

## **ADVISORY**

As the society develops technologically, we as adults are continuously challenged on equipping the children in our care to a safe and effective use of technology. These include use of phones, playing video games, online surfing, social media etc.

It has been brought to our notice that many students have unlimited and unsupervised access to the internet and different devices. We, at school regularly keep talking to students about how hazardous these are and now we want the parents to partner with us in reinforcing and driving this point home. Unless we monitor and guide the children to use phones with discretion, it can lead to various problems. Some of the negative effects of regular use of mobile phones include tumours, cancers and disturbed brain activity.

**In addition here are the seven risks that kids face online:**

- **Cyberbullying.** ...
- Cyberpredators. ...
- Posting Private Information. ...
- Phishing. ...
- Falling for Scams. ...
- Accidentally Downloading Malware. ...
- Posts that Come Back to Haunt a Child Later in Life.

Many parents worry, no doubt, about the effect video games have on their children. We list the ten most common problems recently investigated by researchers from 2006-present.

1. An increase in emotional disorder symptoms
2. An increase in and behavioral disorder symptoms
3. Decline in verbal memory performance
4. Somatic complaints
5. Attention problems such as hyperactivity, ADD or ADHD
6. Detrimental school performance (as video game usage increases, GPA and SAT scores decrease)
7. Family interaction problems such as less positive parental relations
8. Significant reduced amounts of slow-wave (REM) sleep
9. Modifications in visual selective attention
10. Playing violent video games is a significant risk factor for later physically aggressive behavior.

To enable parents to help children use technology effectively in a safe environment, please find below few pointers:

### **1) Exercising parental control on on-line surfing.**

Windows 10, by default, offers options for families and parents to ensure children are protected when they are online. To turn on parental controls for your child, go to the Windows search bar, and type 'family options' and click on that options under settings. Create an account for your child, and enable parental controls. Once parental controls are enabled, two features are turned on by default. Firstly, internet browsing on Microsoft Edge browser becomes strict, ensuring that no adult content will be displayed in any of the search results. Secondly, InPrivate browsing is blocked, disabling incognito browsing by the child.

**2)** When children go for birthday parties or activity classes, it is but natural to want to keep a check on them by staying connected with them. Providing them with a phone is thus unavoidable here. However, instead of giving them a smartphone, we can give them a regular phone to avoid any misuse.

**3)** If they are online playing a game, join them and play with them so that you are aware of the potential pitfalls of that game.

**We hope this will be useful and help you use technology the right way to enrich the learning experience of your child.**

## **Recommended resources**

1. <http://www.askaboutgames.com/>
2. <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology/gaming-devices>
3. <https://pegi.info/en/index/id/33/>