CSR

CENTRE FOR
SOCIAL RESEARCH

DIGITAL SAFETY
INITIATIVES

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Digital Safety Initiative

LAST DECADE OF ONLINE SAFETY AND DIGITAL WELLBEING INITIATIVE AT A GLANCE

5,00,000+

2000+

27

6

CHILDREN
YOUTH
WOMEN

TRAINED

HYBRID/ONLINE/IN-PERSON WORKSHOPS COMPLETED

STATES COVERED

LANGUAGES

The digital world is a mirror of our society, and increasingly we are parallelly 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.

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.

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 trainings, resource building and dissemination as well as growing and maintaining of 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 :

- Increased 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
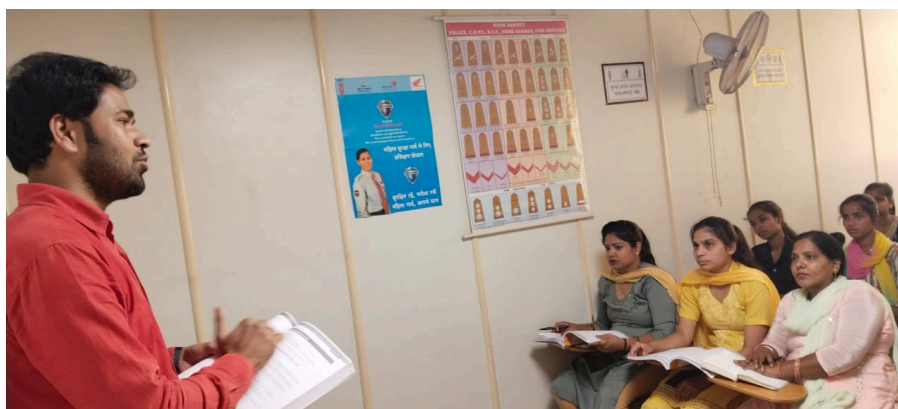
CSR is a front-runner in the women's movement since four decades. Our digital safety efforts echo our passion for women's safety, in the online sphere as well. We impart digital safety training to women across the country with our one of a kind, gender sensitive training.

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, in an effort to advance together, etc.

CSR's Parents, teachers and caregivers Training's

Online Safety & Digital Wellbeing

Efforts Towards Positive Engagement Online for Children
by Building Capacities of Parents/Teachers/Guardians/Caregivers

By Centre for Social Research

CSR's Parents, Teachers and Caregivers 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. After this training parents will be able to get an insight to the latest online threats and trends.

Corporate Training

Understanding cyber security is a journey, not a destination. Every employee
should receive cyber security training to build the most useful security abilities.
As an employer, you support the empowerment of your employees' digital
safety journey.
CSR believes in customizing training content as per the target group, domain,
and organizational requirements.

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

Among some of our partners are :

MatchGroup: Gender, Policy and Digital Safety Training

We recently conducted a comprehensive corporate training session on online well-being and digital safety, tailored specifically to address the unique cultural contexts and differences in the perception of gender and gender-based violence (GBV) in India and South Asia. This session emphasized the importance of understanding local nuances and societal attitudes towards gender roles, highlighting how these factors influence the experience of online harassment and abuse. We aimed to provide participants with a deeper awareness of the specific challenges faced in these areas, by integrating global perspectives with regional insights, and equipping them with practical tools and strategies to foster a safer and more inclusive digital environment.

CSW67: Right to an Inclusive, Safe and Secure Digital Existence for Women and Girls'


CSR has held the consultative status with the United Nations' Economic and Social Council (ECOSOC) since 1996. CSR had the honor of being one of the very few organizations selected to host a parallel in-person event at UN CSW67. CSR curated a global panel discussion on the topic, 'Right to an Inclusive, Safe and Secure Digital Existence for Women and Girls'. Human rights and child rights abuse, online abuse and hate, fake news and misinformation, and respect for human dignity were some of the topics discussed during the session. Renowned speakers like Dr. Ranjana Kumari, Anne Collier, Swati Bhise, and Tami Bhaumik were on the panel, and discussed their experiences.

CSR'S International Consultants
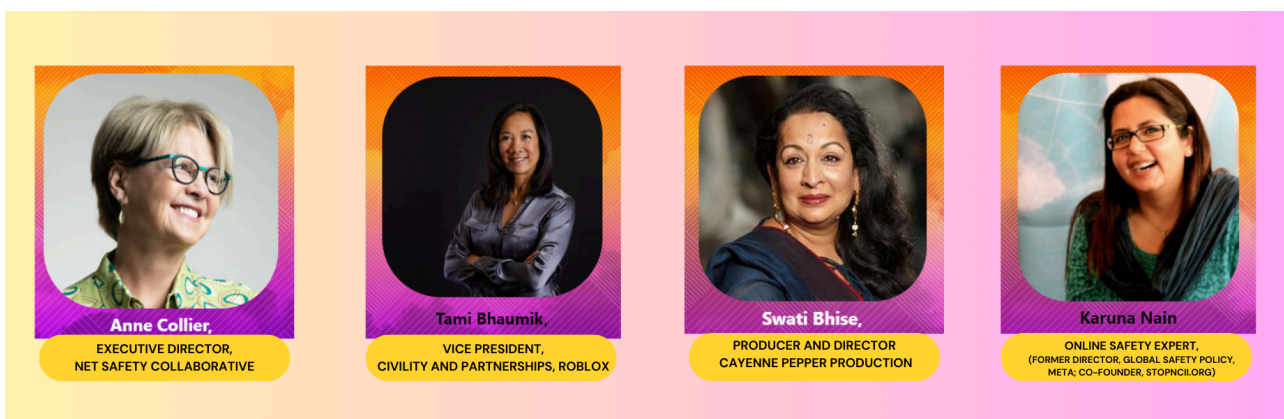
CSR is privileged to have a diverse team of international experts in digital safety, who work alongside our organization to promote online security and protection for all. Each member of our team is a recognized authority in their respective field, with years of experience in cybersecurity, online privacy, internet governance, digital ethics, and other areas. Their expertise and insights are invaluable in helping us achieve our mission of creating a safer online environment.

Tinder X CSR India's Digital Safety Guide

The Centre for Social Research (CSR), India, is delighted to announce our collaboration with Tinder to introduce the first of it's kind Dating Safety Guide in India. This unique resource is your key to optimizing your dating journey while ensuring your safety remains paramount, whether you're connecting online or in person.

CSR India and Tinder join forces to empower young daters in India, equipping them to navigate the world of online dating with the knowledge and confidence to recognize, identify, and respond to various situations, all while ensuring a delightful and secure dating experience.

Scan to access the guide:

Digital Literacy Lab

CSR in collaboration with the Orange Foundation inaugurated a Digital Literacy Lab, to support women who have limited access to digital resources, educational attainment, and women survivors of domestic violence. Upon the successful completion of the course the students will receive government certification and employment opportunities. We are proud to share that initial batch of the Digital Literacy program has successfully completed its course.

We are also thrilled to inform you that admissions for the upcoming batch are now open!

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 BUMBLE in INDIA, to create an online safety Handbook, for combating these negative situations online.

Scan to access the handbook:

LEGO's Asia - Pacific Research

This year, CSR facilitated research for its partner LEGO and Edith Cohen University, in India. Focus group discussions were conducted. These discussions 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 students from across the country who are trained in all aspects of online safety and security by CSR.   The selected students hold regular 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, they also connect CSR with educational institutes of their regions, to move digital safety efforts forward.

This year we inaugurated the Digital Safety Club, Ambala in collaboration with the Indian Cybercrime Coordination Centre, Ministry of Home Affairs, GoI. This initiative was spearheaded by our student ambassadors in Chandigarh and Ambala.

Shri Banwarilal Purohit, The Governor of Punjab & Chandigarh, presenting the prize for the best Cyber Ambassador to our Student Ambassador.

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 works closely with policy makers, leveraging their decade-long experience in digital safety of children and youth, particularly women. CSR also highlights the contribution and support of their partners in making online spaces safer and more inclusive. The team explains the importance of inclusive and equitable online spaces by promoting the incorporation of digital safety curriculum in schools and colleges. The Ministers and their teams acknowledge and endorse the initiative in their respective constituencies.

Alliance for Cyber Trust and Safety (ACTS)

Introduction

In today's rapidly evolving digital landscape, trust and safety issues are proliferating at an alarming rate. From misinformation and cyberbullying to data breaches and online harassment, these challenges threaten the very fabric of our digital society. In response, various organisations have been working independently to combat these problems and maximise the positive aspects of our digital world. However, there have been limited collaborative efforts that bring together different stakeholders to share insights and combine their strengths in addressing these digital concerns.

The Alliance for Cyber Trust and Safety (ACTS), jointly housed at The Dialogue and Center for Social Research (CSR), aims to bridge this gap. ACTS brings together a diverse range of organisations—from grassroots NGOs and legal aid providers to support groups offering counselling services—to create a unified platform with a shared vision to tackle the unique trust and safety challenges faced in the Global South. ACTS serves as an interface between industry, policymakers, civil society, users, and other important stakeholders, facilitating dialogue and cooperation across these diverse groups to address digital trust and safety challenges comprehensively.

Mission and Vision

We envision a powerful network, with each member specialising in crucial areas such as research, education, and user empowerment, coming together to break the silos and amplify a collective civil society voice on digital trust and safety. Our purpose is to unite diverse voices working in the trust and safety space and combine their expertise and resources to create more effective and far-reaching responses to digital threats by:

- Fostering Collaboration with Civil Society
- Educating and Empowering Users
- Championing Digital Safety and Respect
- Driving Progressive Policy Discourse

Composition of the Alliance:

The Alliance is housed at The Dialogue and the Centre for Social Research (CSR) and is structured as follows:

Advisory Committee: The Advisory Committee serves as ACTS's primary strategic pillar. Comprised of experts from diverse fields, it sets the Alliance's overall strategic direction and ensures alignment with ACTS's mission and vision.

Members: The ACTS member base includes organizations dedicated to gender equality, safety, and digital literacy, among other focus areas. Membership is open to any Indian civil society organization working in the digital trust and safety space.

Working Groups: These groups take a holistic and inclusive approach, addressing critical elements of digital trust and safety.

Friends of the Alliance: ACTS actively invites key industry players to join as Friends of the Alliance. With Match Group already on board, this component is set to gain significant momentum, attracting more industry players to join the coalition.

WEON- Women Engage Online Alliance
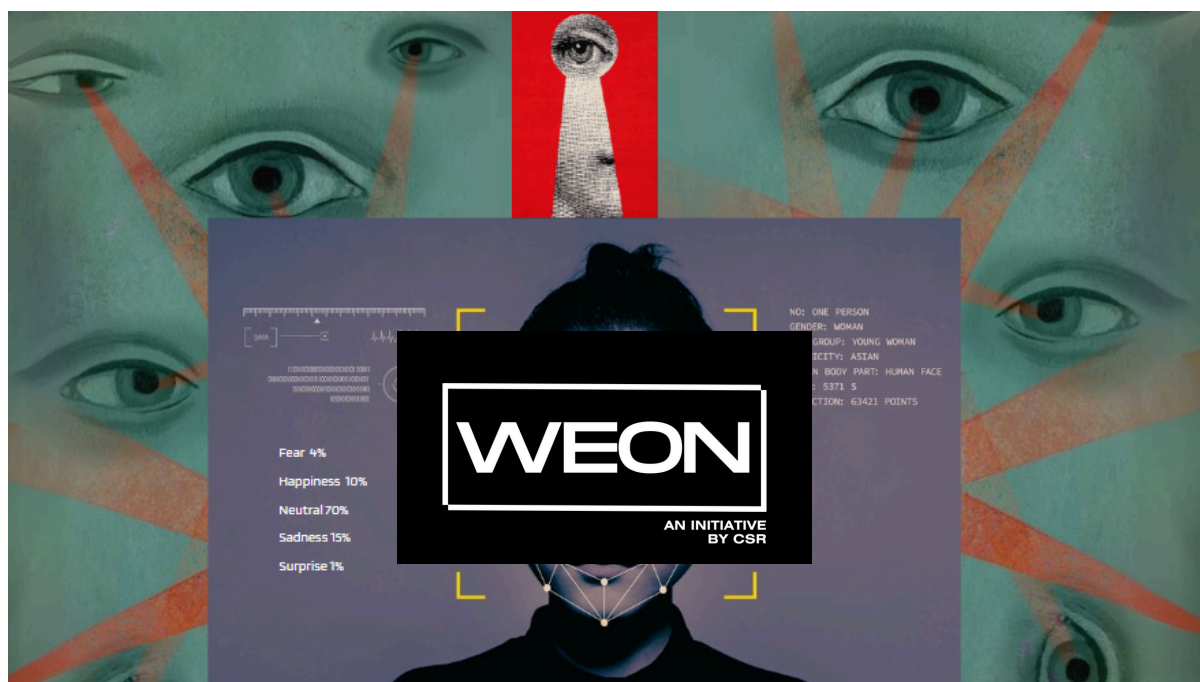
Women Engage Online Alliance is a digital safety initiative by CSR, established with the aim of countering hate speech, threats, lies, and harassment in the Digital Space. The community works to make online spaces safer, tolerant and positive.

We break the negative One Conversation at a Time! If you are someone who is tired of being a passive bystander and want to 'do something' about online abuse, join our community of strong, reliable and proactive individuals.

We detect instances of harassment and bullying, and counter them with a flood of positivity and support under the same post. This isn't just about combating negativity; it's about actively sculpting a cyber landscape rooted in kindness and empathy.

We believe our seemingly small actions wield immense power. Together, let's forge a digital realm characterized by respect, inclusivity, and enriching dialogues!

Online abuse not only compromises the right to expression but also jeopardizes representation and participation of certain people and groups. These incidents disproportionately affect women and minorities, threatening their safety and wellbeing in the physical world as well.

To recognize that the consequences of digital abuse are very real and tangible, is the first step. Nuances of psychological trauma are farther down the list when we begin realizing that character assassination not only threatens an individual's employability, social standing and economic resources, but also alienates them from community life.

With WEON, we push for acknowledgement of cybercrime as serious crimes.
WEON stands with the survivors of online hate, abuse and harassment.

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.

CSR is also engaging in discussions with the cyber cells of Uttar Pradesh and Haryana, to expand its network.

Advocating for Mental Health

CSR believes mental health is just as important as physical health. Our digital safety programs, each have a important facet of mental health support. We offer support in terms of educational trainings as well as counselling. 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

Toolkits

Online Safety Kit

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 you to navigate legal, medical, rehabilitation, mental health, counselling and other systems. It has been drawn with inputs from professionals as well as the survivors themselves, with the aim to acknowledge and overcome the barriers of procedures and policies. The kit in itself is dynamic & evolving and we are open to any relevant inputs from all.

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. Stop NCII helps individuals and victims by removing non- consensual intimate images (NCII) from the internet. The safety of every

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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.

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

Our Student Ambassadors actively contribute to the cause of raising awareness by pinning up posters with CSR Survivor Assist kit and STOPNCII.org helpline's information to the notice boards of their colleges.
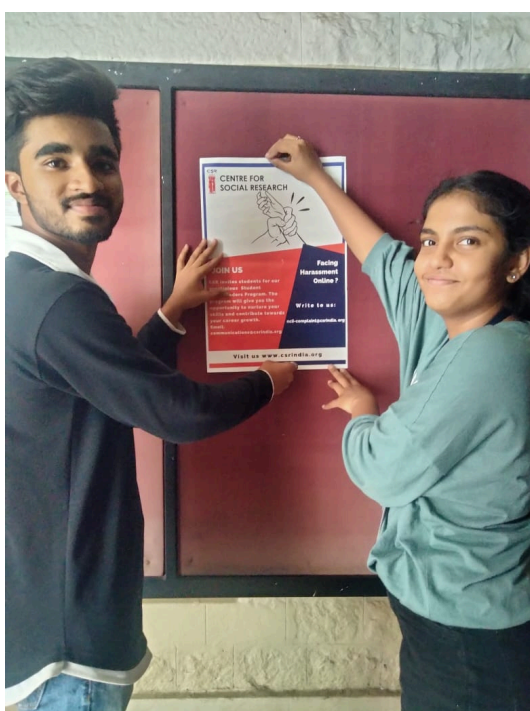
Amar Ujala: E-Paathshala

With CSR's motto for its Digital Safety and Online well-being initiative, 'No Child Left Behind', we partnered with Amar Ujala to reach every last child in states where there is a stronghold of the media organization. Amar Ujala's work on social issues with an innate focus on children and the youth is in synchronization with our cause and efforts.

To conduct the workshop with the children of the schools, team CSR traveled to different cities & districts in the state of Uttar Pradesh reaching out to almost 15,000 students.

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 कोई 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 ई-पाठशाला में बोल रहे थे।

श्री विश्वनाथ इंटर कॉलेज कलान में हुआ आयोजन

अमर उजाला फाउंडेशन और सेंटर फॉर सोशल रिसर्च की ओर से आयोजित ई-पाठशाला में करीब पांच हजार विद्यार्थियों ने प्रतिभाग किया। अखंडनगर थानाध्यक्ष 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 ठकुर व सेंड्रा एलिजा मनु ने मेटा आधारित ट्रेनिंग मॉड्यूल को समझाया। उन्होंने प्रतिदिन होने वाले साइबर अपराधों के

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

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 असीमित है। विद्यार्थियों को पढ़ाई के साथ सिर्फ जरूरत के समय ही इसका प्रयोग करना चाहिए।

साइबर अपराध से खुद करें बचाव

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

मनोरंजन के लिए करें रचनात्मक कार्य

डिजिटल दुनिया में नई-नई चीजें परोसी 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। पौधरोपण करें। पेड़-पौधों 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 जानें और समझें। ताकि परेशानी न उठानी पड़े। यदि कहीं कोई परेशानी हो या कोई अनजान व्यक्ति सोशल मीडिया के जरिए ठगी करने की कोशिश कर रहा है, तो उसकी शिकायत दर्ज कराने में संकोच न करें। आपकी शिकायतें गुप्त रखी जाती हैं। -कृष्णमोहन सिंह, थानाध्यक्ष, अखंडनगर

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 वक्त गुजारें। कार्यक्रम में प्रवक्ता देवेंद्र प्रताप सिंह समेत कई शिक्षक और बड़ी संख्या में विद्यार्थी मौजूद रहे।

CSR Developed Education Material

POSITIVE ONLINE ENGAGEMENT

Part of being respectful online is being polite to others. To accept and respect differences is an important part of being a responsible digital citizen.

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.

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.

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.

Women's Online Safety and Inclusivity

CENTRE FOR SOCIAL RESEARCH

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

The Power of Connecting Online

- Start a Movement
- Connect with organiztions - big or small
- Build interest and resources for causes that matter

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 a day 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 lakh+ 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

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 VADEHRA

SANDEEP JOSHI

Human beings have a complicated relationship with change. Sometimes we welcome it, sometimes we resent 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.
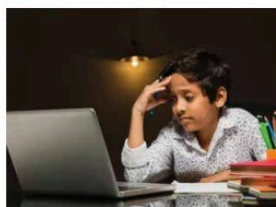
A virtual existence was always on the cards. We have watched enough sci-fi movies that impacted our visualisation of the future. We have seen flying cars, robots taking over, people living inside screens, education through means other than institutions and even love and connection happening virtually, 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 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 swiftly 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 two sides to a coin. And this is a very new coin. There are many negative aspects to this world, some known, some not so much. So what do we do? Is it not our job then to figure this out for our children?

Let's go back to the beginning. The survival of mankind is very firmly based on learning 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 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 clouded 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.

It should also be mentioned at this point that the ever-existing protectionist attitude towards children needs to be checked. We are talking about equipping the children, not sheltering them. As they figure out their world, and newness 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, opportune education, so to say. And then, let them soar.

(Jyoti Vadehra is a gender and child rights activist. Sandeep Joshi is a freelance journalist.)

Mental health in the digital era
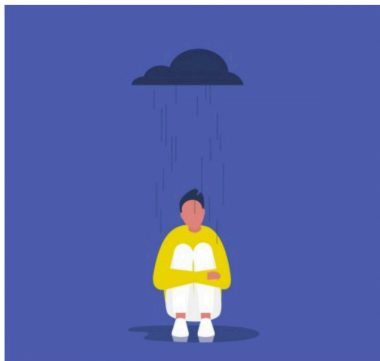
Children and their rights to a safer digital world
July-09-2021   by The PageOneAsia Team

Recent Events

As part of the Mental Health Awareness Week, the International Conference on Safeguarding Mental Health in Gen AI Era is part of CSR's digital safety initiatives that aims to promote online safety through active discourse between diverse stakeholders.

Gen AI and advancing technology pose complex challenges to online safety, particularly for women and children. The proliferation of deepfakes and AI-driven harassment tools are escalating cyberbullying, online harassment and abuse that directly impact mental health.

Following a model of discourse and knowledge sharing, our expert panelists will bring their context specific knowledge to share with us. The aim of this discourse is to shine light on policy blind spots and provide alternate suggestions, redressal routes and frameworks for personal and legislative use.

Research

Women's Self Expression and Online Safety in Gen AI Era

This research aimed to explore the multifaceted dimensions of online engagement among young Indian women. The study delves into their use of social media and dating applications, examining the intricacies of their online social behavior, self-perception, and expression. Furthermore, it investigates how these women establish agency and set boundaries in digital spaces and interact with both their own and other women's **online imagery.**

The primary objectives of this research are:

1. To analyze the patterns and motivations behind the use of social media and dating apps by young Indian women.
2. To understand the nuances of their online social behavior and the impact of digital interactions on their daily lives.
3. To investigate how young Indian women perceive themselves and express their identities in online environments.
4. To examine the methods and strategies employed to establish agency and boundaries in virtual spaces.
5. To explore the dynamics of how these women engage with their own and others' online imagery, and the implications of such interactions.

Methodology

To arrive at these findings, we spoke to 1200+ women across Chandigarh and New Delhi and developed a detailed survey with 50 questions, prepared for a sample size of 300 women. We also conducted 3 focus group discussions and interviewed 5 women who are used to being in the limelight in their careers.

Youth Digital Safety

The digital world is a huge part of our lives, and gender inequality is prevalent in the online world as much 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,* and *become part of this movement*!

Parents, Teachers, 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 and 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*!

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 Rockit, 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

Our Panelists

Dr. Samir Parikh
Chairperson, Fortis National Mental Health Program Fortis Healthcare

Karuna Nain
Online Safety Expert Former Director, Global Safety Policy, Meta; Co-founder StopNCII.org

Laura Higgins
Senior Director of Community Safety and Civility Roblox

Dr. Ranjana Kumari
Director, Centre for Social Research & Chairperson WPC

Roundtables and Conferences

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

Rekha Sharma
Chairperson
NCW

Rema Rajeshwari
IPS Officer

Mimansa Singh Tanwar
Clinical Psychologist,
Fortis Healthcare

Richa Gupta
Co-Founder
Labhya Foundation

Aashna Taneja
Program Associate
Labhya Foundation

zoom Meeting Id: 820 0690 7476 Passcode: 878240

12 NOV | 12 NOON IST

WEBINAR

Mental & Emotional Wellbeing
And
The Online Environment
for Children

Dr. Samir Parikh
Director,
Fortis National Mental Health Program

Vinita Sharma
Principal
Brahmavid The Global School

Ekta Viireck Verma
Founder,
Invisible Scars and Poorn Viraam

Suyash Gupta
Manager- Child Safety and Advocacy
TEACH FOR INDIA

TODAY | 12 NOON IST

LIVE STREAMING - Centre For Social Research

JOIN US

RIGHT TO
AN INCLUSIVE, SAFE &
SECURE
DIGITAL EXISTENCE
FOR WOMEN & GIRLS

in collaboration with :

THE
WARRIOR QUEEN
PROJECT

Monday - 13th March at 8:30 am
EDT
11th floor
UN Church Centre
+ 91 9810511540
communications@csrindia.org

WEBINAR:
DIGITAL WELL-BEING OF STUDENTS
IN THE COVID-19 ERA

DR. JINI K GOPINATH
CHIEF PSYCHOLOGY OFFICER, YOURDOST

MR. SAMEER PURI, TEACHING FELLOW TEACH FOR INDIA

MR. SHIVANG RAINA, POLICY PROGRAMS MANAGER, FACEBOOK (INDIA AND ASIA)

MS. UTTARA SINGH DIRECTOR, THE SHRIRAM MILLENNIUM SCHOOLS

MS. VINITA SHARMA PRINCIPAL, BRAHMAVID 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

LIVE •
10th December 11 AM

shethepeople
ONLINE SAFETY SUMMIT
POWERED BY
colors

The Pandemic Of Online Violence Against Women: How To Combat It?

Ashwini Obulesh — Lawyer
Dr. Samir Parikh — Consultant Psychiatrist
Kareshma Khanna — Gytree
Jyoti Vadehra — CSR
Deepshikha — SheThePeople

CENTRE FOR SOCIAL RESEARCH

#safetysummit   Knowledge Partner   #shethepeople

VIRTUAL NGO CSW FORUM65
Panel Discussion
DIGITAL SAFETY & CITIZENSHIP DEVELOPMENT
Meet the speakers

ANNE COLLIER — Net Safety Collaborative
DR. MARLYN TADROS — Virtual Activism and project MENGOs
LUCY THOMAS — Project ROCKIT
DR. RANJANA KUMARI — Centre for Social Research

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

RAISE YOUR VOICE AGAINST

Online Human Rights Violations Against Women

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

WORLD DAY AGAINST
TRAFFICKING IN PERSONS
USE AND ABUSE OF TECHNOLOGY

In Collaboration
Impulse NGO Network

LIVE

Moderator

HASINA KHARBHIH — Human Trafficking Crusader
PALLABI GHOSH — Anti Trafficking Activist
SONA SINGH — PhD Researcher on Human Trafficking

PARI SAIKIA — Human Trafficking Journalist

Pari Saikia
July 30, 2022
Saturday, 4:30 pm

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shethepeople
ONLINE SAFETY SUMMIT
15 September 11:00 a.m

DID I READ THAT RIGHT?
BUSTING MISINFORMATION

Nilanjana Bhowmick — Journalist
Suyash 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?

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)

CSR's Digital Safety Efforts in the Media

ई-पाठशाला में सीखा डिजिटल शिष्टाचार

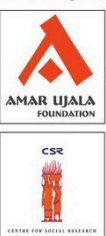### अमर उजाला व सीएसआर का संयुक्त आयोजन, बाराबंकी व लखनऊ के 1200 बच्चों ने दर्ज कराई मौजूदगी

आज की सीख संवारेगी कल

अमर उजाला व सेंटर फॉर सोशल रिसर्च की ओर से सोमवार को आयोजित ई-पाठशाला में मौजूद पायनियर की राजेंद्र नगर शाखा और जानकीपुरम शाखा के बच्चे। -विज्ञप्ति

माई सिटी रिपोर्टर

लखनऊ। डिजिटल दुनिया में रहना अब एक जरूरत बन चुका है। तकनीक की दुनिया से दूर रहना अब मुनासिब नहीं। ऐसे में जरूरी है कि हम अपने बच्चों को छात्र जीवन से ही 'नेटीकेट' सिखाना शुरू कर दें। डिजिटल लिटरेसी को नैतिक शिक्षा की तरह पढ़ाना जरूरी हो गया है। यह सार रहा अमर उजाला व सेंटर फॉर सोशल रिसर्च की ओर से आयोजित ई-पाठशाला का।

तीन दिवसीय पाठशाला के पहले दिन पायनियर मॉन्टेसरी इंटर कॉलेज एल्डिको-1 से कार्यशाला को लाइव किया गया। इस दौरान अमाइकस अकादमी लखनऊ के विद्यार्थी मौजूद रहे। बाराबंकी से पायनियर की लखपेरा बाघ शाखा और सत्यप्रेमी नगर शाखा, जानकीपुरम और 206 राजेंद्र नगर शाखा के बच्चे भी ऑनलाइन मौजूद रहे। सीएसआर की प्रशिक्षक श्रुति दास और अपूर्वा भंडारी ने डिजिटल लिटरेसी का एक सत्र पूरा किया। प्रिंसिपल पायनियर मॉन्टेसरी एल्डिको ब्रांच ने सभी अतिथियों का स्वागत किया।

AMAR UJALA FOUNDATION

CSR
CENTRE FOR SOCIAL RESEARCH

पायनियर मॉन्टेसरी इंटर कॉलेज और एल्डिको उद्यान-1 लखनऊ परिसर से तीन दिवसीय कार्यशाला की शुरुआत, अमाइकस अकादमी के बच्चों व शिक्षकों ने भी दर्ज कराई मौजूदगी

पायनियर मॉन्टेसरी की एल्डिको ब्रांच में बच्चों को डिजिटल की महत्ता बतातीं सीएसआर की प्रशिक्षक अपूर्वा भंडारी। -संवाद

अमर उजाला की ई-पाठशाला में 181 वन स्टॉप सेंटर की प्रभारी अर्चना सिंह। -संवाद

पायनियर मॉन्टेसरी स्कूल की प्रिंसिपल शर्मिला सिंह। -संवाद

आयोजन में इनका भी रहा सहयोग

पायनियर मॉन्टेसरी के प्रबंधक ब्रजेंद्र सिंह, अमाइकस के प्रबंधक रजा हुसैन, अनवर हुसैन, पायनियर की बाराबंकी ब्रांच की प्रिंसिपल रेखा मिश्रा और सोम प्रभा मिश्रा, लखनऊ शाखा की उषा सूरी, फराह काजमी।

हम हमेशा तैयार, मन में न रखें बात

कार्यशाला का उद्घाटन एडीसीपी पूर्वी सैय्यद कासिम आब्दी ने किया। उन्होंने साइबर दुनिया में छोटी-छोटी नादानियों से होने वाले नुकसान को लेकर पाठ पढ़ाया। कहा कि गलती हो जाए तो छिपाएं नहीं, हमारी जहां जरूरत है, हम आपके साथ खड़े मिलेंगे। वहीं, विशिष्ट अतिथि 181 वन स्टॉप सेंटर प्रभारी अर्चना सिंह ने साइबर दुनिया के मोह में फंस कर बुरे चंगुल में फंसने वाली लड़कियों के मामलों से अवगत कराया। कहा कि यदि आपको कहीं से मदद न मिले तो हमारे पास आएं।

आज अवध कॉलिजिएट की पारा शाखा में होगा आयोजन

लखनऊ। ई-पाठशाला के दूसरे दिन का आयोजन पारा स्थित अवध कॉलिजिएट में होगा। यहां से कार्यक्रम को लाइव किया जाएगा। इस दौरान स्कूल की दो अन्य शाखाओं के अलावा बाराबंकी से सेंट्रल एकेडमी और सुल्तानपुर से सेक्रेड हार्ट स्कूल के स्टूडेंट उपस्थिति दर्ज कराएंगे। कार्यक्रम में 'कैसे कम करें सोशल मीडिया पर बच्चों की व्यस्तता', इस बारे में बताएंगे मनोवैज्ञानिक डॉ. आशुतोष श्रीवास्तव। साथ ही डिजिटल लिटरेसी को पाठ्यक्रम का हिस्सा बनाने से क्या फायदा होगा, इस पर बात करेंगी शिक्षा विद् ब्रह्मज्योत कौर। इसके बाद कार्यशाला में बच्चों को डिजिटली साक्षर करेगी सीएसआर की टीम। (माई सिटी रिपोर्टर)

बच्चों को संबोधित करतीं सीएसआर की प्रशिक्षक श्रुति दास। -विज्ञप्ति

सोशल मीडिया का चक्रव्यूह भेदने के लिए तैयार हो रहे छात्र-छात्राएं

अवध कॉलिजिएट में लगी ई-पाठशाला, डिजिटल साक्षरता और मानसिक स्वास्थ्य पर दुष्प्रभाव को लेकर संवाद

मई सिटी रिपोर्टर

लखनऊ। एक समय था जब बच्चों को मोबाइल फोन से दूर रखने की हिदायत दी जाती थी। फिर ऐसा समय आया, जब उन्हीं दिग्गज फोन पर रखना मजबूरी हो गई। अब बड़ों के साथ बच्चों की पहुंच मोबाइल के चक्र तक ही सीमित रहने लगी है...

अमर उजाला फाउंडेशन और सीएसआर का संयुक्त आयोजन

1400 बच्चों-शिक्षकों का प्रशिक्षण

दो घंटे से ज्यादा सोशल मीडिया का इस्तेमाल करने वाले ध्यान दें

ये आपको तय करना है कि सही व गलत क्या है...

भ्रामक से बचें और सही को चुनें

आज चेट जोसेफ कॉलेज की डिजिटल साक्षरता पर...

मोबाइल फोन में भी कुछ हमारा नहीं

साइबर अपराध के खतरों के प्रति सतर्क करते हुए ई-पाठशाला समाप्त

मई सिटी रिपोर्टर

लखनऊ। सोशल मीडिया का इस्तेमाल की सभी कर रहे हैं, लेकिन इसका सही और सुरक्षित इस्तेमाल कम लोग ही जानते हैं...

अमर उजाला फाउंडेशन व सेंटर फॉर सोशल रिसर्च की संयुक्त कार्यशाला

कुछ चर्चित साइबर अपराध

साइबरकॉप और स्टूडेंट का हुआ संवाद

डिजिटल साक्षरता अभियान में हम सब साथ

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

सिटी रिपोर्टर • कोरोना काल में हमने बहुत सी चीजों की सही वैल्यू सीखी। जैसे खुद को और अपनी फैमिली को वक्त 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 बी 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 है।
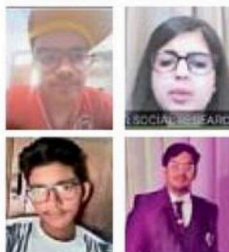
नभ-छोर

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 वैबीनार 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 चाहिएं, 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।

Trust and Safety Festival India

OCTOBER 2025

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TRUST & SAFETY FESTIVAL

From AI to privacy, regulations, tech policy and algorithms, we invite the best of the industry to collaborate on emerging trends, issues and create solutions in digital spaces.

Get ready for India's First Cyber Trust and Safety Festival

Trust and Safety Festival India

OCTOBER 2025

Centre for Social Research India is thrilled to partner with the Trust and Safety Festival to host the inaugural India Trust and Safety Festival in Fall 2025.

Being the Global Majority on the internet, India has been one of the leading voices of online safety and regulations over the years. The India Festival aims to bring together trust and safety practitioners from Global South's thriving tech-policy industry, civil society, academia and government to dive into the most pressing online safety harms and issues of our times.

THEMES

Combatting digital harms of online child sexual abuse (CSAM)

Empowering survivors of non-consensually shared intimate images (NCII)

Detecting and removing harmful AI generated content such as deepfakes

Fostering youth well-being online

Tackling online scams and frauds

Mitigating abuse in end-to-end encrypted spaces

To sponsor a discussion or propose a panel, write to us at india@trustandsafetyfestival.com.

Centre for Social Research has been working to create inclusive, safe and secure online spaces for all for over a decade, in an attempt to align with and achieve the following SDGs:

3 GOOD HEALTH AND WELL-BEING

4 QUALITY EDUCATION

5 GENDER EQUALITY

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

10 REDUCED INEQUALITIES

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