

Tips for Teachers and Parents online

the world online
is still real



To the Teachers and Parents

Dear Teachers and Parents,

Greetings.

There is no denying the contribution the internet has made in this era of high tech. The whole world is now within our grasp and the education system has achieved a new, global standard. Students can learn from home and prepare themselves for a brighter future. Educational websites like www.khanacademy.org, www.alorpathshala.org, and www.wikipedia.com - along with traditional textbooks are helping to enrich students' knowledge. People who are not part of this transformation could fall behind.

1 out of 3 people online worldwide are below the age of 18. However, In Bangladesh only 1% of school pupils use the internet (Source: UNICEF). Compared to the rest of the world, our students are being deprived of the benefits of the internet.

Like all good things, the internet also has downsides. Those who are not aware of these pitfalls may become victims of online crime and cyber-bullying. However, there are ways to stay safer online if people follow some simple rules and guidelines. If you are aware of the risks and follow some guidelines you and your family can be safe online.

Tips for Teachers & Parents

1. Trust your child if he/she asks for help. It is not easy for them to talk to you about something that embarrasses them or they have no control over
2. Listen to your child with empathy. They need to be heard. It's part of the healing
3. Your child needs to be part of the solution. Involve them in the plan to handle the situation
4. Parents get emotional when they see their children distressed. Maintain a controlled behavior and think rationally before you act
5. Aim to revive confidence and self-esteem in your child. This goes beyond just stopping the bullying. Continue support and communication with them after the problem is solved
6. Learn about the virtual realities of your child's world. Talk to other parents and familiarize yourself
7. Encourage your children to stand up for their friends if they are being bullied
8. Inspire and give proper scope to your children to play and read books
9. Keep all the internet devices accessible in an open space for all so that they don't get the nerve to browse through unwanted sites