

SESSION ON CYBER SAFETY HELD ON APRIL 2ND

FOR PARENTS OF CLASSES VI, VII AND VIII

With moving times come changing trends with regards to sources of information, tools vital for development of a society and the by-products of these revolutions. As clichéd as the saying is now, technology has been one such instrument which has changed our world and it will never again be the same. Along with the powerful transformations that have been made possible, there is also a flip side. With so much available at the click of a finger, there are but naturally disturbing trends that come along. Young adults and school children seem to be most vulnerable to these hazards.

Latest scientific research suggests that issues like obesity, low self-esteem, lack of self-regulation and many other mental health concerns are an outcome of the social media craze. In the past year, at school we have had the need to address many students across Class VI, VII and VIII about social media. We realized that this was due to excessive or unmonitored use of social media among students

To address this concern, the morning of 2nd April saw the enrolled parents of Class VI, VII and VIII attend a session conducted by experts on Cyber safety for children. Conducting this session were Rohit Srivastwa (specialist in IT infrastructure, cyber warfare and cyber-crime investigation, advisor to several security agencies across the world) and Indrajit Deshmukh (Co-Founder of Santulan and Practical Life Skills Development Centre which work towards rehabilitation of individuals with addiction).

Rohit took the parents through the various realities that our children are very much a part of these days; ranging from being part of Google+ Hangout groups which sees bullying, put-downs and exclusion, to accidentally or intentionally being exposed to sexually explicit content, to incidents of child details being misused as there was no caution about sharing information on Facebook/Instagram/Snapchat, to playing online games like 'Clash of Clans' where money is spent by children or then they chat with strangers who might be predators. The parents were not left in a lurch worrying; he then took them to various tools and technological

support that helps with keeping track of online activity that will protect the child. But more importantly, he gave important tips to parents about what are the ways in which parents can talk to children about their online activities, and emphasized the ways and means of *how* to be an involved and trusting parent to your child in this matter.

Indrajit's interaction with the parents reinforced everything that Rohit mentioned, and gave various other perspectives that parents in the audience seemed to have not even thought of before. The eye-opener was the link of how online behaviour has such a glaring connection with possibility of acquiring addictions of both substances and behaviours. He spoke about the reason for the vulnerabilities from the bio-psycho-social perspective, how to look for signs and symptoms and most importantly, many preemptive measures that the parents can take and feel empowered in keeping their children safe.

Even though the presence of parents was not as per the strength, the parents who did take out time and attend the session made no attempt to hide how useful they felt the session was. They also voiced their plans of going back to the larger parent community and sharing with them the importance of attending a similar session that they have asked us to arrange for, yet again and at frequent intervals.

We hope that all parents sit up and take note of this important message. Since we are very aware that Orchid has a parent body that is so committed, tuned in and involved in their child's life, attending a session such as this one will only give the necessary inputs that all parents in the audience on April 2nd verbalized to be extremely crucial.

Looking forward to seeing all of you for the next session as and when it is planned.





The slide is divided into three vertical columns, each with a light blue circle at the top. The first column is titled 'Smart Antivirus' and contains the text 'Nothing wrong with free, even Microsoft Security Essentials is also good enough'. The second column is titled 'Smart Anti-spyware' and contains the text 'Not all antivirus fight against spyware/adware/ ransomware'. The third column is titled 'Smart Firewall' and contains the text 'Someone who can protect you from unwanted incoming and outgoing connections'. A large, light blue double-headed arrow spans across the bottom of the three columns, with the text 'Update them Regularly' centered within it.

Smart Antivirus	Smart Anti-spyware	Smart Firewall
Nothing wrong with free, even Microsoft Security Essentials is also good enough	Not all antivirus fight against spyware/adware/ ransomware	Someone who can protect you from unwanted incoming and outgoing connections

Update them Regularly





Counsellors
The Orchid School