

CSR



Centre For Social Research

# Digital Safety Initiative

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The digital world is a mirror of our society, and increasingly we are parallely leading our daily lives digitally. Just like we encounter a mix of good and bad in the offline world, we find ourselves surrounded by similar situations when we get online, using our smartphones, laptops, desktops, and various other devices.

At the Centre for Social Research, the team has been working closely with women, children, and youth of the country on issues related to digital safety and online well-being, through the lens of gender, for over a decade now.

## Flagship Programs

### Children's Online Safety & Well-being



With over a hundred thousand direct and more than a million indirect beneficiaries of our program for Online Safety and Digital Wellbeing, in partnership with Meta India, CSR has been able to positively impact students from every state/city of the country. The team regularly conducts capacity building and knowledge sharing workshops to engage with children from the age group of 5-18 years, with age - appropriate modules. Among many important concepts covered in our workshops, we discuss the importance of -

- Digital Citizenship
- Gendered impact of (digital) education
- Vulnerable experiences of children (bullying, harassment, trolling, etc.)
- Consent
- Socio emotional and psychosocial well-being
- Collectively we learn to identify and tackle dangerous situations online
- Combat fake news & misinformation, etc.

Resources are regularly developed and shared with the students, for example our *Online Safety Toolkit*, covers all important aspects of safety and security and is easily accessible.

## **Impact**



## **YOUTH: Digital Citizenship & Civic Participation for Gender Equality**



CSR, through its network, has reached thousands of college and university students under its program Digital Citizenship and Civic Participation for gender equality, in partnership with Twitter India. Our efforts include, mobilizing students, conducting

specialized training, resource building and dissemination as well as growing and maintaining a mentorship program. Mentors from various industries are a part of our program, like media, medicine, tech. Some noteworthy names of our mentors panel are Ms. Faye D'Souza, Ms Fatima Khan, Nikhil Taneja, Dr Shalini Rajnish, Pragya Vats etc. Through the training, we seek to empower young women and men in their engagement in the civic dialogue on social media and also influence policy development on issues of gender. The efforts have resulted in :

- Increase access to digital citizenship programming for college students.
- Encourage more young women to use social media as a platform for engaging in public discourse.
- Increase policy makers' understanding of digital safety and citizenship issues.
- Increase effective government engagement on issues of women's digital safety.

## **Women's Online Safety & Inclusivity**



CSR has been a frontrunner in the women's movement for four decades. Our digital safety efforts echo our passion for women's safety, in the online sphere as well. We impart digital safety training to women across the country with our one of a kind, gender sensitive Women's Online Safety Educational Resources. The efforts for

women's online safety aim to :

- Emphasize the opportunities that the online world has to offer for advancement of women
- Equip women with tools to keep themselves safe while navigating the online world
- Enable women to have safe, positive experiences online
- Clarify redressal channels and mechanisms for support in case of any issues
- Open channels of communication between women and CSR to support, in case they face any kind of gender based violence online
- Empower women by educating them with the importance of supporting each other.

## Corporate Trainings



Safe public spaces are a human right. And as the digital space is the new public space it is the responsibility of every stakeholder to come together and make safer online spaces a reality. The Centre for Social Research is a pioneer in educating individuals on all aspects of staying safe and secure online. We provide training to corporate employees to generate awareness and build their capacities by providing them with the correct tools to manage their online experiences. We have specialized training materials built in consultation with experts for different demographics like - corporates, educational institutions, government bodies, law enforcement, youth, children and women & girls respectively. Over the past decade, we have impacted several hundreds of thousands of individuals positively through our various initiatives. Last year alone we worked with corporates like Reserve Bank Of India, Indraprastha Institute of Information

Technology, Delhi, Law Centre - Delhi University and trained over 1000 individuals.

The training itself is comprehensive and includes concepts like Digital Citizenship, Civic Participation, Positive Online Communication, Threats Online, How to Combat them, Fake news and misinformation and a lot more. We have built print as well as digital resources to satisfy the specific requirements of corporate partners which are shared post workshops with the trainees.

Our sessions are tailored differently for each partner, depending on requirements. The workshops themselves are flexible and can be carried out in-person, online, or through a hybrid model.

For arranging the training in your organization, reach out to us via social media or email us at: [communications@csrindia.org](mailto:communications@csrindia.org)

Among some of our partners are :



भारतीय रिज़र्व बैंक  
RESERVE BANK OF INDIA



CAMPUS LAW CENTRE  
FACULTY OF LAW  
UNIVERSITY OF DELHI



INDRAPRASTHA INSTITUTE of  
INFORMATION TECHNOLOGY DELHI

## Bumble: Safety Handbook



Throughout the COVID-19 pandemic, many of us have spent an unprecedented amount of time online. In this third year of our new normal, we're increasingly

dependent on the internet in every aspect of our lives. With increased time spent on the internet, there has also been a sharp rise in online abuse across the world. It's crucial to understand what online hate and abuse look like—and what to do if you or a loved one face such harassment. CSR has partnered with BUBMLE in INDIA, to create an online safety Handbook, to combat these negative situations online.

### **Twitter: Gender-Based Lexicon Project**

In association with Twitter India, CSR works on a list of keywords for identification by collating possible hate words, symbols, phrases, or visuals that may be used by some users to bully, shame or discriminate against each other that are relevant in the Indian context of various regions.

These words are then regularly shared with Online Platforms to enable them to weed them out from the content being shared online.



## LEGO's Asia - Pacific children's Roundtable



This year, CSR facilitated research for partner LEGO and Edith Cohen University, in India. Focus group discussions were conducted aimed at gauging the understanding, vision and impact of the digital world through creative methodologies with children from the age group of 3 years-13 years.



## **CSR's Digital Safety Student Ambassadors Program**

The Student's Ambassador's Program recruits to select students from across the country who are trained in all aspects of online safety and security by CSR. The Student Ambassadors Program not only prepares them to be ideal digital citizens, but will also positively influence the experiences of their peers. With regular holding of digital safety training sessions for their peers, elderly etc. our student ambassadors serve as the forerunners of constructive change in their respective student communities. In addition to holding digital safety drives themselves they also connect CSR with educational institutes of their regions, to move digital safety efforts forward.



***Our student ambassadors from Chandigarh sharing Cyber Safety tips with Senior Citizens and making them aware of the cyber frauds.***

## **Advisory**

The director of CSR, Dr. Ranjana Kumari, sits on the advisory boards of various tech platforms. She is a member of the Safety Advisory Board of Meta and former member of the Trust and Safety Council of Twitter. She also sits on the Advertising Standards Council of India's (ASCI) board.

Our digital safety programs lead and head of Media and Communications, Ms. Jyoti Vadehra is one of the first Indian members in Meta's Global Women's Safety Expert Advisors group.

## Advocacy



Team CSR India presented the ongoing work of the organization to the Members of the Parliament, and was met with great appreciation. Along with presenting CSR's decade long work in Digital Safety of children and youth, especially women, we also highlighted our partners' contribution and support to make online spaces safer and inclusive. We explained the need for inclusive and equal online spaces through incorporation of the Digital Safety curriculum in schools and colleges. It was acknowledged by the Ministers and their team, who have in turn endorsed it in their respective constituencies.

## Amendment to IT rules for Online Gaming



The Centre for Social Research has been invited to provide recommendations to the draft amendments to the IT RULES 2021 in relation to Online Gaming. We appreciate MeitY's (Ministry of Electronics and Information Technology) efforts to regulate this sunrise sector and are honored to have our inputs considered.

## **Collaboration with Law Enforcement**



CSR representatives have formed strong collaborations with the officials from the Delhi Police's IFSO-Cyber Crime Unit to strengthen our efforts to promote digital safety. They are greatly appreciative of CSR's efforts to promote widespread awareness of digital safety for women, youth, and children across India. The team underwent a comprehensive Cyber Security Capacity Building Training by the law enforcement agency in Delhi.

CSR and the team from the cyber safety cell have collaborated to raise awareness about digital safety through various programs such as conducting training sessions with children & youth

## **Advocating for Mental Health**

CSR believes mental health is just as important as physical health. Our digital safety programs each have an important facet of mental health support. We offer support in terms of educational training as well as counseling. For this we have collaborated with Fortis National Mental Health Program. We have received mental health guidelines from them which can also be accessed on through our free of cost Survivor Assist Kit, which is now live on our website.

**“Society needs to have zero tolerance towards any kind of violence. Giving support including psycho-social counseling to individuals who have gone through trauma is our collective responsibility and role. This is an important initiative by CSR India.”**

**- Dr Samir Parikh, Director, Fortis National Mental Health Program**



## **Digital Toolkits** (please click on image to visit page)

### **Online Safety Toolkit**



CSR's Online Safety & Security Toolkit intends to educate and equip users of digital technologies with the evolving threats, precautions, and redressal mechanisms to combat dangerous situations online. Moreover, our resources and toolkit forms the basis for robust data collection and policy making in India. The kit in itself is dynamic & evolving and we are open to any relevant inputs from all.

### **Survivor Assist Kit**



CSR's Survivor Assist Kit intends to bridge the gap between survivors & support systems by providing an easy to use toolkit at their disposal, online. The kit will assist to navigate legal, medical, rehabilitation, mental health, counseling and other systems. It has been drawn with inputs from professionals as well as the survivors themselves, with the aim to acknowledge & overcome the barriers of procedures and policies. Kit in itself is dynamic & evolving and we are open to any relevant inputs from all.

## [stopNCII.org](http://stopNCII.org)

To ensure women's safety on social media platforms, CSR has come on board with an extremely important initiative - StopNCII.org, which acts as a preventative tool to combat sharing of non-consensual intimate images online. StopNCII.org is a project operated by the Revenge Porn Helpline. It introduces innovative technology that is used by tech companies to help people from becoming victims by preventing sharing of specific intimate images. Online safety of every individual should be a priority while using digital technologies, therefore we at CSR are proud to be associated with this initiative as a global partner.

For the purpose of disseminating information about the availability as well as correct use of the stopNCII.org platform, CSR's Survivor Assist Kit, as well as the government of India's cybercrime portal, the team regularly creates user-friendly infographics, in multiple languages. These infographics are shared by email, Whatsapp, and are posted on all our social media platforms.

By pinning up posters with CSR Survivor Assist kit and STOPNCII.org helpline's information to the notice boards of their colleges, our Student Ambassadors actively contribute to the cause of raising awareness.





## CSR Developed Education Material FOR :

### 1. School Students



CSR's *Online Safety & Security* module for school students outlines threats that one can face online and tools that can empower students to become cool and responsible online users

### 2. Parents, Teachers, Guardians & Caregivers



CSR's *Parents, teachers and caregivers: A Guideline to Children's Online Safety* module acts as a preliminary guide for guardians - to become supportive and compassionate stakeholders in the lives of their children, who are born in this ever expansive digital world.

### 3. Youth



With our Digital Citizenship & Civic Participation module, CSR has been reaching out and conducting workshops with the youth of the country on the important issue of digital safety, and nudging women & young girls' participation on various online platforms.

### 4. Women



Based on our decades-long experience of working for women's empowerment, and with our vast experience of digital safety and online well-being initiatives, team CSR has built its own, unique *Women's Online Safety & Inclusivity* Training module. This module is utilized in conducting specialized trainings for women, in **the communities we work with.**

## 5. Corporates



Education, awareness generation, and capacity building are the three main pillars of the online safety initiative run by CSR. Our *Digital Safety* module for corporates not only empowers them with digital tools to stay safe online but also encourages them to use social media for social good.

### **Broadcast Awareness Generation**

With a focussed plan of Facebook Live, we have been going live twice in a day so as to leverage maximum traffic timings. We are continuously doing Facebook Live workshops in English, Hindi, as well as other regional languages like Kannada, Bengali, Telugu and Marathi. CSR's Social Surfing page on Facebook platform currently has 3.5 lakhs young followers. We use the platform to systematically reach out to young followers on the social media platform. Our digital safety experts designed a training plan for connecting with the existing students in our network through LIVE video excerpts from the in-depth workshop on Digital Safety and Online Well Being. We also encourage our strong follower base on social media to attend the comprehensive training on Digital Safety and Online Well-Being and attempt questionnaires to receive e-certificates at the end of every week. The concentrated execution of the plan has enabled us to gauge the young audience response online. For example in December, while in Lucknow, our workshop went live, for three consecutive days, on Amar Ujala's Facebook channel with 207,149 followers.

# Strategic Communication (please click on image to visit page)



**There's A Need To Focus On The Psychosocial Well-Being Of Children In COVID-19 Times**



**Growing up in a Digital World: Vulnerabilities of Children in Post-Pandemic India**



## PERSPECTIVE

# Spacesuits for kids to fly high in digital space

The online world is a new space and we have already pushed our children into it without protection. However, with a strong collaboration among the government, internet intermediaries and civil society, India can be the world power that understands the nuances of a digital existence, takes actions, and enjoys the fruit of the efforts. Let us give our children the power to excel and have bright futures



JYOTI VAIDYA



SAMEEP JOSHI

Human beings have a complicated relationship with change. Sometimes we welcome it, sometimes we resist it, sometimes we let it come and sometimes we try to stop it. But change has a way of sneaking up on us, whether we like it or not.

If you are reading this, you have obviously survived the pandemic that the world was trying to fight for over two years, and still is. We are in the post-pandemic era. It is high time we took stock of the change that surrounds us, and gauged how well we have adapted to it.

A virtual existence was always on the cards. We have watched enough sci-fi movies that impacted our visualization of the future. We have seen flying cars, robots taking over, people living inside screens, education through means other than institutions and over low and connection happening virtually, in more movies and shows than we wish to care about.

It is 2022, we urge you to look around. A lot of the prospective development we

only thought was going to happen in the near future has already come about. We already have a virtual existence. An extension of us, but also as much more than that. We meet online now, we connect online, we learn online. And this extension of ourselves, this digital persona or facet of our lives, which seems to have a life of its own, impacts our real physical lives from innumerable positions. And the impact on children, whose whole life exists parallel online, now, is even greater than we can imagine.

According to Unicef's report "Children in a Digital World", "Connectivity can be a game changer for some of the world's most marginalised children, helping them fulfil their potential and break intergenerational cycles of poverty". The possibilities are unlimited and extremely powerful. At the same time, we cannot deny there can be some unwanted scenarios that they might face or are already facing. However, children are a lot more resilient. They readily adapted to a life lived indoors and to a life



lived online. And just as the world opened up, they even more rapidly adapted to being allowed outside, while maintaining their digital presence. They did not make too much noise, because this is their normal now, and it is just the world they live in.

But do you think they are prepared enough? An unknown is an unknown, no matter how hard one tries to fathom it. This digital existence is a huge unknown for all of us. There are obvious monumental benefits, but there are always

have a better understanding of life. So why are we shying away from creating new systems around this new change that has found its way into our lives, and into the lives of our children. The online world is a new space and we have already pushed our children into it without protection, without as much as a "spacesuit".

In an ideal world, there would be an established system of education and children would slowly get integrated into the new normal over a well-planned period of time. But reality is far removed from this. The pandemic accelerated their introduction and amalgamation into a life lived online. They went into it with their eyes closed and their hands tied behind their back. It is time we open these ties, and hand them proper tools and a map to navigate the advent of this latest existence through education. We have built systems around this very need. Our offspring are sent out to learn as soon as they are able. And formal learning continues most of the initial life. Why is that? So that we

figure out their world, and nuances of it, they need to be facilitated with tools to steer themselves in the right direction. Tools that educate, build capacities and generate awareness.

One of the best ways of going about this would be a strong collaboration among the government, internet intermediaries and civil society. Though there are several organisations working directly with children, youth and women along with social media companies working collectively, but with the support of the government, efforts can be amplified and maximum impact made possible.

With the efforts exerted, has come a greater, stronger understanding of the issues, and interventions required to combat them. This extensive experience has brought forth a strong demand which is that "Online Safety Education" needs to become part of the curriculum in schools, universities, educational institutions across the board. These last two years have poked holes in our current teaching systems. It is

the responsibility of the State to recognise these gaps and fill them with precise modules of training. The government and its policy-makers need to understand the gravity of the situation, wake up to the reality and take meaningful action, in collaboration with individuals and organisations that are already walking this path.

It is high time India understood the power it holds in the form of its future generation(s) and be a pioneer by taking strong action.

Let us for once not follow the rest of the world. Let us be the world power that understood the nuances of a digital existence, took action, and enjoyed the fruit of the efforts. Let us give our children the power to excel and have bright futures. Let us give them not just a "SPACESUIT" but a well-equipped rocket-ship of brilliant, opportunity education, as to say. And then, let them soar.

*(Jyoti Vaidya is a gender and child rights activist. Sameep Joshi is a freelance journalist.)*



## Mental health in the digital era



## Children and their rights to a safer digital world



## **National and International Collaboration**

We thank our partners and collaborators for their support in making safe online spaces a reality.

### **International:**

- Meta
- Twitter
- Ms. Anne Collier, Founder, The Net Safety Collaborative
- Ms. Eve Thompson. Founder Director at FemPo.net
- Prof. Sonia Livingstone, London School of Economics & Political Science
- Dr. Kylie Stevenson, Australian Research Council (ARC) and Edith Cowan University, Australia
- Ms. Lucy Thomas, Cofounder and CEO, Project Rokit, Australia

### **National:**

- Bumble
- Teach for India (TFI)
- Child Rights & You (CRY)
- Centre for Education and Health Research Organisation (CEHRO)
- Labhya Foundation
- Pratham Education
- Deepalaya
- ShriEducare
- Amar Ujala
- Good Universe
- SheThePeople
- Fortis Mental Healthcare

# Recent Events: Roundtables and Conferences

**WEBINAR**

## Mental & Emotional Wellbeing And The Online Environment for Children

**Dr. Samir Parikh**  
Senior National Mental Health Program

**Vinita Sharma**  
Principal  
Brahmawati The Global School

**Ekta Vinodk Verma**  
Founder  
Intuitive Space and Parental Wisdom

**Suyash Gupta**  
Manager- Child Safety and Advocacy  
TEACH FOR INDIA

**TODAY | 12 NOON IST**

**LIVE STREAMING** - Centre For Social Research

**WEBINAR**

## CHILDREN ARE AT RISK : SHOULD DIGITAL SAFETY BE A PART OF SCHOOL CURRICULUM?

**Rakha Sharma**  
Chairperson  
NCW

**Rama Rajeshwari**  
IPS Officer

**Minnansa Singh Taneja**  
Clinical Psychologist,  
Fortis Healthcare

**Richa Gupta**  
Co-Founder  
Lalhya Foundation

**Aashna Taneja**  
Program Associate  
Lalhya Foundation

**Zoom Meeting Id: 820 0690 7476 Passcode: 878240**

**12 NOV | 12 NOON IST**

**WEBINAR:**

## DIGITAL WELL-BEING OF STUDENTS IN THE COVID-19 ERA

**DR. JINI & GOPINATH**  
CHIEF PSYCHOLOGY OFFICER,  
VOODOOT

**MR. SAMIR PURI**  
TEACHING FELLOW  
TEACH FOR INDIA

**MR. SHEKANG RAUTIA**  
POLICY PROGRAMS MANAGER,  
FACEBOOK (INDIA AND ASIA)

**MS. JITARA SINGH**  
DIRECTOR,  
THE HIRSHAN MELLENDORF  
SCHOOLS

**MS. VINETA SHARMA**  
PRINCIPAL,  
BRAHMAWATI THE GLOBAL  
SCHOOL

Join us for a panel discussion with leading experts, principals, mental health professionals and parents to understand the prevailing issues & possible solutions to ensure digital well-being for students & children.

**8 August | 4-5pm**

**UN CSW66**

## INCLUSIVE, SAFE AND SECURE DIGITAL SPACES FOR WOMEN AND CHILDREN

**Ms. Anne Cullier**  
Youth Advocate, Writer,  
Founder - The Net Safety  
Collaborative

**Prof. Sonia Livingstone**  
Professor of Social Psychology, LSE  
Advocate of Children's Rights in the  
Digital Age

**Dr. Rongana Kumari**  
Director,  
Centre for Social Research

**Ms. Eve Thompson**  
Activist  
Founder Director at FemPo.net

**Ms. Shlovin Yakk**  
Head of Safety Policy Asia-  
Pacific at Meta

**21ST MARCH | 6:30 PM IST**

**WORLD DAY AGAINST TRAFFICKING IN PERSONS**  
USE AND ABUSE OF TECHNOLOGY

**LIVE**

**Moderator**  
PARI SAIKIA  
Human Trafficking Journalist

**Speakers:**  
**HASINA KHARIBIH**  
Human Trafficking Crusader  
**PALLABI GHOSH**  
Anti-Trafficking Activist  
**SONA SINGH**  
PFI Researcher on Human Trafficking

July 30, 2022  
Saturday, 4:30 pm

**RAISE YOUR VOICE AGAINST**

**Online Human Rights Violations Against Women**

Monday, 16th March  
8:30 am (EDT) - 6pm (IST)

**VIRTUAL NEWS CONFERENCE FORUMS**

**Panel Discussion**  
**DIGITAL SAFETY & CITIZENSHIP DEVELOPMENT**  
Meet the speakers

**Speakers:**  
**ANNE COLLIER**  
Net Safety Collaborative  
**DR. MARLYN TADROS**  
Virtual Activism and project #EENG0s  
**LUCY THOMAS**  
Project ROCKIT  
**DR. RANJANA KUMARI**  
Centre for Social Research

9 am (EST)/6:30 pm(IST) | 15 th March 2021

**shepeople**  
**ONLINE SAFETY SUMMIT**

**15 September 11:00 a.m.**

**DID I READ THAT RIGHT?  
BUSTING MISINFORMATION**

**Speakers:**  
**Nilanjana Bhawanick**  
Journalist  
**Suyesh Gupta**  
Teach For India  
**Rahul Mishra**  
Cyber Safety Expert  
**Jyoti Vadehra**  
Head, Media & Communication  
CSR India

**CSR**

**WEBINAR**

**Ensuring Safer Online Spaces for Children**  
How can caregivers help?

**Speakers:**  
**Anupama Muhuri**  
General Manager- Volunteer Action  
CRY- CHILD RIGHTS AND YOU  
**Deepshikha**  
Senior Editor  
SheThePeople  
**Dr. Pragya Kaushik**  
Media Educator  
**Divya Dimri**  
Educator  
**Dr. Rupinder Aulakh**  
Educator  
GGDSD College, Chandigarh  
**Ekta Viiveck Verma**  
Head of Strategy  
Good Universe

**REGISTER NOW!**

Today, 20th July  
4:00 PM (IST)

Twitter Spaces Conversation

## REAL IMPACT OF ONLINE VIOLENCE





**JYOTI VADEHRA**  
HEAD,  
MEDIA & COMMUNICATION  
CSR INDIA



**NILANJANA BHAWMICK**  
INDEPENDENT JOURNALIST,  
AUTHOR



**FATE D'SOUZA**  
JOURNALIST



**HANA MOHSIN KHAN**  
PILOT



**DR. TALWINDER VAIDYANABA**  
PROFESSOR, MKA

Today | 9:30 PM (IST) @CSR\_India

#shethepeople  
#safetysummit

shethepeople

## ONLINE SAFETY SUMMIT

POWERED BY  
colors

15th September  
4PM

*Violation of Women's Rights Online - It is more prevalent than you think*



Rituparna Chatterjee



Hana Mohsin Khan



Pari Saini



Jyoti Vadehra  
CSR

Knowledge Partner 



shethepeople

## ONLINE SAFETY SUMMIT

15 September  
11:00 a.m.

# DID I READ THAT RIGHT? BUSTING MISINFORMATION



**Nilanjana Bhawmick**  
Journalist



**Suyesh Gupta**  
Teach For India



**Rahul Mishra**  
Cyber Safety Expert



**Jyoti Vadehra**  
Head, Media & Communication  
CSR India





## नभ-छोर

### विद्यार्थियों को दी साइबर सुरक्षा की जानकारी

**हिसार/ 18 अगस्त/ रिपोर्टर** साइबर सुरक्षा इन दिनों प्रमुख चिंताओं में से एक बन गई है। जैसे-जैसे तकनीक का उपयोग दिन-ब-दिन बढ़ता जा रहा है, वैसे ही धोखाधड़ी के मामलों की संख्या भी बढ़ रही है। इसी सन्दर्भ में आर्मी पब्लिक स्कूल के विद्यार्थियों के लिए सेंटर फॉर सोशल रिसर्च की ओर से वैबिनार का आयोजन किया गया। रिसोर्स पर्सन डॉक्टर प्रज्ञा कौशिक, विशेषज्ञ तान्या व अपूर्वा ने विद्यार्थियों व शिक्षकों को साइबर सुरक्षा के प्रति जागरूक किया व साथ ही साइबर क्राइम के

बढ़ते खतरों व धोखाधड़ी से सुरक्षित रहने के तरीकों के बारे में मार्गदर्शन किया। उन्होंने बताया कि कोई भी उत्पाद ऑनलाइन खरीदने से पहले हमें उसके रिव्यू पढ़ने चाहिए, गैर जरूरी एप्स को डाउनलोड करने से बचना चाहिए तथा अपनी निजी जानकारी साझा नहीं करनी चाहिए। कार्यशाला में विद्यार्थियों व शिक्षकों ने साइबर क्राइम से जुड़े सवाल भी पूछे। विद्यालय प्रधानाचार्या डॉक्टर कविता जाखड़ ने कहा कि साइबर सुरक्षा के प्रति हम सभी का जागरूक होना बेहद जरूरी है।

### वेबिनार में डिजिटल सुरक्षा व इंटरनेट के गुड एंड बैड इंपेक्ट के बारे में बताया

सिटी रिपोर्टर - कोरोना काल में हमने बहुत सी चीजों की सही वैल्यू सीखी। जैसे खुद को और अपनी फैमिली को बचत देना, खाना वेस्ट न करना और दूर बैठे हमारे दोस्तों की वैल्यू। इस बीच हमने टेक्नो फ्रेंडली होने की जरूरत को भी समझा। अगर हम टेक्नो फ्रेंडली नहीं हैं तो ऐसे समय में सरवाइव करना बहुत मुश्किल हो सकता है। फिर चाहे आइसोलेशन को सरवाइव करना हो या ऑनलाइन स्टडी करना। यदि हम डिजिटल नहीं होते तो ये सब काम बहुत मुश्किल होते। इसी बात को ध्यान में रखते हुए फेसबुक का वैश्विक डिजिटल साक्षरता कार्यक्रम वी डिजिटल थिंक डिजिटल हुआ। ये प्रोग्राम सेंटर फॉर सोशल रिसर्च के भाग के रूप में, कक्षा 9वीं -12वीं के छात्रों के लिए डिजिटल



सुरक्षा और ऑनलाइन भलाई पर प्रशिक्षण प्रदान कर रहा है। इस कार्यक्रम में ब्लूमिंग डेल्स स्कूल के छात्रों ने भी हिस्सा लिया। जिसके तहत उन्हें यह पता चला कि डिजिटल होने के लिए क्या-क्या फायदे व नुकसान हैं।

# सोशल मीडिया के इस्तेमाल में बरतें सावधानी

## अमर उजाला फाउंडेशन और सेंटर फॉर सोशल रिसर्च की ई-पाठशाला

संवाद न्यूज एजेंसी

**कादीपुर (सुल्तानपुर)।** सोशल मीडिया का प्रयोग करते समय पूरी सावधानी बरतें। इंटरनेट व साइबर की सीमा नहीं होती। जानकारी के अभाव में बहुत से लोग साइबर क्राइम का शिकार हो जाते हैं। ये बातें सीओ कादीपुर शिवम मिश्र ने कहीं। वे बृहस्पतिवार को अखंडनगर क्षेत्र के कलान स्थित श्री विश्वनाथ इंटर कॉलेज कलान में हुआ आयोजन



अखंडनगर क्षेत्र के श्री विश्वनाथ इंटर कॉलेज कलान में आयोजित कार्यक्रम में विद्यार्थियों के साथ मौजूद अतिथि। संवाद

साइबर अपराध से खुद करें बचाव

वर्तमान समय में साइबर क्राइम की घटनाएं बढ़ रही हैं। फर्जी काल और मेसेज के जरिए आपका ब्लोरा ले लिया जाता है। फिर उसके जरिए आपके खाते से पड़े पैसे उड़ा लिए जाते हैं। इसलिए कोई भी ब्लोरा किसी भी अंजान व्यक्ति को न दें। मोबाइल पर आई ओटोपी किसी को न चलाएं। साथ ही साइबर क्राइम से भी आप बच सकेंगे। तमाम घटनाओं में अस्थायी वीडियो विलय फर्जी तरीके से बनाकर भी वस्तु की कौशिश होती है। इससे सावधान रहने की जरूरत है। - शिवम मिश्र, सीओ कादीपुर

अमर उजाला फाउंडेशन और सेंटर फॉर सोशल रिसर्च की ओर से आयोजित ई-पाठशाला में करीब पांच हजार विद्यार्थियों ने प्रतिभाग किया। अखंडनगर धानाप्रयक्ष कृष्णमोहन सिंह ने साइबर अपराध के बारे में विद्यार्थियों को जानकारी दी। अधिकारियों व प्रशिक्षकों ने डिजिटल दुनिया तथा साइबर अपराध को लेकर विद्यार्थियों की जिज्ञासा का समाधान किया।

ई-पाठशाला में सेंटर फॉर सोशल रिसर्च के ट्रेनर तान्या ठाकुर व सैद्धा एलिनजा मनु ने मेटा आधारित ट्रेनिंग मॉड्यूल को समझाया। उन्होंने प्रतिदिन होने वाले साइबर अपराधों के

**मनोरंजन के लिए करें रचनात्मक कार्य**  
डिजिटल दुनिया में नई-नई चीजें परसेमी जा रही हैं। उससे युवा आकर्षित हो रहे हैं। ये युवाओं के लिए हानिकारक है। डिजिटल दुनिया में मनोरंजन तलाशने के बजाय रचनात्मक कार्यों में अपनी ऊर्जा लगाएं। फेडरेशन करें। पेंड-पीछे की सेवा करें। खेलकूद में सहभागी बनें। इससे न सिर्फ आपका स्वास्थ्य सही रहेगा बल्कि आपका चित्त भी निर्मल रहेगा। - आनंद प्रकाश सिंह, प्रभारी प्रधानाचार्य

**शिकायत दर्ज कराने में न करें संकोच**  
समाज में हर प्रकार के लोग रहते हैं। नियम कानून को जाने और समझें। ताकि परेशानी न उठानी पड़े। यदि कहीं कोई परेशानी हो या कोई अनजान व्यक्ति सोशल मीडिया के जरिए ठगने करने की कोशिश कर रहा है, तो उसको शिकायत दर्ज कराने में संकोच न करें। आपको शिकायतें गुप्त रखी जाती हैं। -कृष्णमोहन सिंह, धानाप्रयक्ष, अखंडनगर

बारे में जानकारी दी और कहा कि ई-मेल, मेसेज पर यकीन करने से पहले कई बार सोच, समझ लें। इंटरनेट और सोशल मीडिया का उतना ही प्रयोग करें, जितनी

जरूरत हो। सोशल मीडिया का दायरा असोमित है। विद्यार्थियों को पढ़ाई के साथ सिर्फ जरूरत के समय ही इसका प्रयोग करना चाहिए।

सोशल मीडिया व मोबाइल के इस्तेमाल में समय के प्रबंधन का विशेष ध्यान रखना जरूरी है। उन्होंने कहा कि आभासी मित्रों के साथ समय बिताने के बजाय वास्तविक

दोस्तों के साथ अपना बचत गुजारे। कार्यक्रम में प्रवक्ता देवेन्द्र प्रताप सिंह समेत कई शिक्षक और बड़ी संख्या में विद्यार्थी मौजूद रहे।

## Research

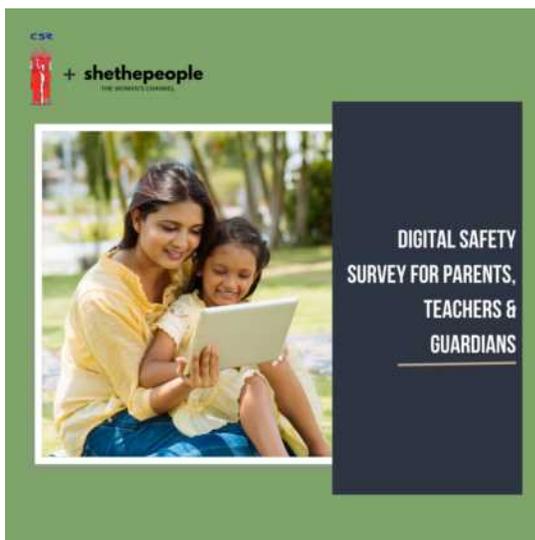
### Youth Digital Safety



The digital world is a huge part of our lives, and gender inequality is prevalent in the online world as much as it does in the real world. Towards making the online platforms safer for young girls & women and inclusive for everyone, we are doing our bit, and encourage youth to do the same.

Take part in the [survey](#), become a part of this movement!

### Parent, Teacher, Guardian Survey



As the key stakeholder in children's online safety and digital wellbeing we request parents, guardians, teachers and care-givers to fill out a [survey](#) that forms an important part of our research processes. The purpose of this intervention is to enable awareness generation by identifying areas in need of development in the field of digital safety of children.

## Digital Safety & Online Dating



With just a few clicks or swipes on our device, we can meet new individuals. Given the hectic lives we all lead, this is very attractive and convenient. But are we paying with our safety or security for this convenience?

Help us make online places safer by participating in our [survey](#)!

## Social Media

We use social media extensively, leveraging over a million follower accounts, to generate awareness and garner support for all our efforts especially Digital Safety and Online Well-Being initiatives.

To support our work, follow/like us at :

