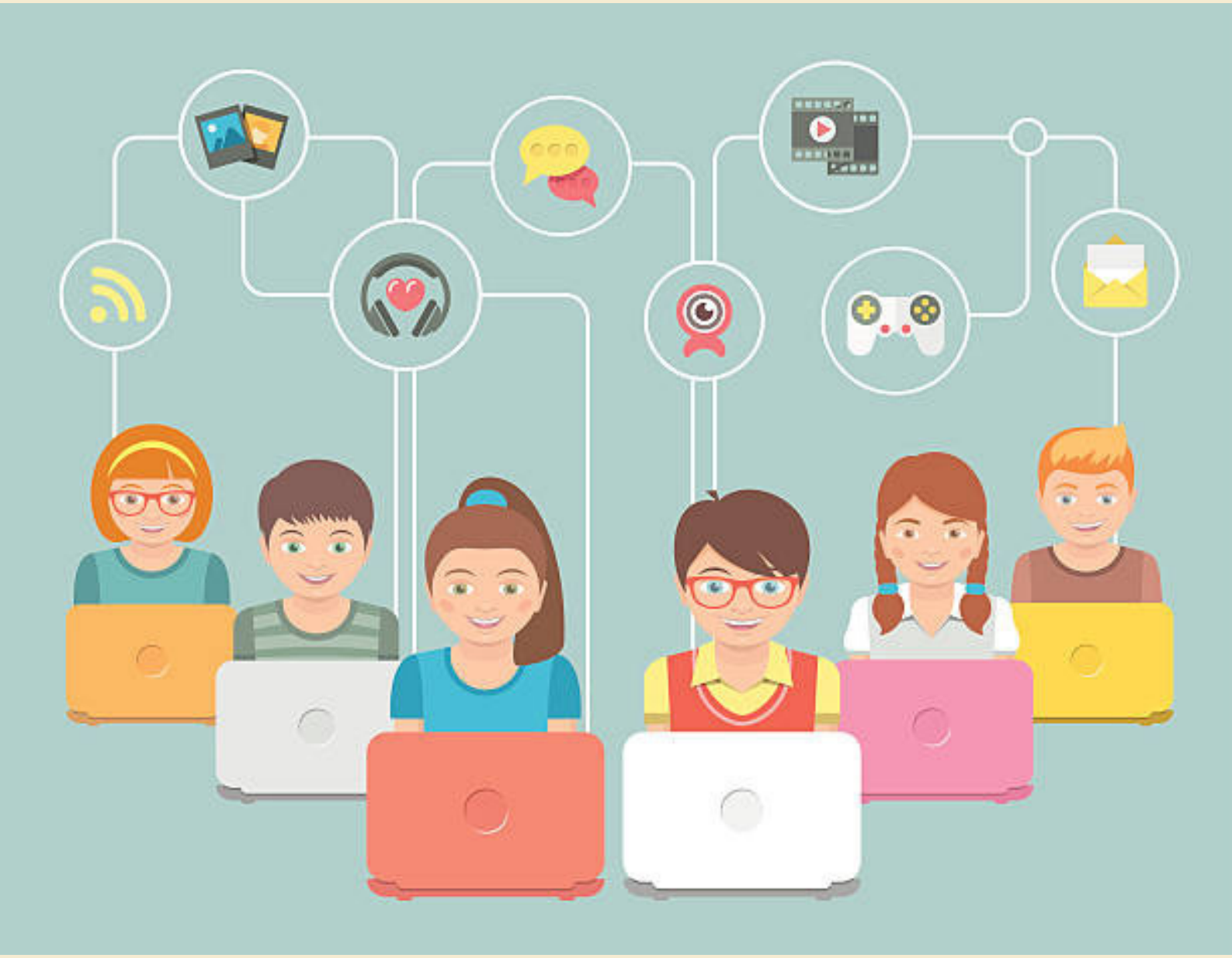
"Technology in its place:
as a tool, not as a driver"



stand up.
speak up.
step up.

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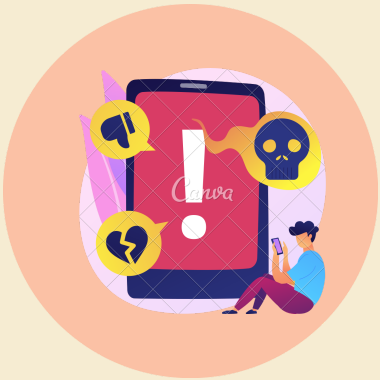
15.85 million internet users in Nepal at the start of 2023, when internet penetration stood at 51.6 %.

85.85% of children use the internet on mobile phones in Nepal.



One in five young girls and women (13-24 years old) and one in 10 young boys and men of the same age received hate speech and sexual messages, photos or videos on the internet.

Among 4,778 parents of Nepal, among which 40.6% did not see any probable online risks for their children, and 26% did not know about such risks.

What is Online Safety?

Online safety refers to the act of staying safe online which means protecting oneself and others from online harms and risks which may jeopardize their personal information, lead to unsafe communications or even affect their mental health and wellbeing.

"Technology is not a babysitter"

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What are the risks?

Internet Addiction

When a person has an obsessive urge to spend a lot of time on the Internet to the point where other aspects of their life (such as relationships, jobs, or health) suffer as a result.

Cyber Grooming

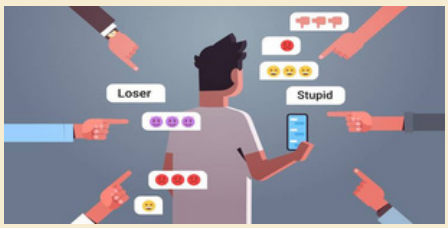
When someone (typically an adult) befriends a child online and establishes an emotional connection with the goal of sexual abuse, sexual exploitation, or trafficking.

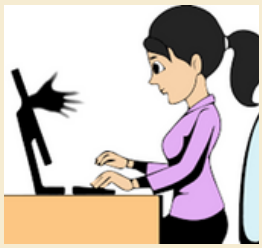
Cyber Crime

Use of a computer as an instrument to further illegal ends.

Cyber Bullying

Bullying takes place over digital devices like cell phones, computers, and tablets.





Online Child Sexual Exploitation

involve the use of information and communication technology as a means to sexually abuse and/or sexually exploit children.

Child Sexual Abuse and Exploitation Materials

Any content that depicts sexually explicit activities involving a child. These materials include children of all ages, boys and girls, and differ in the level of severity of the abuse and acts ranging from children posing sexually to gross assault.

Sexting

The action or practice of sending sexually explicit photographs or messages via mobile phone

Phishing

A cybercrime in which a target or targets are contacted by email, telephone or text message by someone posing as a legitimate institution to lure individuals into providing sensitive data such as personally identifiable information, banking and credit card details, and passwords.

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How to keep ourselves safe?

1. Remember that what you post or upload on internet is permanent, widespread and nearly impossible to delete forever.
2. Regularly check privacy settings, to control who can chat, share or other information.
3. Avoid potentially harmful situations like meeting someone you "MET" online alone.
4. Do not share your personal photos and personal information with people you don't know or someone whom you met online
5. Do not look at websites or materials available online that are disturbing or you are not comfortable with- it can have long- term negative impact.
6. Do not visit forums and chat rooms, information shared might not be appropriate.
7. Do not believe all the information available online.
8. Do not share passwords of laptop, emails, social media accounts, and mobile phones with anyone.

9. Think before you click: Can make new friends but sometimes it`s difficult to analyze people.
10. Do not mention the details of your activities. It may compromise the safety and security of your family.
11. Do not keep your fears to yourself. If you are worried about your safety or something that has happened to you online, urgently speak to a person or authority you trust.

How to keep our child safe?

1. Talk to your child about harms and abuses in the online world and share information to use online content safely. Do not wait for some incidents to happen before talking to them..

2. Be supportive and positive when your child comes to you with any issues he or she might be facing online. If you think you do not have the right information or skills to support your child, do not hesitate to seek help from others who can.

3. Learn about the social tools and online platforms children are using these days to better understand the risks children face online and learning opportunities.

4. Explore online tools that will help you monitor your child's internet usage and block or receive alerts of objectionable content.

5. Spend time online together to teach your child appropriate online behavior and to use the internet for positive learning.

6. Do not let your child use technologies such as computers mobile phones and tablets excessively without your supervision. Technologies shouldn't replace your care and company.

7. Do not get angry or upset when your child shares any incidents online. Instead of blaming your child, provide him or her with counseling and information to be safe online. If needed, seek support from available services.

8.Do not violate your child's privacy by hacking into their social media accounts to monitor their online activity.

9. Do not post compromising photos and videos of your child online. You might think they are cute but remember there are pedophiles lurking online looking for their next victims.

10. There is nothing to feel ashamed about if someone is facing online abuse so encourage the child to speak up instead of blaming.

AND

Do not try to limit your child's online activity or completely get them off the Internet because of the risks of online abuse. Technology provides new opportunities, so be mindful of how your child is using it.

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Punishment for Committing Cyber Crime

Fine from Rs.50,000 to Rs.200,000 or imprisonment from 6 months to 5 years depending on the nature of the offense or as per prevailing law

Where and how to file a cyber crime complaint

Nearest Police Office or Police Headquarters Cyber Bureau

Shankhamul, Kathmandu

015910717

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