

**the digital dance:  
parenting in an online  
world**





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# THINKING PAGE 1: ME AND SOCIAL MEDIA

WHEN DID YOU RECEIVE YOUR FIRST  
CELLPHONE OR COMPUTER?

WHAT DID YOU THINK OF TECHNOLOGY  
AT THE TIME? HOW DID IT MAKE YOU  
FEEL?



HOW MANY ELECTRONIC DEVICES DO  
YOU USE OR OWN AT THE MOMENT?

HOW MUCH TIME DO YOU THINK YOU  
SPEND ON YOUR DEVICES PER DAY?



WHICH SOCIAL MEDIA PLATFORMS DO  
YOU USE?

WHAT HAS YOUR EXPERIENCE ON THESE  
PLATFORMS BEEN LIKE?



## benefits and possible risks faced by children on social media platforms<sup>1</sup>

Social Media Platform	Possible Benefits	Possible Risks
<b>Facebook</b> 	<p>Helps children connect with friends, family and peers around the globe and stay connected online.</p> <p>Children find opportunities i.e. scholarships, Internships etc.</p> <p>Children can play games with peers.</p> <p>News and entertainment.</p>	<p>Photos of children uploaded online can easily catch the attention of sexual predators and make children a target for sexual exploitation.</p> <p>Children can be stalked, harassed and bullied.</p> <p>Children can be exposed to violent and sexual content.</p> <p>Children's personal information can easily be accessible to strangers if their settings are not set to private.</p> <p>Children can fall into online scams.</p>
<b>Instagram</b> 	<p>Helps children follow their interests i.e. interest in art, music etc.</p> <p>Children can follow their role models.</p>	<p>Children can be exposed to inappropriate pictures and videos.</p> <p>Photos shared by children can attract sexual predators offering unrealistic opportunities i.e. promising to make the child famous, offering acting or modelling careers which often leads to sex trafficking.</p>
<b>YouTube</b> 	<p>Access educational videos for school and other projects.</p> <p>Children can learn a new skill.</p> <p>Children can start their channel to share their views and skills with the world.</p> <p>Learn a different language.</p>	<p>Children can be exposed to inappropriate and self-harm content.</p>

<sup>1</sup> This is based on various global reports on Child Online Protection



<p><b>Twitter</b></p> 	<p>Civic engagement- children can engage and air the voice on current affairs and issues affecting them and their society.</p> <p>Children can easily tweet directly to leaders and influential people and engage them and their peers on issues affecting them.</p> <p>Can become global citizens</p>	<p>Children can be exposed to discriminatory remarks and hate speech.</p> <p>Radicalization and Ideological persuasion.</p> <p>Children can easily be exposed to sexual content, if the settings are not set to filter and block viewing of sexual content.</p>
<p><b>TikTok</b></p> 	<p>Children can showcase their skills i.e. singing, dancing, acting etc. entertainment</p>	<p>Children can easily be targeted by adults for sexual exploitation.</p>
<p><b>WhatsApp</b></p> 	<p>Children can communicate and keeping in touch with friends, family and peers.</p> <p>Children can share and receive information for school, sports and entertainment.</p> <p>Directly share pictures and videos with their families and peers.</p>	<p>Can be used for sexting and dissemination of child-produced indecent images.</p> <p>Children can be bullied and harassed.</p> <p>Children can be exposed to sexual and violent content.</p> <p>Children can easily receive unwanted sexual material.</p>
<p><b>Snapchat</b></p> 	<p>Children can share pictures and videos of themselves.</p>	<p>Children can be targeted by adults for sexual exploitation</p>



# ages and stages

AGE and STAGE	Building a Relationship at this stage	Age Appropriate Technology
<p data-bbox="91 346 218 409"><b>0 – 2 years old</b></p>  <p data-bbox="91 649 218 824"><b>Themes:</b> safety and security &amp; stimulating the senses</p>	<p data-bbox="251 346 598 1249">Babies and toddlers this age are fully dependent on adults for all their needs. If we respond to their needs for food, sleep, changing, reassurance and comfort when they are frightened or in pain, they learn to trust their caregivers. They need to be held, rocked, loved and increasingly stimulated by parents/caregivers. Have fun with your children at this age – blow bubbles on their tummies, tickle them and play games with them. Help them learn to sit up, roll over, crawl, walk and slowly learn new words. Talk to them in reassuring ways when they are small. They should not be allowed to cry unattended for long periods of time or they will stop trusting that parents/caregivers are there to support them.</p>	<p data-bbox="635 346 936 601">No technology is appropriate at this stage. Don't prop up babies in front of cartoons or screens of any kind – rather give them experiences that stimulate all the senses.</p>



<p><b>3 – 5 years</b></p>  <p><b>Pre-schoolers</b></p> <p><b>Themes:</b></p> <p><b>Curiosity</b></p>	<p>Children are learning so much about how the world works and their bodies and brains are developing fast. Spend time with them helping them discover the world. Boundaries are set to keep them safe because they are exploring everything. They still need lots of cuddles, kisses and talking. Show them new things. Reward them with compliments for what they are learning. “What a big girl – you can feed yourself!” Talk to them non-stop as they are expanding their language skills in the latter part of this time.</p>	<p>Limit screen time to no more than an hour a day, preferably with parents watching. They can watch cartoons and play some of the age-appropriate games available on phones and online. Very close supervision needed.</p>
<p><b>6 – 12 years</b></p> <p><b>The Primary Years</b></p>	<p>Children start school and gain access to a wider community of peers and other families. Clear boundaries are needed, and parents should support school learning and also after-school activities. Spend quality time with children doing the things they love, affirming them for all the new things they are learning and for who they are as people.</p>	<p>They will increasingly want access to phones and social media to connect with peers. They are very vulnerable online, so clear boundaries and regular monitoring needs to happen. Talk with them about the dangers to self and others. Avoid TV’s and other devices in bedrooms.</p>



<p><b>Themes:</b> <b>Learning and Peer acceptance</b></p> 	<p>While they are more and more exposed to life and people outside the family home at this age, they still need lots of physical love and attention.</p> <p>Good communication and conflict resolution skills are developing at this age, and it is important for you as parent to identify the difference between the child and the behaviour of the child. If your child steals something, rather don't call them a thief, but point out that s/he has stolen something and that this has certain consequences.</p>	<p>Try and set up access in a more public place in the house. Still limit screen time and keep monitoring and supervising. Have clear boundaries around "IT-clear zones" in the house – at the dinner table, at bedtime, when others are visiting etc</p>
<p><b>Age 13 – 15</b></p>	<p>Children in this age group start looking out towards the world for relationships and it is sometimes hard as parents to realise you are no longer the centre of their world! This is where the trust you developed with them in their early years starts to be very important as you need to trust them more as they move into the world and they need to trust that you have</p>	<p>Early adolescent children have a driving need to be "connected" on social media with peers and this is normal, but sometimes difficult to manage. They are often interested in brands in technology – having the "right" smart phone is important to them and they can be relentless in their nagging! Parents feel</p>



**Theme: A  
time of  
change**



their best interests at heart when you have to set clear boundaries.

This is also the age where you will have uncomfortable conversations with your kids about controversial topics, such as sexuality or the meaning of life. Take them and their questions seriously and acknowledge that they have their own viewpoints and ideas.

Know that at this stage, children may rebel and be more difficult to handle, yet no matter what, always embrace them with love in your heart and mind. They go through intense hormonal changes, which can be really difficult for them. They still need physical love, your affirmation and regular praise, quality time and time doing things together like sport or church or walking, hiking and swimming together.

pressure to spend more than they can afford. Clear boundaries should be set around technology beyond bedtime and in “IT-free zones”.



**Age 16 –  
18**



**Theme:**

**Making  
Decisions**

In their late teens, the investment we put into building our relationship with our children in the early years, starts to return to us. They need a much lighter hand on boundaries, a lot of talking and listening, school assistance and help making decisions about the future. They need more freedom and yet a close “eye” on them as they encounter decision-making about important life decisions around sexuality, exposure to alcohol and drugs and as they test out relationships with the opposite sex, or maybe even the same sex. Be as loving, open-minded, non-judgmental and supportive to them finding their own path as possible. This is one of the greatest gifts you can give them.

They still need regular hugs and a growing sense that you trust them to make good decisions, but also availability for conversation when they are uncertain or heading in the wrong direction.

If affordable, they would need a cell phone to connect with peers and you as they interact more socially outside the home. They often need access to the internet for learning if you can afford this. Laptops and I-pads are wonderful resources in their late high school years and are essential for tertiary study.



# the waiting dangers

## exposure to pornography

Pornography is any photograph, video, audio or writing that shows sexually explicit scenarios. Pornography can be very harmful to both older and younger children and can leave them with harmful ideas about sex.

## grooming by sexual predators

Online grooming is the process of building a relationship with a child through the use of the Internet or other digital technologies to make online or offline sexual contact with that child.

## harmful political and social messaging

Some websites target young people who are vulnerable to harmful messaging and recruit them to causes such as hate groups, groups that promote anorexia and more.

## negative news overload

Being exposed to overwhelming negative news from around the world can have a negative impact on emotional and mental health and wellbeing.

## social media addiction

People are increasingly living their lives online and social media can become addictive. An addiction means that you are dependent on something and cannot stay for long without it.



## **technology/gaming addiction**

Technology and gaming addictions badly affect the social, emotional and cognitive development of children and young people. It can also have negative physical impacts such as carpal tunnel and problems with posture. Another risk faced in gaming is online grooming, sextortion and live streaming.

## **jealousy and social pressure**

Social media exposes us to the best parts of other people's lives and creates unrealistic pictures of what life is like. Seeing people with the 'perfect' body or lifestyle on social media can lead to negative social comparison, jealousy and submitting to social pressure.

## **cyberbullying**

Cyberbullying is when one or more people bully a person or group of people publicly on social media or privately through direct messaging. This bullying takes many different forms and can be seen in the form of videos, "pranks", memes, pictures or hateful messages.

## **online scams**

Scammers are people who use technology to illegally obtain money or information. Children are especially vulnerable to this.

## **unfiltered search engines**

This is when your search engines, such as Google, have no restrictions placed on them. If search engines are fortified with parental controls, a child will not be referred to material that is inappropriate for them.



## sexting

Sexting means using your phone, computer, or camera to take or send sexy messages or images. Sexting can cause serious problems whether you send them or share them. The pictures may be posted online, where people like your family, teachers, and friends can see them. Sharing these pictures or messages without permission is a serious violation of privacy and isn't ok. And if the pictures you send or share are of someone under 18 (even if that's you), you could even be arrested for child pornography, which is a serious crime.<sup>2</sup>

## revenge porn and sextortion

A sex tape is a video made of any sexual act. Sex tapes or nude photographs will always have the potential to be leaked publicly and this can have huge negative impacts on social life, mental and emotional health and even for future job prospects. Sextortion is the threat made by others to release this material and to coerce the victim into further acts, to silence them and prevent them from reporting these crimes or for financial gain.<sup>3</sup>

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<sup>2</sup> <https://www.plannedparenthood.org/learn/teens/bullying-safety-privacy/all-about-sexting>

<sup>3</sup> <https://parentinfo.org/article/what-parents-need-to-know-about-the-online-blackmail-known-as-sexortion>



# possible signs of online abuse and exploitation

Victims of online child sexual abuse are unlikely to tell anyone that they are being abused. This could be due to the fear of not being believed; self-blame; threats made against them and their loved ones by abusers or that they may think they are in a loving relationship or friendship. It's important to recognize some common signs of online child sexual exploitation and abuse in order to support our children. These may include:

- Your child is becoming increasingly secretive about their use of communication technology, including social media, the people they are speaking to online and the websites they visit.
- You discover nude images or pornography on your child's devices. Online predators may send pornographic images first to 'normalise' their requests for pictures.
- Your child is distressed and withdrawn- online abusers threaten children to keep the abuse a secret from friends and family members.

Additionally, it is important to look out for possible **warning signs of human trafficking**:

- Your child is offered something of value by a stranger online such as study abroad, easy work abroad or even marriage.
- Your child is offered free travel abroad or is invited to meet with an online 'friend' without alerting you

In this case, it would be important to check the legitimacy of these requests or offers through officially recognized institutions or local embassies.



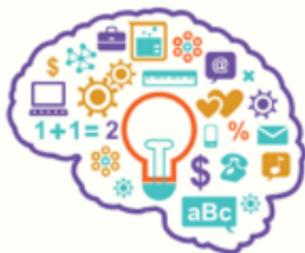
## THINKING PAGE 2: THE DANGERS ON MY LIST

ANSWER EACH QUESTION FOR  
EACH OF YOUR CHILDREN

WHICH ASPECTS OF SOCIAL MEDIA ARE  
YOU PARTICULARLY CONCERNED ABOUT  
FOR YOUR CHILD/REN?



WHICH ASPECTS OF TECHNOLOGY AND  
MOBILE DEVICES ARE YOU PARTICULARLY  
CONCERNED ABOUT FOR YOUR CHILD/  
REN?



HOW DOES THIS MAKE YOU FEEL?





# ONLINE SAFETY



## FOR PARENTS AND CHILDREN

1

**Interact:** Rather than blocking access, help your child learn to use tech safely and positively.

2

**Be open minded:** Take an interest in your child's favourite apps and websites.

3

**Connect:** Nourish trust and practice open communication with your child.

4

**Build consensus:** Create a family agreement for tech free zones such as cars, bedrooms and meal times.

5

**Learn:** Explore apps and websites that can help to keep your child safe online. Check the age restrictions for social media platforms.

6

**Educate:** Teach your child which personal information they should not share online.

7

**Support:** Help your child learn to tell the difference between fact and fiction.

8

**Be clear:** Set healthy boundaries and balance screen time and green time at home.

9

**Collaborate:** Talk with other parents about your children's health and safety online.

# danger scenario guidance

## Scenario 1: Credit card access for online purchase

You discover your 9-year-old son and his 11-year-old cousin have used your credit card to buy an online game. In addition, the game they purchased is gambling game for adults.

- It would be important to explain to the children why this action is unacceptable.
- Explain why it is important to never share credit card and other personal information online and why they shouldn't.
- Speak about privacy and security online.
- Speak about age appropriate games and risks associated with gaming i.e. inappropriate contact and content through gaming.
- Possibly, depending on the situation, the parent of the 11-year-old would need to be contacted.
- The parent would need to contact the gaming people and explain the situation to stop the payment.
- The parent would need to change all passwords and privacy settings on bank cards and technology.

## Scenario 2: Cyberbullying

Your 13-year-old daughter has been unusually withdrawn and sullen. After an outburst at a meal over a petty issue, she runs from the dining room in tears and shuts herself in her bedroom. You follow and find her crying in a desperate heap. She finally tells you that an awful photo of her kissing a boy at the Grade 7 end-of-year party has been doing the rounds on social media. The terrible thing is that she never kissed that boy – in fact he is a “real nerd” - and wouldn't dream of kissing any girl. She finally tells you that she has recently been excluded from the “cool” girl group and that these girls photoshopped two photos to make it look like she was kissing the boy. All the boys in her class and the “cool” girls have been teasing her at school and she has been sitting alone at break for the last 10 days.

- Reassure the child this is not her fault.
- The child may need to access counselling at school or from an organization like Lifeline/Childline.
- Ideally this would be a situation where the parent involves the school.
- Discussion with your child about the best way to do this would be critical with regard to who to approach.
- Understand that the child will be anxious that any intervention and involvement at school might make the situation worse. Finding out what route feels safe to the child would be important. Ideally this should be dealt with by a school counsellor.
- The school would need to ensure the picture comes down and should involve the other parents in discussion and mediation.
- Assist the child to think about how they might connect with other children at school not a part of this group.



### Scenario 3: Others permitting excessive TV exposure

You work long hours in a demanding job. Your 2-year-old and 4-year-old stay home with a young family member who helps take care of the kids. Your friend pops over to collect something at the house and gives you a call. She is concerned that the kids were like “zombies”, watching inappropriate TV shows. You talk to your 4-year-old and discover that the two children are allowed to watch TV from when the eldest comes home from creche at 12 noon until just before you arrive home at 6pm. This explains their difficult behaviour in the evenings.

- It would be important that all people who deal with your child are aware of how you wish your children to engage with technology when they are in their care. This may include Granny! Discuss what TV shows are age-appropriate and also the negative effects of too much television and the importance of managing screen time.

### Scenario 4: Social Inclusion through IT

Your daughter in grade 8 volunteered to help at the senior Valentine dance at school. She is in charge of drinks in a dark spot outside the school hall. She ends up having to use her cell phone to see what drinks she is handing out. Towards the end of the evening, she drops her Christmas gift – her first smart phone – into the big bath of water holding the drinks. She is absolutely heart broken. You explain that you cannot afford another cell like that in February. She tries everything to persuade you to buy her a new one – she nags, she threatens, she cries and life at home becomes very unpleasant. You eventually sit her down and chat to her. She explains that not having a phone keeps her away from all social interaction between her friends. She feels isolated, lonely and is experiencing terrible “FOMO”, a fear of missing out.

- Essentially this was an accident.
- Be empathetic to your child and their strong need at this age to connect with peers.
- It is important to remember that children will gain access to technology even if they haven't got their own phone or laptop.
- Try to find solutions that are affordable, like the purchase of a second-hand phone to keep the connections going for the child.

### Scenario 5: Online Grooming

You don't have a computer in your home so your son, who is 10, looks for every opportunity to go and play computer games next door. One day he mentions that he and his friend are going to get a cell phone from a man they have been talking to online who lives in Swakopmund. The man has promised them gifts of cell phones if they meet him the next time he visits Windhoek. He wants a photo of your son now and your son asks you to take the photo on your cell phone. The man told him to just be wearing his PE shorts and no t-shirt.

- This needs a serious response.
- Share this information with your neighbor and see if they would like to be involved in taking it further to the police.
- Contact Lifeline/ChildLine on their toll-free numbers 106 or 116 for advice, support and counselling for your child if necessary.



- Talk with your child about the dangers of online interactions, what is appropriate behaviour online and what information may not be shared with others.
- Explain how a paedophile will befriend them to build relationships with children and their friends. Also explain how grooming can happen through online games.
- Explain that they should not accept gifts from people online or meet people in person that they have only met online.
- Talk about the risks associated with sharing pictures (and particularly intimate pictures) online.
- Encourage your child to keep talking with you about any concerns they may have about their “digital life”.
- Discuss with your neighbor about on-going protection and supervision for both your children. If you are not able to reach an agreement or understanding, you may need to reconsider your child going next door.

### Scenario 6: Cyberbullying

Over the weekend, your 16-year-old daughter opens up to you and tells you that she is being bullied by some of her female classmates who she thought were her friends. For the last 3 weeks, they have been accusing her of stealing their boyfriends. She is friends with several of the boys but in fact, she says, she doesn't even have a boyfriend yet and isn't interested in dating. On top of verbal bullying of her at school, the girls have created a Facebook page where they have been uploading pictures as if they were her and saying nasty things. Now, students from other grades who she doesn't even know are talking about her and life at school feels unbearable.

- Empathise deeply with your daughter – this is a traumatic thing to happen.
- It would be important to engage the school on this matter as soon as possible and to see if a school counsellor could be involved in providing support and counselling to your child and mediating with and disciplining the “bullies”.
- If you do not have a response at the level of teachers and/or counsellors, it would be important to take the matter to the principal.
- If counselling is not available through your daughter's school, arrange for her to talk to a counsellor at Lifeline/Childline by calling 106 or 116.

### Scenario 7: Perpetrator and Victim!

You notice that over the last few weeks, your 12-year-old son has been behaving differently. He has been quieter than usual and seems withdrawn. You decide to deliberately spend some time with him and invite him for a walk where the two of you can have some time to talk without being disturbed by others. It is during this walk that he confesses to you that he has written nasty, disrespectful and hurtful words about one of the most popular girls at school, on Facebook. He said he was dared to do it in order to join the group of popular boys at school. At first, he had thought that these boys were really cool, and he desperately wanted to be friends with them. He felt that he was willing to do anything to be accepted by them but now he feels guilty and ashamed for hurting the girl who he doesn't even know very well. He is angry and disappointed with himself because he never thought he would hurt someone in that way.



- Your empathy and compassion in this situation is very important. Shame is a difficult emotion for a child to process.
- Essentially he has been a victim of peer pressure and in a way, bullying, by the “popular boys” and at the same time has become a perpetrator of bullying of the girl.
- Speak to him about being responsible and respecting others online.
- You will need to help him work through his options on how to begin to repair the situation. For instance, to help him to apologise to the girl. He may also have to talk to her parents and a teacher or the principal at his school.
- Involvement of an understanding school counsellor would be very useful because the situation involves other children at school. Not involving the school risks the chance that your son is reported to the school by the girl and/or her parents and he is then treated only as a bully, whereas the situation is more complex than this, so talking to the school first may well be to his advantage.
- Prepare him for possible consequences at school. It may not be comfortable for him, but it's a sign of maturity that he takes responsibility for his actions. Don't forget to acknowledge that. Just because he did something wrong or harmful does not mean he is a bad person.
- Encourage him and make sure he is sufficiently self-confident in himself in future.
- If you feel unable to help your son through this, consider outside counselling from a professional or through Lifeline/Childline by calling 106 or 116.



# creating a family media plan

Creating a family media plan with your children can help set clear boundaries and expectations. This avoids parents having to make decisions every day about what is, and isn't okay, and the child knows where these boundaries are. It should be written down and pasted somewhere public where everyone can refer to it – including the other people who look after your child. It should be a living document, which means that it needs to be re-visited and re-negotiated regularly as your child grows up. The idea is that by the time they are 17 and 18 they can manage their own use of media.



A family media plan can include:

- Agreements for social media and internet use
- Identifying “screen-free” areas in the house like the dining room table during meals, bedrooms after bedtime etc. This is to ensure that there is time that is free of the intrusion of technology to build relationship and communicate as a family. It also ensures that children are not groomed or lured into taking sexual images in bedrooms or bathrooms.
- Internet safety rules like keeping personal information private. This ensures that everyone in the house is “on the same page” with regard to general safety rules around information and who has access to that information.
- Specific programmes (and apps) children can or can't watch and the amount of time they can spend in front of screens. This provides an opportunity to identify age appropriate programmes suitable for each child in the house. Everyone knowing what these are reduces ongoing policing from parents and conflict in the household.



- For teens and pre-teens, a plan for responding to cyber bullying aimed at themselves or when they see others being on the receiving end. It is important that children can identify cyber bullying and when they or others are the victims of it, as well as have an avenue to discuss it with a parent.
- It should generally be framed around respect for each other in the household. Again, this is to develop a common understanding and reduce constant policing by parents, which can impact on the parent's relationship with the child.
- Different children would have different arrangements, depending on age. A child's development stage should frame decisions about what constitutes suitable IT access, TV programmes etc.



## tips for digital parenting

- ✓ Build trust and a loving relationship with your child from an early age. Online safety starts with offline parenting.
- ✓ Talk with children about what is and isn't affordable in the family but also leave space for your child to approach you about what they want and need to engage socially.
- ✓ Talk to all the people who look after your children about how you would like technology to be handled (Granny, domestic workers, other family).
- ✓ Keep all passwords for your bank cards and digital devices confidential.
- ✓ Build a good relationship with the principal and teachers at the school in case you ever need to liaise with anyone there. Finding yourself an "ally" – an understanding teacher or school counsellor will help you resolve a range of issues that may crop up for your child.
- ✓ Be empathic to children as they navigate the "social" aspects of technology and make mistakes.
- ✓ Talk with parents in the homes your child visits (and whose children visit you) to agree on how supervision of devices could happen.
- ✓ Know where you can go if you feel your child is being preyed upon or "groomed" by an online stranger.
- ✓ Be prepared to take action when you do discover something dangerous for your child and others.
- ✓ Managing technology with your child means regular conversations and re-negotiation as they grow.
- ✓ Talk with your children about the dangers they might encounter.
- ✓ Use opportunities like TV shows and awareness building of organisations like ChildLine to raise issues of safety online.
- ✓ Teach your child to be careful with personal information.
- ✓ Be a good role model of gadget use for your children.
- ✓ Create a family media plan with your children and revise it regularly.
- ✓ Keep on working at your relationship with your child as they grow and develop. This is the foundation for successful digital parenting.



## where to go for help

- For any questions and more information related to online safety in Namibia visit [www.lifelinechildline.org.na/online-safety](http://www.lifelinechildline.org.na/online-safety)
- While online, If you come across sexual content involving children, don't leave it there, report it to the Internet Watch Foundation online reporting portal for child sexual abuse material at <https://report.iwf.org.uk/na>
- If a child is being abused or the child is at risk of being abused online, visit your nearest Gender Based Violence Protection Unit, or the nearest Police to report the abuse. You can also speak to a social worker or trusted teacher.
- For counselling and psychosocial support, dial Childline Lifeline's helpline at 116/106 to speak to a counsellor.
- For more information on child online safety, visit the website of Lifeline Childline <https://www.lifelinechildline.org.na/> or the life skills teacher at your child's school.
- For legal support, contact the Legal Assistance Centre (LAC) at +264 61 223 356.

For more information, scan this QR code with your phone camera and it will transport you directly to Lifeline Childline's web page on child online safety:



[www.lifelinechildline.org.na/online-safety](http://www.lifelinechildline.org.na/online-safety)

If you are not directed to the site, download a QR Code Scanner app for free in any app store and try again.



