

- 84.6% of parents think that children can be exposed to harmful content on new audiovisual services. (Catalan Centre for Opinion Studies)
- Only 1 in 4 children has adult supervision when using audiovisual content. (Catalan Centre for Opinion Studies)
- 70% of online data traffic comes from viewing audiovisual content. (European Commission)

Protecting children in the digital world

Guide for families

Report it:



You can report audiovisual content on the Audience Protection section of the CAC website



Mediakids

You can report things from your mobile via the Mediakids app.

*Only Android
Spanish version*



Install a parental control filter:

Benchmarking of parental control tools for the online protection of children

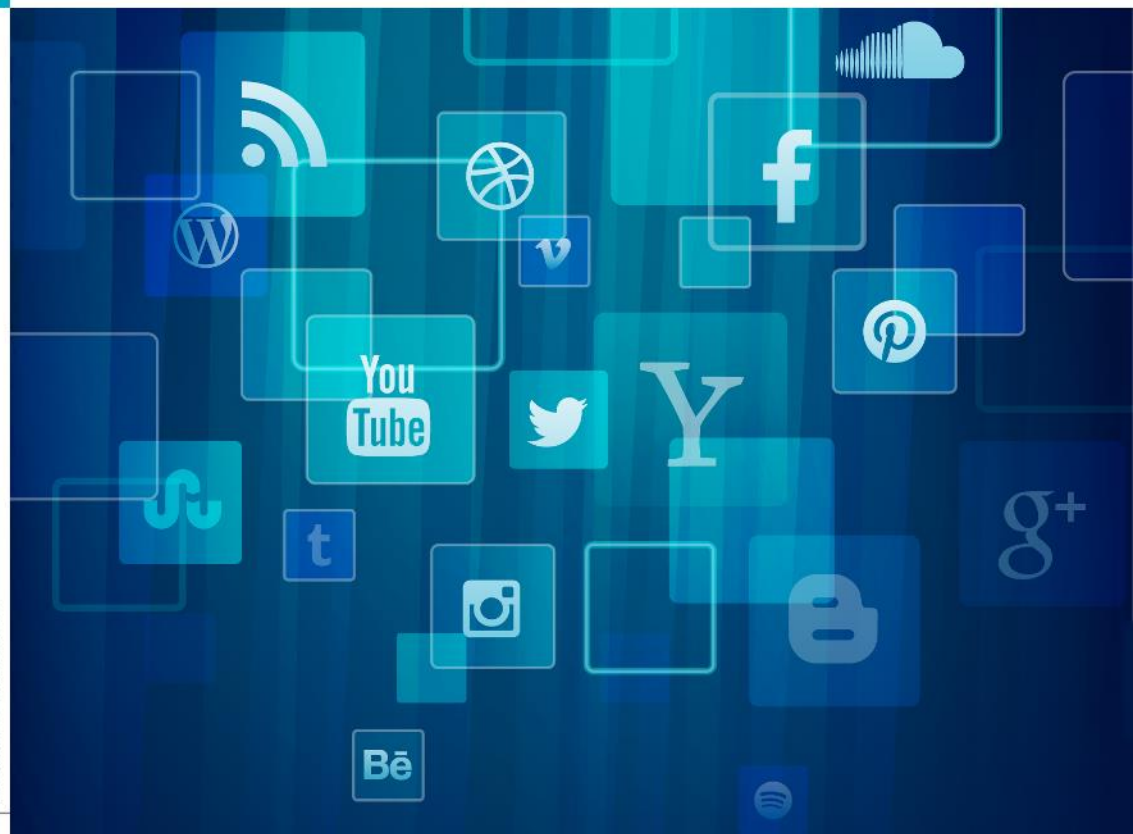
SIP-BENCH III

The Safer Internet Programme (SIP Bench-III) project provides parental control filters.



You can find these tools on www.cac.cat

photos: freepik.com



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Using the internet and watching TV is part of children's and teenagers' daily routine. Your children have their own devices and new websites and applications come out every day. It can be hard for parents to keep up and help them distinguish recreational and educational activities from those that entail risks.

01 Take an interest in the type of **things your children look at** online and the websites and apps they use, as well as how they work

02 Browse the internet with them, show them how to search and **encourage critical thinking**: not everything they will find is true or real so they need to be able to question and check things.

03 Teach them **how to use information and communications technology (ICT) responsibly**. Tell them what your 'audiovisual diet' is and help them to come up with their own.

04 Have a **common area** at home where you can not only watch TV as a family but also use the computer, game consoles, tablets and mobiles.

05 Get to know and use **the parental control settings** on audiovisual devices.

06 Tell your children that if they come across inappropriate or illegal content such as **pornography, violence, terrorism, racism or discrimination**, they must report it to an adult and they must not share it with others online.

If they feel **uncomfortable or harassed** by comments, photos or videos posted by someone in their network, advise them to talk to a family member about it.

Remind your children that they should never give **personal details** on websites or chats. That includes email addresses, phone numbers and passwords.

Warn them about the dangers of **arranging to meet in person** someone who they have met online.

Teach them that accepting emails and short messages or opening files from **strangers** can cause problems ranging from computer viruses to unpleasant content.

People who they meet online may be lying about their identity: teach them to **check information** with other websites, books or people they trust. If they like online chats, recommend that they chat only with real friends and family members.

Find out about the **educational potential** of online audiovisual content and utilise available resources to teach them values and promote healthy attitudes.

Get involved with your **children's school** and follow their recommendations.

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