

As a parent; my responsibilities for safe internet usage



Dear Parents;

KNOW OUR NEW FAMILY MEMBER

1. Learn using the internet at least to protect your child.
2. For internet usage, don't be prohibitive but restrictive about time.
3. Don't let internet disrupt his/her studies.
4. Encourage him/her to join other social activities.
5. Don't give him the opportunity to omit his responsibilities because of internet.

POSSIBLE DANGER AND RISKS...ATTENTION!!!

1. Internet addiction caused by excessive usage.
2. Physical health problems (because of spending too much time before the screen)
3. Psychological problems such as rage, violence and solitude.
4. Learn about the dangers of scenes that include violence and obscenity!!

TEACH THEM WHAT THEY SHOULD KNOW

1. Saying "no" to the friendship offers that come from people they don't know.
2. Sharing a situation with you which they don't like
3. Refusing the offers that come from the internet which are attractive but deceptive.
4. Internet is very different from real life.
5. Teach them that life isn't just internet.

BE A MODEL IN THE FIRST PLACE

1. Set the internet rules and be the first to obey them.
2. Sign a family contract and apply it.
3. Obey the internet usage schedule yourself as well.
4. Perform family activities apart from internet.
5. Be the best and safest shelter to your child.

Immediately report the harmful disturbing sites that harass you while you are on the internet to www.ihbarweb.org.tr address or to the number **0312 582 82 82**

PAY ATTENTION TO THE SOCIAL NETWORKS

1. If your child is a member of these sites (facebook etc.), you also become a member and add your child as a friend.
2. Have him/her do the privacy setting in his profile.
3. Tell him not to share his/her full name, address, phone number, school and private photos.
4. Tell him/her not to add the people to his friend list whom he/she doesn't know.
5. Check who his/her friends are periodically.



What is the family's role in preventing the usage of addictive substances ?

The family has a significant role in the development of the youth's value system. Parents should teach their kid right and wrong, development of their responsibilities, avoiding self-destructing behaviour.

As parents, the most important thing you do about your kid's developing a conscious attitude towards substances is being a model for them through your behaviour. How do you deal with your problems? Do you immediately use alcohol or drugs when you are upset? If your attitude towards problems is having a chemical thing at once, your child may also think that he can use drugs when he has problems.

Parents must be aware of the changes in their kid's behaviour. Noticing these changes in a teenager is pretty difficult. Parents must be careful against deprivation, depression, tiredness, hostile manners and changes in relationships with family members and friends. In addition, school success, nonattendance, playing truant, losing interest from his prior activities like sports and changes in his eating and sleeping habits may be related to substance usage. These symptoms may also be related to non-drug related causes.

In addition, parents should be aware of:

- The effect of substance and substance related equipment (cigarette paper, injector, pot...)
- The smell of the clothes and the room.
- Room fragrance
- Usage of eye drops
- Clothes, jewellery and posters that remind substance usage.

Why does risk rise up in adolescence?

- Because judging and deciding skills are still developing in adolescence, their ability to evaluate risks are limited. As a result of this, the young people may incline to alcohol and drug usage. Youngsters using alcohol and drug are having family and school problems, school failure, health problems and legal issues. However, when the youngsters understand the harmful effects of alcohol and drug usage, substance usage is reducing. Because of this, providing the children and the youth with the right information about the effects of alcohol and drug usage is necessary to protect them from substance usage.



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PARENT AND STUDENT INFORMATION BROCHURE

Safe Internet

Usage

and

Addiction