur devices sake connect hoey ek dusre seh, aur wahi uske itna useful banae. Eii ek aysan zariya bhi hoey sake unjaan insaan seh ulong connect kare ke liye, tohh ulong ke chahi khali wai insaan long she baat ya share karo jiske ulong jaane.
- Eii baat pe dhyaan rakho ki aapke ladkan jaane ulong ke “personal information konchi hai: ulong ke naam, date of birth, address. Baat karo ulong seh ki kahe sabke nai sake batae ulong information.



Dayalu Bano

- Dikhao ki kaise aap dayalu aur izzatdaar rahe sakta online. Jab ladkan baby rahe hai, tab polite online aur offline baat ke bare mei sikhae sakta, jaise ki ‘please’, ‘thank you’, ‘hello’ aur ‘goodbye’. Jaise jaise ladkan bada hote jai, aap dayalu vyohaar keh barein mein batein raho aur ulong ke eii bhi batao ki aap hai ulong keh liye agar koi unlong ke saathe khatohr raha online.
- Jab mumkin rahe, apan ladkan seh phucho ki ulong wu photoh mein rahe mange isey pahile ki aap p



Madad maango

- Dhyaan rakho ki aap ke ladkan jaane ki uske permission lewe ke hai device istemaal kare ke liye. Eii zaruri hai ki aap janta hai ulong jab bhi, taaki aap sakta nigraani rakhe acha seh.
- Apan ladkan se baat karo ki ulong konchi sake kare agar ulong device pe kuch aisan dekhe ya sunne hai jisse ulong udaas hoey, dare ya chinteet mahesus kare. Khayal rakho ki ulong jaane ki aap gussa nai hoeg agar ulong aapke paas madat mangis koicheez online ke leke.
- E baat ke bhi dhyana rahe ki online ke baarein mei kuch bhi jaane ke liye ladkan jaane ki ulong aur kiske paas jaaye sake hai.



Acha choices banao

- Devices khele ke liye samaye nikalo aur aisan sawaal poocho jisse ulong ke soche mei madat mile ki konchi acha aur kharab content jon dekhe ya games jon khele.
- Ek saahte acha aadat banao. Kuch family rules rakho digital technology ke liye aur time manage kare ke liye online.



Devices ko surakchit roop se setup kare

Chota ladkan logon ke online hoye se pahele, sabhi devices jiska istemaal whe kar rahe hai par safety measures, filters aur controls activate kare. Koi bhi parental control ya phir safe search filter 100% effective nai hai.

Devices ko surakchit roop se setup karne ke liye kuch tips.

- 1 Password Protect** - devices pe aisa code rakho jo sirf aap janta. Fingerprint ya face authentication useful hai agar aapke ke lage ki ladkan code use Karli. Zaruri hai ki jon devices aapke ladkan use kare hai, uske access aapke paas rahe aur taki aap supervise kare sakta.
- 2 Parental Controls** use karo supervise aur limit kare ke liye jon aapke ladkan online dekhe aur kare.

Aap sakta hai-

block access to specific websites, apps or functions (for example the device's camera or shopping apps with saved credit card details)

- block kare access specific websites, apps aur functions ke (jaise ki device ke camera ya shopping apps jismein credit card details save hoye)
- filter kare inappropriate content jismein adult ya sexual conduct hoye ya promote kare violence, self-harm, khaane ki disorders, drug istemaal, racism ya terrorism.
- sites ketna baar aur ketna deri visit kare hai dekhe sakta hai



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- 3 Shared accounts setup kare** sakta agar aapke pariwaar ke dher jan device, app ya phir service share kare hai. Aiyse kare seh, aap sakta hai filters ya privacy settings change kare jon ek user ke age aur skills ke suit kare.
- 4 Safe search activate** kare sakta koi bhi search engine aur device pe jon aapke ladkan use kare taki inappropriate content ke filter kare sako. Kai aise child-friendly search engines hai jaise ki Google Safe Search aur Kiddle.
- 5 Aap screen time monitohrs** istemaal karke apan ladkan ke device, app ya phir online service par ek set period ke baad time limits set kare sakta hai. E aap device pe kare sakta hai (Apple aur Android devices mein unke operating system ke hisse ke roop mein screen time monitohr shaamil hain) ya phir third party apps aur software bhi use kare sakta. Alarm clocks, kitchen timers aur stohp watches theek waise hi kaam kare hai.
- 6 Bookmarks set up** kare sakta web browser mei aapke ladkan ke liye aur ensure kar lena ki ulong jaane ke ee sab sites sake ulong use kare. Aise kare se aap ulong ke inappropriate websites aur content khole se bachaye sakta hai.
- 7 Ek folder set up** karo shared devices pe jisme u apps aur programs shamil hai jon aap ke ladkan ke allowed hai use kare ke liye.
- 8 'Airplane mode' ya phir 'flight mode' turn on** kardo mobile device pe taki aap online access restrict kare sako ya phir data connection off kardo

Guides Aur laabhdayak website:W

- **Setting up devices safely:** esafety.gov.au/parents/skills-advice/taming-technology
- **Google Safe Search:** safesearchkids.com/
- **Kiddle Safe Search:** kiddle.co/



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Dikhaye surakshit roop se explore karne ka tarika

Eii zaruri hai maata-pita aur carers ke liye ki u surakshit, positive online aadatein apnaye. Iske matlab hai ek achchha udaaharan bane ke padi, taaki apke ladkan jaane sake ki digital technologies kaise use kare ke chahi.

Yaha pe kuch tips hai jisse ladkan ke madad mili ki kaise surakshit roop se explore kare sake hai.

- 1 Dhyaan rahe ki jon bhi device ladkan use kare hai uspe parental control aur filters active ho.
- 2 Digital technologies shared family space mei rakhe ke chahi. Devices bedroom mei allow nai kare ke chahi.
- 3 Activities saath mei explore karo. Ladkan ke saathe baitoh aur saath mei khelo, zadatar sab naya games, apps, websites aur programs.
- 4 Sawaal karo jaise ki 'yaha tap kare se konchi hoi?' aur describe karo ki aap konchi sochta aur karta hai.
- 5 Ladkan ke saathe turns le ke practice karo taki ulong good habits build kare sake aur aur sab ke sanghe device use kare sake.

- 6 Jab aapke ladkan familiar games ya content khele hai tab toh ulong ke activity ke supervise karo. Aapke ladkan device pakde sake hai lekin dhyan rahe ki aap hardum screen dektha hai. Ladkan ke encourage karo ki aapse sab baat bataye taaki aap ismei shamil rahe sakta hai.
- 7 Agar ladkan apne aap device use kare hai toh ulong ke hardum check karte raho. Independent activities tabhi hoye sake hai jab u games, apps, websites aur programs aap aur aapke ladkan acha se janta hai. Aap phir bhi aas paas raho room ke.
- 8 Khayal karo ki aapke ladkan jaane ki ulong aapke paas aaye sake agar ulong koi cheese ya baat se unsure hai ya agar ulong kuch aisan cheese experience karis jiske karan se ulong uncomfortable ya surakshit nai mahsoos kare
- 9 Health aur wellbeing pe dhyan dena zaruri hai. Eii aap 'sitting online activities aur 'active online activities me balance rakhe seh sakta kare. Jaise ki, ladkan screen dekh ke dance sikhe sake hai, yoga practice kare sake aur gaana gaaye aur agay badhe sake. Devices use karke ladkan apan own games aur activities banaye sake hai.
- 10 Sleep time se screen time alag rakho. Ladkan aur bada jan ke soye se dui ghanta pahale digital devices off kardo, taaki ulong bina koi distraction ke acha se soye jaaye.

Jab bhi aap ek device ya phir phone uthaye ke uspe focus karta hai tab dhyan rahe ki aapke ladkan aapke dekhe aur aapse sikhe hai. Babies long bhi screens ke baarein mei aur aap ketna time ulong ke saathe bitata hai sab jaane hai. Jab aap device rak ke ulong pe concentrate karta hai tab aap ulong ke liye ek acha example banta hai- koi bhi age pe.





Manage Karo Screen Time

Kaafi time humlong sunta hai ki screen ke aage bahut zyda deeri rehna ladkan ke liye acha nai hai. Lekin 'bahut zyda' ketna hoeye hai? ee depend kare hai ki aap ke ladkan kon chi dekhe hai aur online konchi kare hai.

Digital technology mauka dewe creativity, problem-solving aur sikhe ke liye — ee sab acha screen practices hai. Dono screen practices aur screen time ke baarein mei socho jab aap apan ladkan ke liye decide karta hai ki konchi acha hai uulong ke liye.

Ek acha idea hai ki aap apan ladkan ke self-regulation skills ke support karta hai, isse ulong apan time online manage kare sake hai. Aise kare se ladkan ke aap help kare sakta hai ki ulong u activity jon screen require kare seh nikal kar bina screen wala activity kare.

Jab ladkan rule banaye aur follow kare ke liye ready hoeye jaaye(zadatar 3 saal ke umar mei) tab ulong digital technologies use kare ke liye family rules banaye mei madad kare sake hai. Rules mei aap ke family kis tarah se device par samaye bitaye hai shamil hoeye ke chahi.



Manage karo screen samaye



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Manage karo screen samaye



Manage karo screen samaye

Yaha pe kuch tips hai Screen time aur Screen practices ke balance kare ke liye.

- 1** Isse ke pahle aapke ladkan khelna aur dekhna shuru kare, baat karo ki kitna time spend kare sake hai ulong device pe. Ise ulong samajhi ki ek certain time pe uske device se hat ke kuch aur kareke padi. Ek specific length of time ek dum zaruri nai hai, aap sakta bole ki 'jab yeh program khatam hoyi tab'
- 2** Ek timer use karo taki time set kare sakta ki aapke ladkan ketna deri device pe time bitaye sake hai. Ladkan bahut pasand kare agar ulong ke timer setting incharge dewa jaaye. Isse madad mile discourage kare ke liye gussa tantrums. Jab screen time khatam hoye jaaye. Lekin yaad rahe development ke liye is umra mei gussa hona normal hai.
- 3** Ek set time ke baad access block kare ya phir limit kare ke liye device control use karna chahiye. Chota ladkan ke liye eii ek useful strategy hai, because ulong dekhey ki device apne aap hi band hoey hai, naaki aap uske band karta.
- 4** Ulong ke madat karo ki ulong koi aur activity kare —last 5 minutes screen time ke aap apan ladkan ke saathe baitoh aur baat karo ki ulong konchi dekhe aur kare hai. Iske baad mei aap eii bhi baat kare sakta ki ab next konchi karo..
- 5** Device-free times peh agree karo —ek family hone ke naate, baat karo ki kon time pe sab koi devices band karde, jaise ki jab sab saathe baith keh khaana khaye hai.
- 6** Soye se ek ghante pahle device off kardo — isse aap ke ladkan acha se soye saki.

Signs jon bataye ki bahut zyda time online bitata

Agar aap nahi jaanta ki kitna screen time bahut zyada hai, tohh ladkan ke behaviour she sako pata karo. Kon signs dekh ke pata chali:

- Thakaan
- Bahut gussa hona ya phir jab unse device se break lewe ko bolo tohh roye lage
- Khana nai khana sab time rakam
- Soye nai acha seh
- Friends aur family se door hoye

Agar aap ee sab issues notice karta hai, tab apan ladkan ke online time kamti karo. Ya phir online contact ya phone counsellors ya phir local doctohr ke call karo advise ke liye.



Manage karo screen samaye



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Manage karo screen samaye



Acha Content Khojo

Ladkan ke dekhe ke liye acha content aur interesting activity jab aap choose karta hai tohh use ladkan ke future online choices shape hoey.

- “Acha quality” content ke matlab alag alag rahe alag alag insaan ke liye, tohh aap decide karo ki aap aur aapke ke pariwaar ke liye konchi zaruri hai.
- Aap apan ladkan ke encourage karo acha choices banaye ke liye baat kare seh ki ulong keh konchi acha lage aur konchi aur ulong enjoy kari — aap aur suggestions add kare sakta ulong ke bookmarks ya folder mei.
- Aap apan ladkan ke dekhaye sakta ki kaise select karo different content ya phir madad karo ulong ke type kare mei different search words.

Konchi Dekhe ke chahi

Uch koti ke shows, games aur apps ke kuch signs hai:

- Ulong aysan insaan yaa phir characters ke dekhaye jon dayalu aur friendly rahe.
- Ulong madat kare ladkan ke sounds, numbers aur letters sikhe mei.
- Ulong encourage kare ladkan ke ki ulong create aur explore kare, nai ki khali dekhe.
- Ulong encourage kare ladkan ke ulong dher actions use kare nai ki same actions repeat kari.
- Ulong balance rakhe female aur male characters ke aur insaan jon alag desh aur culture seh hai.





Kaha check karo acha content

Movies aur online games mei zydatar age rating dewaan rahe taki wu dekhae sakae agar content suitable nai hai chota ladkan ke liye. Common Sense Media umar ke hisaab seh apps, games, websites, movies, TV shows, online channels aur streaming services ke reviews dewe hai. Aap eii reviews lon sakta dekhe yaha pe commonsensemedia.org/

Aap chota ladkan ke liye acha content eii providers lon pe sakta khoje:

- **Fiji TV kids** — fijione.tv/kids
- **ABC Kids** — abc.net.au/abckids
- **CBeebies** — cbeebies.com
- **PBS Kids** — pbskids.org
- **Sesame street** — sesamestreet.org
- **Bluey on Disney+** — disneyplus.com/en-gb/series/bluey/1xy9TAOQ0M3r



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