



सत्यमेव जयते

NITI Aayog

ONLINE SAFETY FOR CHILDREN: PROTECTING THE NEXT GENERATION FROM HARM

Sadhna Singh



ONLINE SAFETY FOR CHILDREN: PROTECTING THE NEXT GENERATION FROM HARM

In today's increasingly interconnected world, the internet is an essential part of daily life, offering numerous opportunities for education, entertainment, and social interaction. However, this digital landscape also poses significant risks, especially for children. As young users navigate online spaces, they are exposed to threats such as cyberbullying, inappropriate content, online predators, and privacy violations.

As guardians of the next generation, it is crucial to understand these dangers and take active steps to protect children online. This article explores the importance of online safety for children, the risks they face, and the strategies parents, educators, and policymakers can adopt to create safer online environments.

India's population is characterized by a rich diversity of socio-economic backgrounds, leading to a wide range of devices in use- from advanced, secure electronics to budget-friendly mobile phones. This diversity poses challenges for authorities in establishing uniform legal and technical standards for data protection. Moreover, low levels of digital literacy and awareness further complicate efforts to ensure effective data security across the country.

The Growing Presence of Children Online

Children and young people around the world are among the most active users of the Internet and web-based services in today's increasingly connected digital landscape. It is estimated that one in three children globally uses the Internet, meaning that one in three Internet users is under 18 years of age. Young people use the web for a variety of purposes, including accessing educational resources, entertainment, developing digital skills, and maintaining social connections and online identities.

However, the widespread availability of online content also exposes children to age-inappropriate material and various online risks. Children are particularly susceptible to abuse and exploitation by cyber-predators and other malicious actors at this young age and in their developmental stage.

The COVID-19 pandemic further intensified this challenge. Lockdowns and restrictions on movement made digitalization an urgent necessity, with schools shifting from in-person classes to remote learning through virtual platforms. While this transition ensured continuity in education, it also dehumanized learning environments, disrupted social interactions, and isolated children in the digital space. This surge in digital exposure introduced new risks to their safety, well-being, and mental health. There was a steep rise of 32% in cyber-crime against children from 2021 to 2022 as per National Crime Records Bureau official data.



Emerging child concerns in this digital era include digital addiction, cyberbullying, exposure to inappropriate content, and the prevalence of Child Sexual Abuse Material (CSAM) online. Additionally, social media platforms, chat rooms, and online games present further threats to children's security. Often, parents and guardians lack the digital literacy needed to understand and mitigate these risks, leaving children vulnerable to the negative impacts of their online experiences on their mental and emotional health.

With the widespread availability of smartphones, tablets, and personal computers, children spend increasing amounts of time online. According to recent data, the majority of children are accessing the internet from an early age.

Table 1: Trends in Children's Internet Usage (2023)

Age Group	Average Hours Spent Online per Day	Percentage Owning a Smartphone	Most Common Activities
0-5 years	1.5 hours	N/A	Educational videos, games
6-10 years	2.5 hours	60%	Social media, gaming, videos
11-15 years	4 hours	85%	Social media, online chats, gaming
16-18 years	6 hours	95%	Social media, online forums, shopping

Source: Child Internet Safety 2023 Report

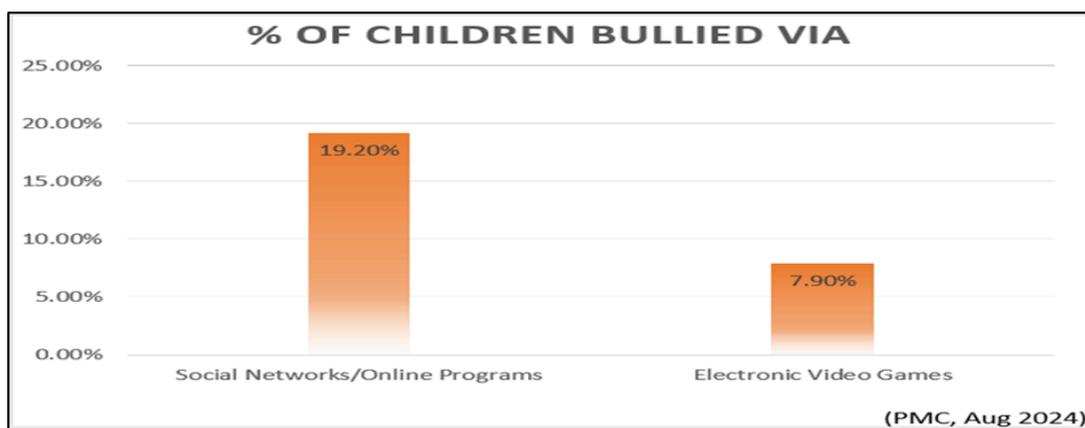
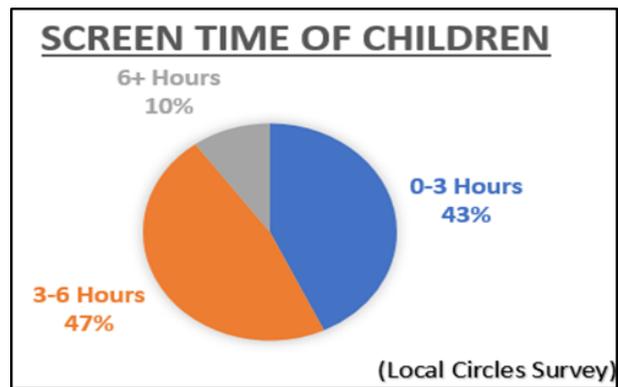
This table demonstrates how internet usage increases with age. However, it also highlights the vulnerability children face as they grow up in a digital world. In addition to spending hours online, children often interact with others across various platforms, which can expose them to new risks.

Risks Children Face Online

While the internet offers great educational and entertainment value, it also brings a set of significant risks for children. The most common risks include:

1. Cyberbullying

Cyberbullying is one of the most prevalent online risks for the young people around the world. It involves the use of digital platforms to harass, threaten, or manipulate others. It is one of the major threats that the children and teens face incessantly via social media sites and video games and can affect young people each time they are exposed to hate speech, violent content including messages that incite self-harm and suicides. Approximately 20 percent children face bullying through social networks and additional 8 percent through the video games chat rooms.



Cyberbullying can have severe emotional and psychological impacts on children, leading to issues such as depression, anxiety, and even suicidal ideation. As children become more engaged on social media platforms, the risk of encountering bullying increases.

2. Inappropriate Content

Another significant threat is the exposure to inappropriate or harmful content. With billions of videos and websites available online, it's not uncommon for children to stumble upon explicit or distressing material, even when browsing innocently. Sometimes under peer pressure, accidental searches or curiosity they stumble upon explicit material on the internet that they should not see at this impressionable age.

3. Online Predators

The anonymity of the internet creates opportunities for online predators to engage with children. Predators often exploit the vulnerabilities of young children by accessing social

networking sites and chat platforms to engage with them, taking advantage of the anonymity, these spaces provide. This can put children at significant risk of abuse, exploitation, and other threats to their safety and security. Additionally, cyberbullying has become a widespread danger on social media platforms, further endangering children's well-being.

4. Privacy Concerns

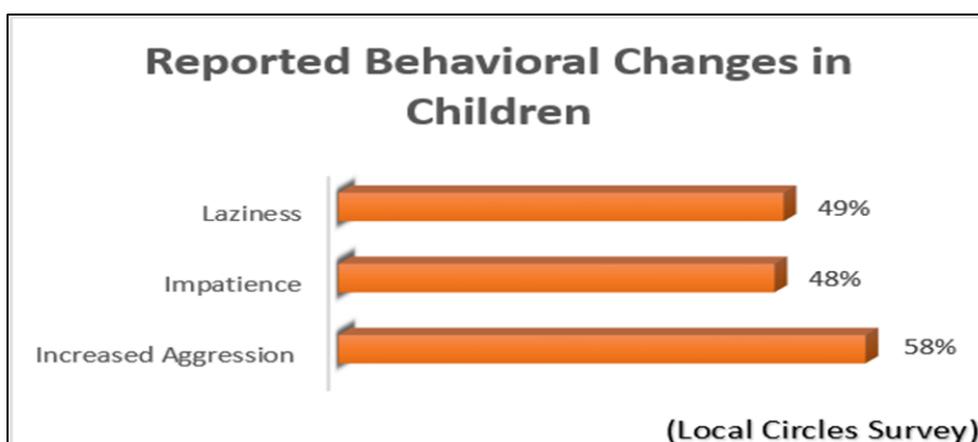
Privacy violations are another critical concern. Many children unknowingly share personal details online, including their location, family information, and school. This information can be exploited for malicious purposes. The other aspect is also there where tech companies violate children's privacy to gather data for marketing purposes, which can put them at risk. Apps that target children with marketing often lead to excessive screen time, which can negatively affect their overall development.

5. Misinformation, disinformation and fake news

Misinformation, disinformation, and fake news refer to false or manipulated information that spreads rapidly, often causing harm both online and offline. Fake news can lead to significant damage. Young children are particularly vulnerable to these types of information because they haven't developed the skills needed to assess the accuracy of what they encounter.

PROTECTING CHILDREN ONLINE: EFFECTIVE STRATEGIES

To mitigate these risks, there are several steps that parents, educators, and policymakers can take to ensure the safety of children in the digital space.



1. Educating Children About Online Risks

Education is the first line of defence. Teaching children how to identify potential dangers, such as inappropriate content or cyberbullying, empowers them to take action when faced with these threats. Schools can incorporate online safety lessons into their curriculum, focusing on privacy settings, recognizing suspicious behaviour, and dealing with online harassment.

2. Monitoring and Setting Boundaries

Parents should implement clear rules about internet usage. This includes the following:

- Create strong passwords.
- Limiting screen time.
- Ensure children only visit age-appropriate website.
- Turn on SafeSurf settings.
- Turn off location services in all apps.
- Parental control apps till a certain age.
- Keep system up-to-date.
- Keep cameras and webcams covered when not in use.
- Teach them how to be kind.

3. Using Technology to Safeguard Children

There are several tools designed to protect children online. For instance, many social media platforms offer privacy settings that allow parents to monitor and control their child's activity. Additionally, antivirus software and firewalls can help protect against cyber-attacks and malicious content. These apps allow parents to monitor texts, calls, social media, and location, providing a proactive means to safeguard children from potential harm.

4. Encouraging Open Communication

Creating an open line of communication is essential in building trust with children. Encouraging children to talk about their online experiences and any encounters that made them feel uncomfortable can help parents identify and address potential dangers before they escalate.

5. Legislative Action

Governments and policymakers must create stronger laws to protect children online. This includes enforcing age verification measures, holding tech companies accountable for the content shared on their platforms, and providing resources for parents and children to learn about online safety.

6. Government Actions

- **Regulatory Frameworks:** Governments should establish robust regulations that protect children's privacy and safety online. This includes age verification systems, stricter controls on data collection, and measures against harmful content.
- **Digital Literacy Programs:** Implement nationwide programs to educate.
- Cover topics such as online safety, recognizing misinformation, and the implications of sharing personal information.

7. Societal Responsibility

- **Community Awareness Campaigns:** Communities can organize awareness campaigns that inform parents and children about the potential risks and ethical issues associated with online engagement, promoting a culture of safety and respect.
- **Support for Vulnerable Groups:** Society should provide additional resources for vulnerable children, such as those from low-income families or with disabilities, ensuring they have equal access to safe digital spaces and educational resources.

8. Indian government initiatives and legal provisions

S. No.	Name of Measure	Portal Link	Legal Law/Act	Developments So Far
1	National Cyber Crime Reporting Portal (NCRP)	cybercrime.gov.in 1930	IT Act, 2000	Over 1.3 million complaints registered, ₹4,386 crore saved in fraud prevention.
2	Indian Cyber Crime Coordination Centre (I4C)	mha.gov.in	IT Act, 2000	Established 7 Joint Cyber Coordination Teams (JCCTs) across cybercrime hotspots.
3	Cyber Swachhta Kendra	Cyberswachhta kendra.gov.in	IT Act, 2000	Offers free cybersecurity tools for malware detection & removal.
4	CyTrain Portal	cytrain.ncrb.gov.in	IT Act, 2000	Over 96,000 law enforcement personnel trained in cybercrime investigation.
5	Cyber Crime Prevention Against Women and Children (CCPWC)	mha.gov.in	IT Act, 2000, POCSO Act	₹131.60 crore allocated; Cyber forensic labs set up in 33 States/UTs.
6	Information Security Education and Awareness (ISEA)	isea.gov.in	IT Act, 2000	Promotes digital literacy among students, parents & teachers.
7	Stay Safe Online Campaign	meity.gov.in	IT Act, 2000	Conducts public awareness campaigns on online fraud prevention.
8	CyberDost Awareness Initiative	twitter.com/cyberdost	IT Act, 2000	Disseminates cyber safety tips via X (formerly Twitter), Facebook & Instagram.

Conclusion

The internet offers immense potential for children to learn, grow, and connect with the world around them. However, it also presents numerous challenges and risks that require a concerted effort from parents, educators, policymakers, and technology providers. By fostering a culture of digital responsibility, setting clear boundaries, and leveraging technological tools, we can ensure that the next generation remains safe in the digital world. This also calls for stronger legislations and rules for online safety.

As we move forward into an ever-more interconnected future, safeguarding children online will remain one of the most important tasks of our time. Together, we can create a digital environment where children can thrive without fear of harm.

As parents, responsible citizens, and members of society, it is our responsibility to protect and guide our children toward a bright future where they can thrive, be happy, healthy, and fulfilled. We must prioritize their well-being by actively engaging in their lives, including their online experiences.