offenso™
Hackers Academy

Digital Detox Junior
An Initiative of
NCORE Foundation

GUIDELINE KIT FOR PARENTS

1. HOW TO SET A STRONG PASSWORD

Use at least 12 characters with a mix of:

- ✓ Uppercase and lowercase letters (A–Z, a–z)
- ✓ Numbers (0–9)
- ✓ Symbols (@, #, $, %, &)

Example of a strong password: R@inb0w#House!42

Change passwords every 6–12 months.

Avoid: Birthdays, names, or common words ("password123", "abc@123").

2. ENABLE TWO-FACTOR AUTHENTICATION (2FA) ON WHATSAPP

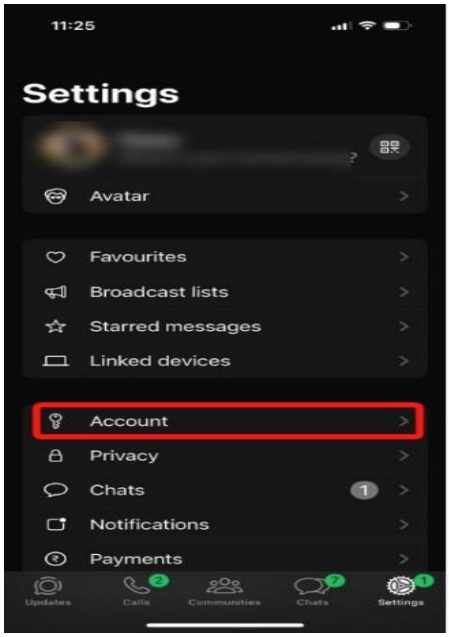
2FA adds an extra layer of protection beyond your password or phone number.

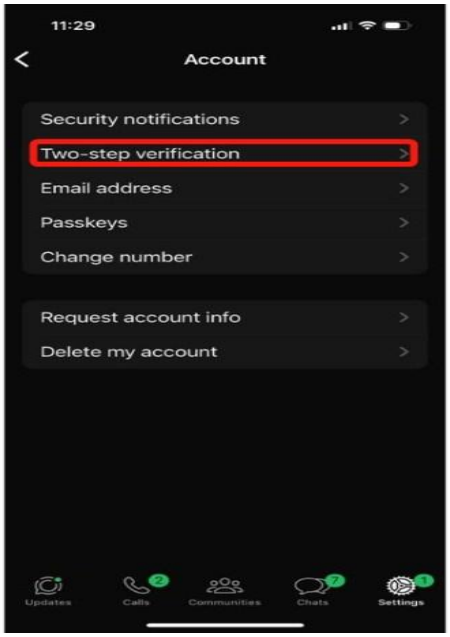
1.Open WhatsApp → Settings → Account → Two-step verification.

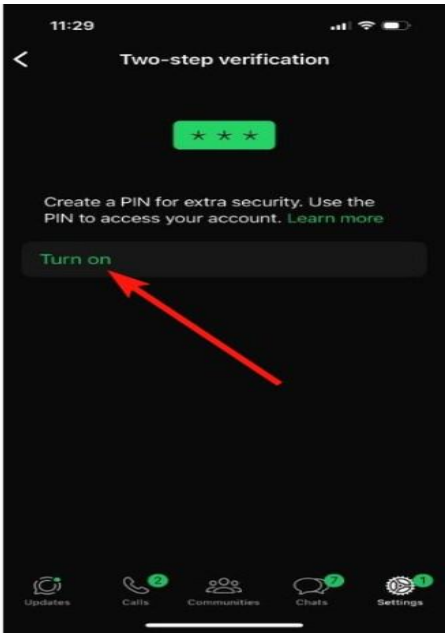
2. Tap Enable.

3. Set a 6-digit PIN and link an email address (for recovery).

✅ **This ensures no one can log in to your WhatsApp even if they have your SIM card.**



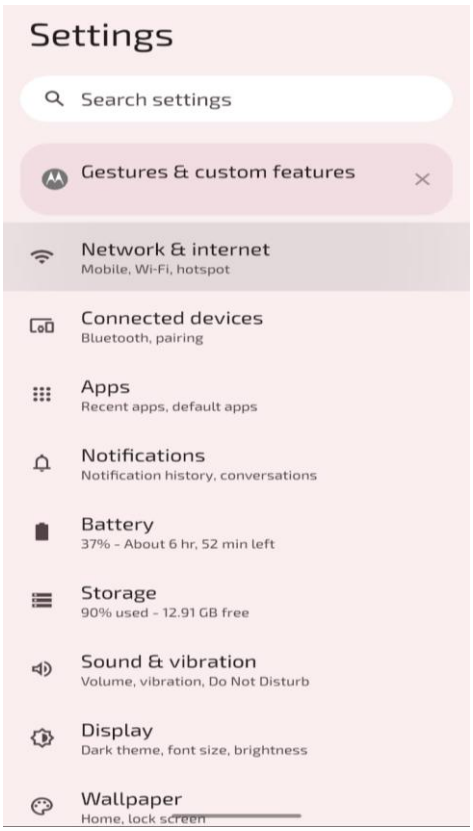


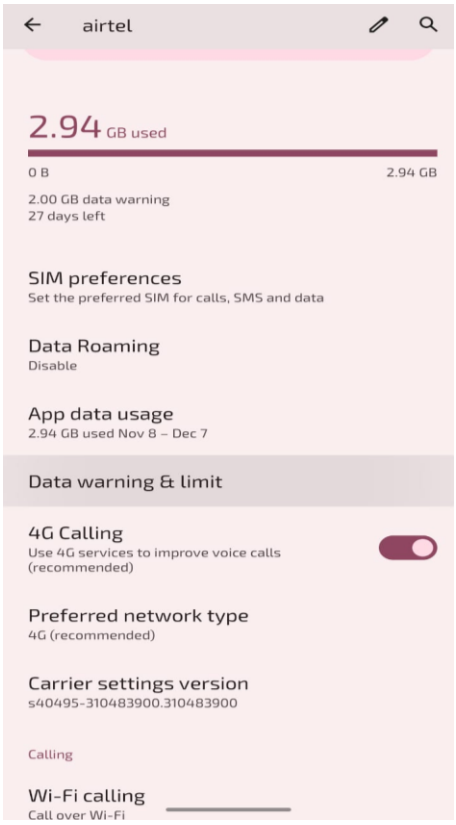


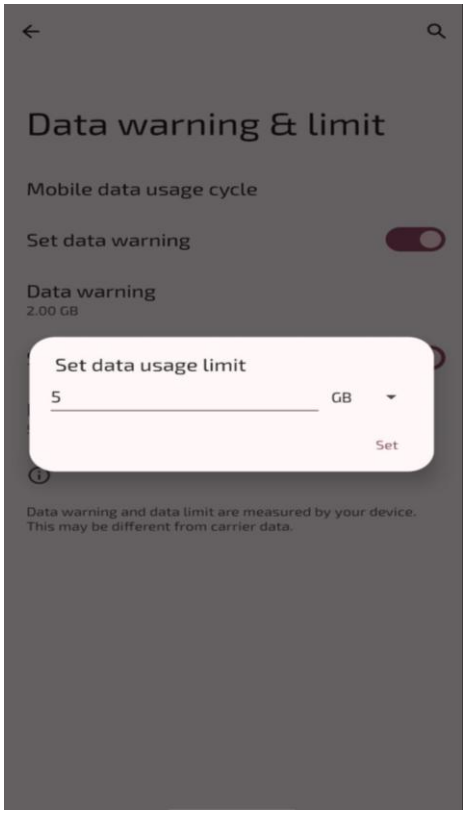
3. DATA LIMIT

Setting a data limit is one way to control your child's phone use. Many popular apps, like social media and gaming apps, burn through lots of data — if you set a data limit, these apps will stop working once that limit is reached.

1. **Go to your phone's Settings**
2. **Navigate to Network & Internet**
3. **Select your SIM**
4. **Then find the Data warning & limit**
5. **Set data limit**



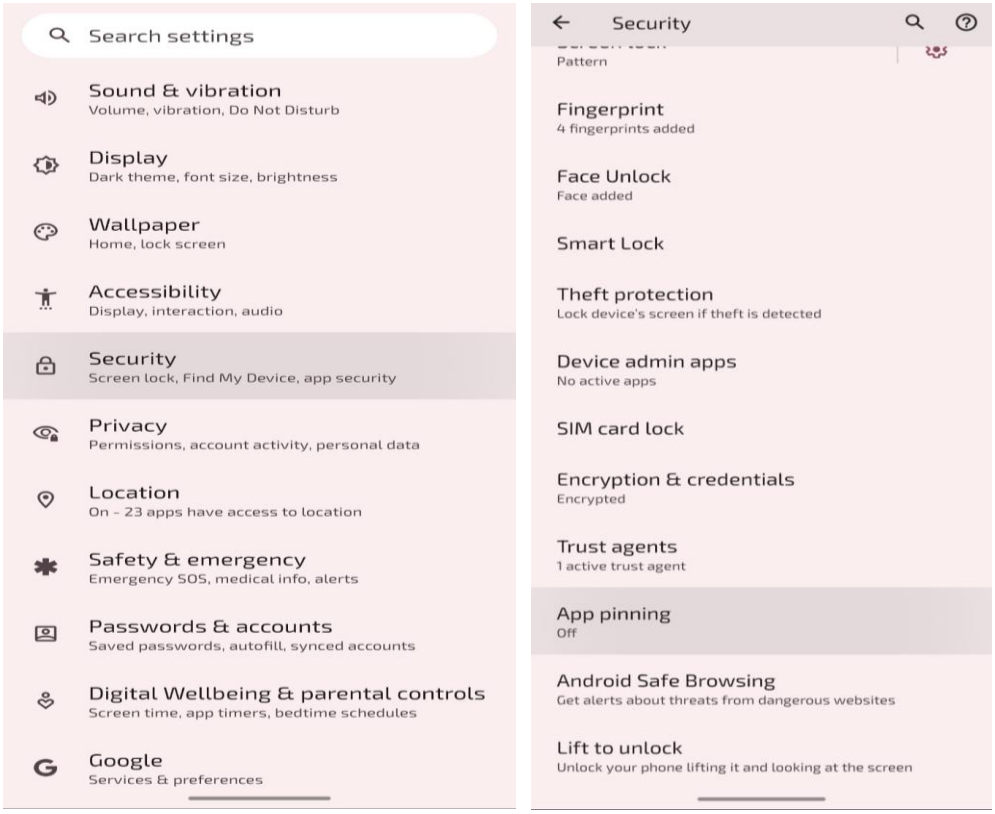


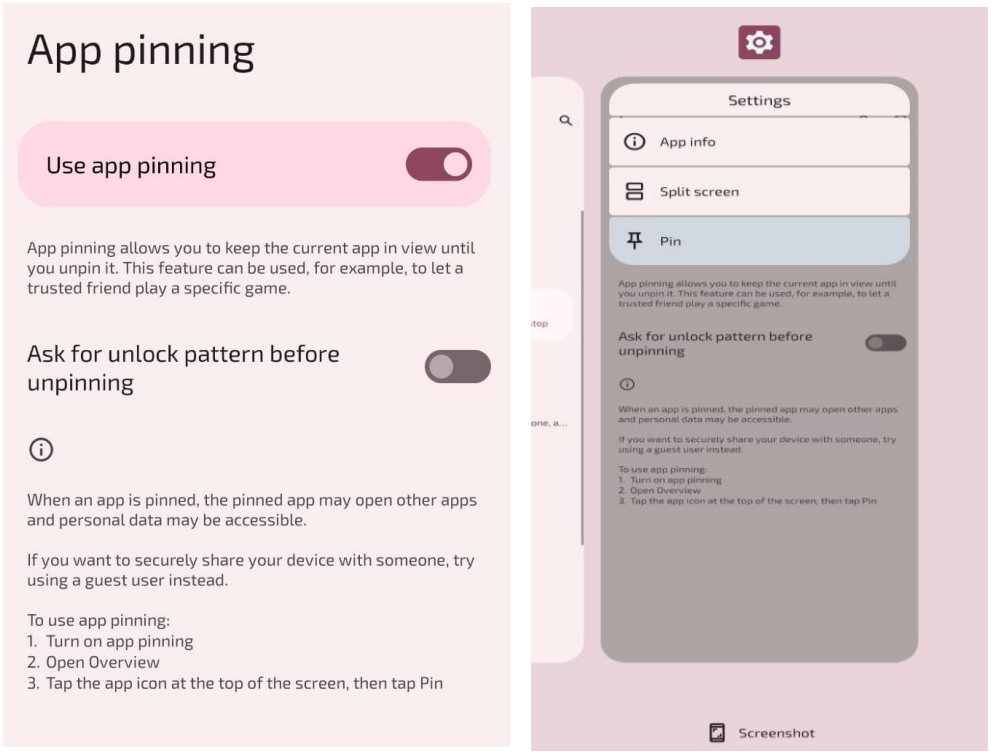


4. USE SCREEN PINNING

Screen pinning prevents anyone from navigating away from the screen currently open on your phone. So, if you hand your phone to your kid to play an educational game, they won't be able to tap over to YouTube, TikTok, or anything else.

1. **Open Settings on your phone.**
2. **Go to Security or Biometrics and Security.**
3. **Tap on Advanced settings (if needed) and select App Pinning.**
4. **Open the app you want to pin.**

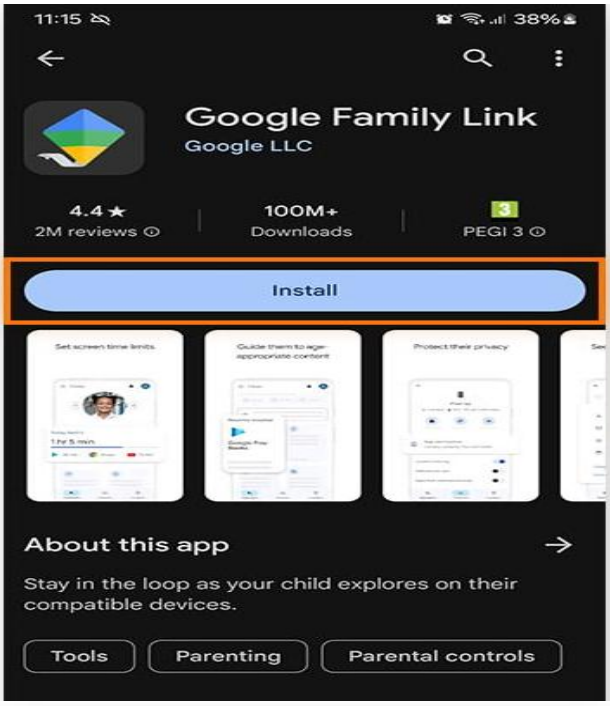


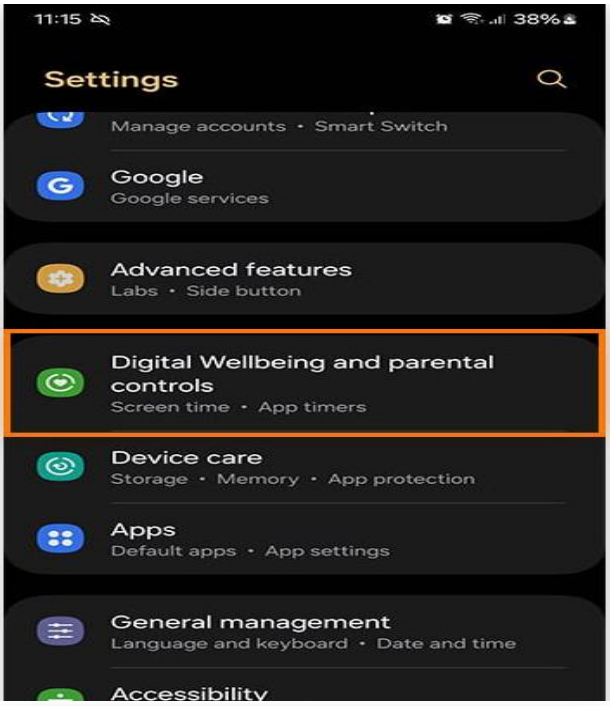


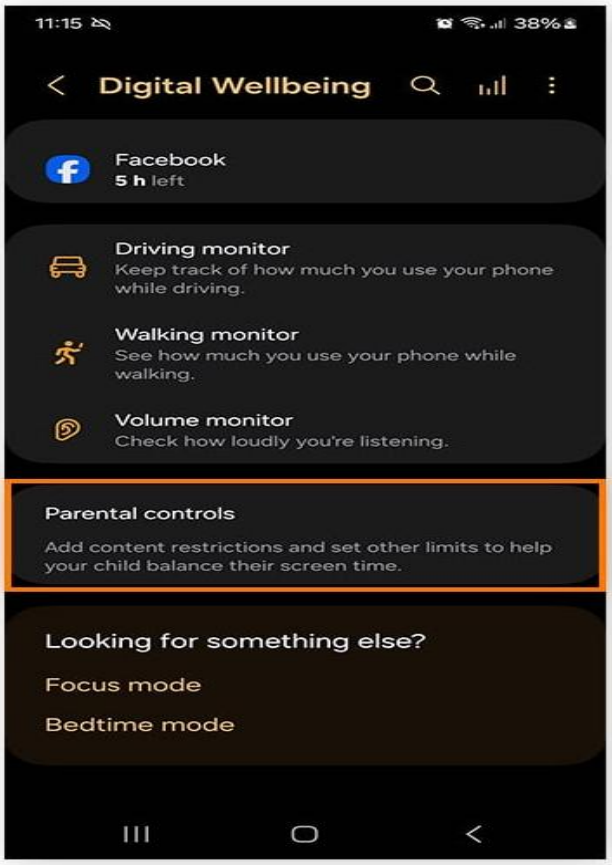
5. USE GOOGLE'S FAMILY LINK

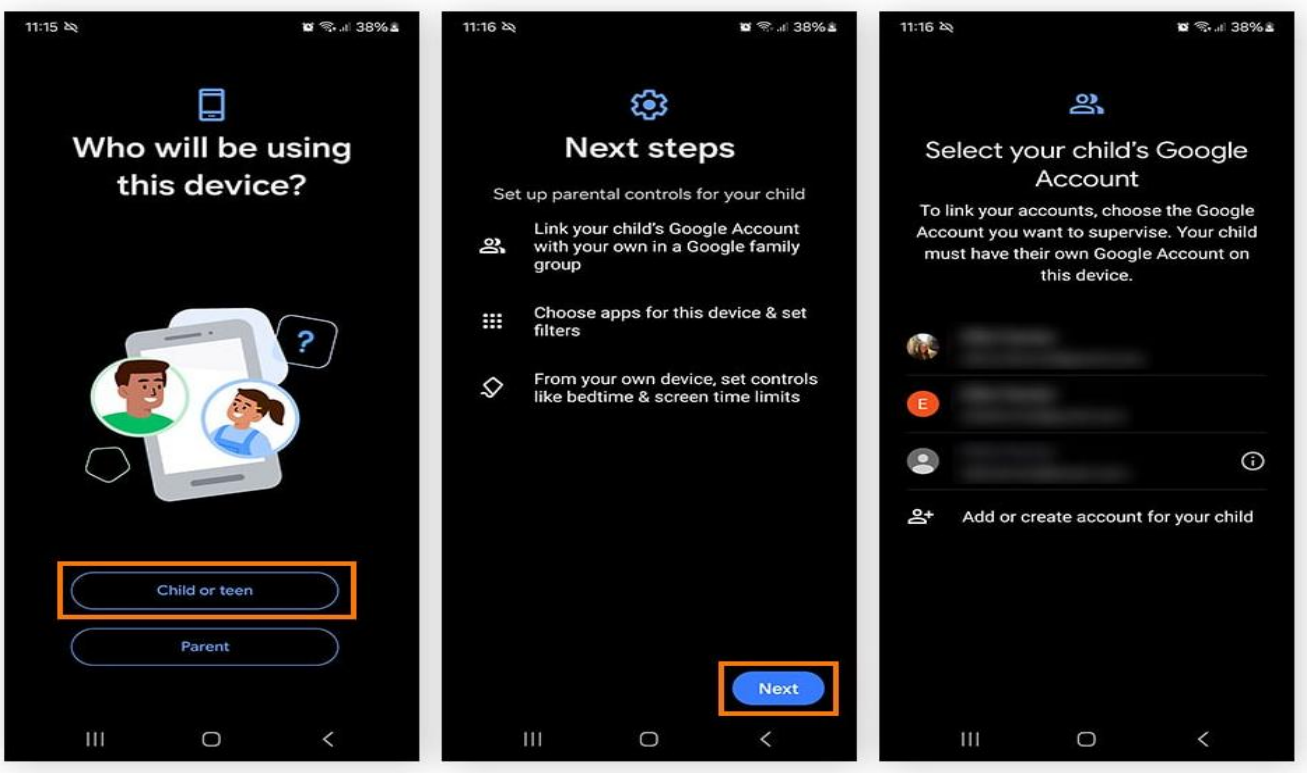
Google Family Link has its own app. Your child needs a Gmail account to supervise them with Google Family Link; if they don't already have one, create one. Then, proceed with the following steps:

1. Install Google Family Link from Google Play and open the app on your device. Then, on your child's device, open Settings and tap Digital Wellbeing & parental controls.
2. Scroll down and tap Parental controls, followed by Get started.
3. Tap Child or teen and tap Next. Then select your child's Google account or create a new one, tap Next, and then sign in with your parent account.
4. Follow the on-screen instructions to review Google's consent form and set up custom supervision on your child's device





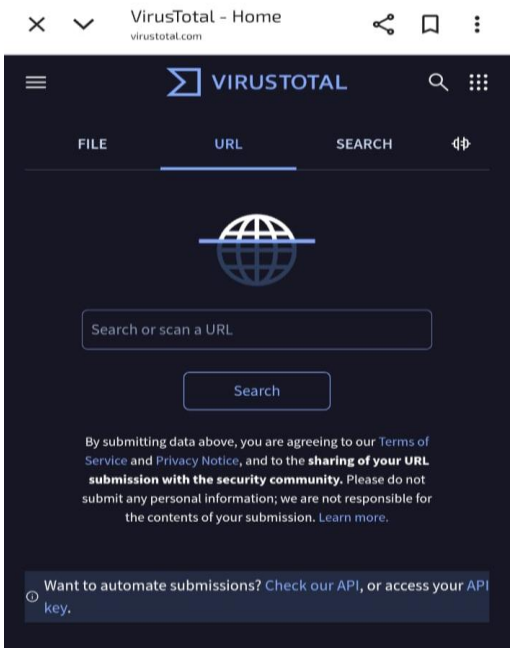


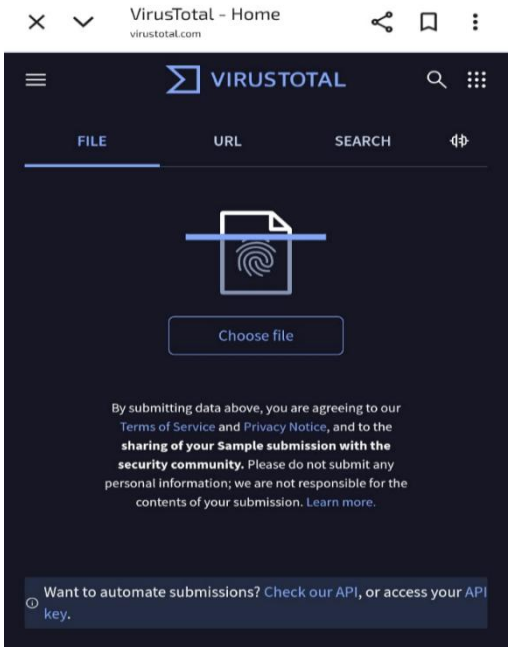


6. VIRUSTOTAL

You can use VirusTotal by uploading a file, entering a URL, or searching for an IP address on its website to scan for viruses and other threats. Once you select an option, Virus Total will scan the item with multiple antivirus engines and provide a report on its safety.

1. **Go to the Virus Total website and click the File tab/URL tab/Search tab**
2. **Select the file you want to scan from your computer/paste ip/paste the URL, and click Search.**
3. **Virus Total will immediately analyse and provide a report with results from different antivirus engines.**

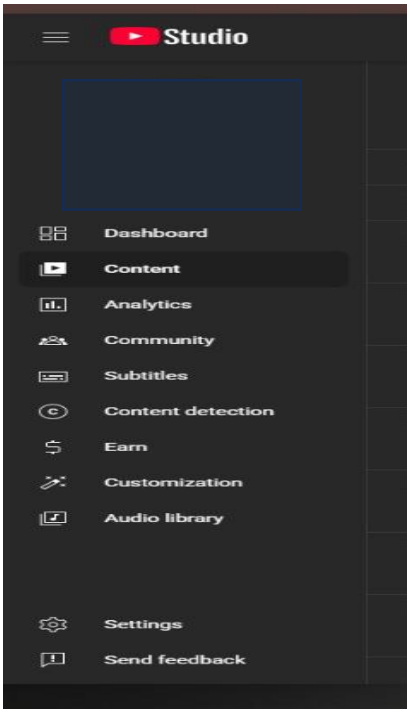


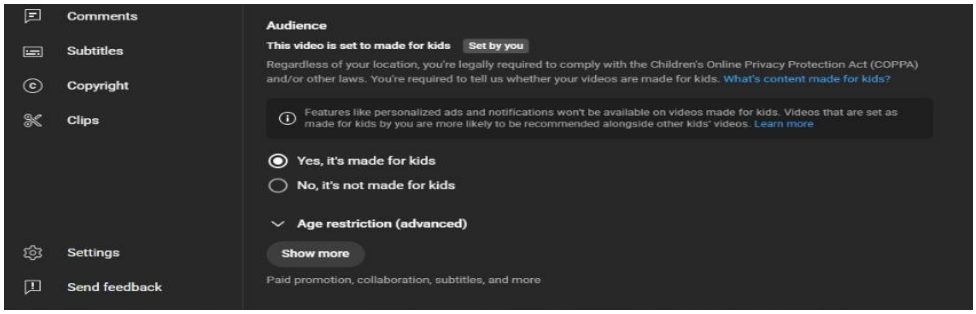


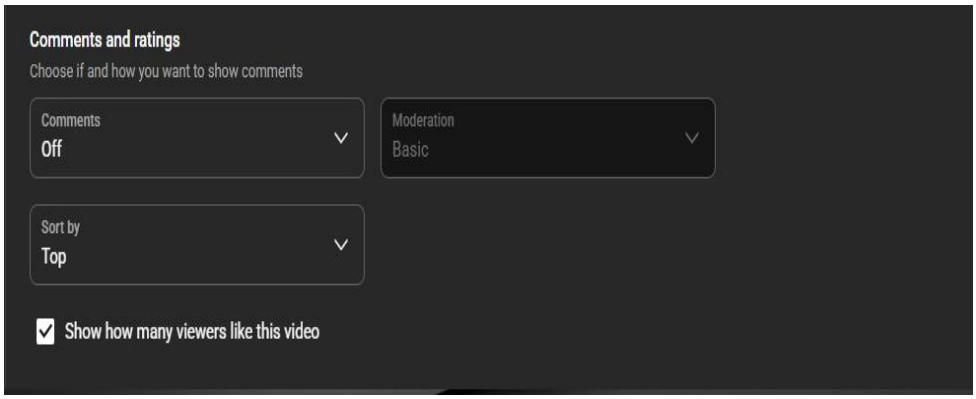
7. DISABLE COMMENTS ON VIDEOS (FOR YOUR CHILD'S CHANNEL OR UPLOADS)

1. **Go to YouTube Studio → Content.**
2. **Click on the video you want to edit.**
3. **Under Audience, choose "Yes, it's made for kids."**
4. **Scroll down to Comments and Ratings → Select Disable comments.**

This helps protect kids from inappropriate or harmful interactions in comment sections.

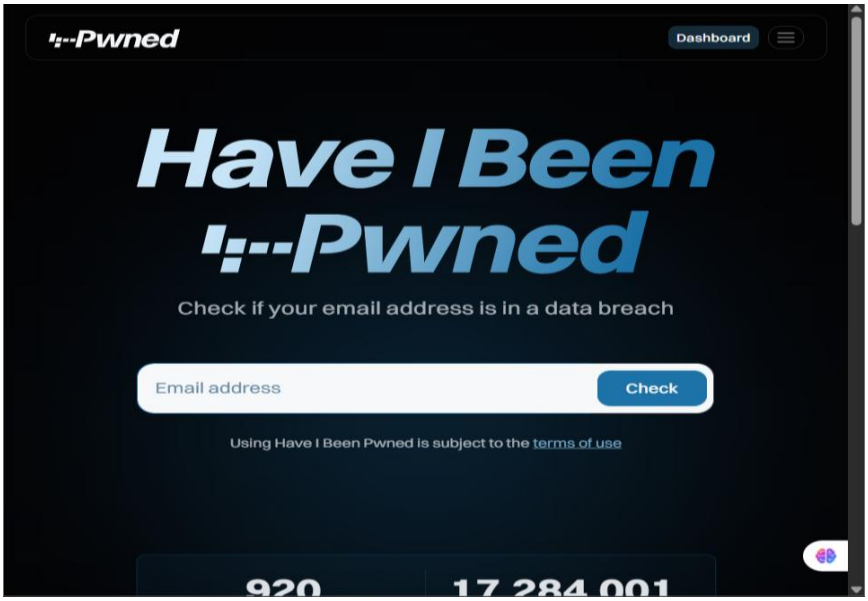






8. CHECK FOR DATA BREACHES – "HAVE I BEEN PWNED"

i. **Visit https://haveibeenpwned.com.**
ii. **Enter your email ID or phone number to check if it was exposed in any known data breach.**



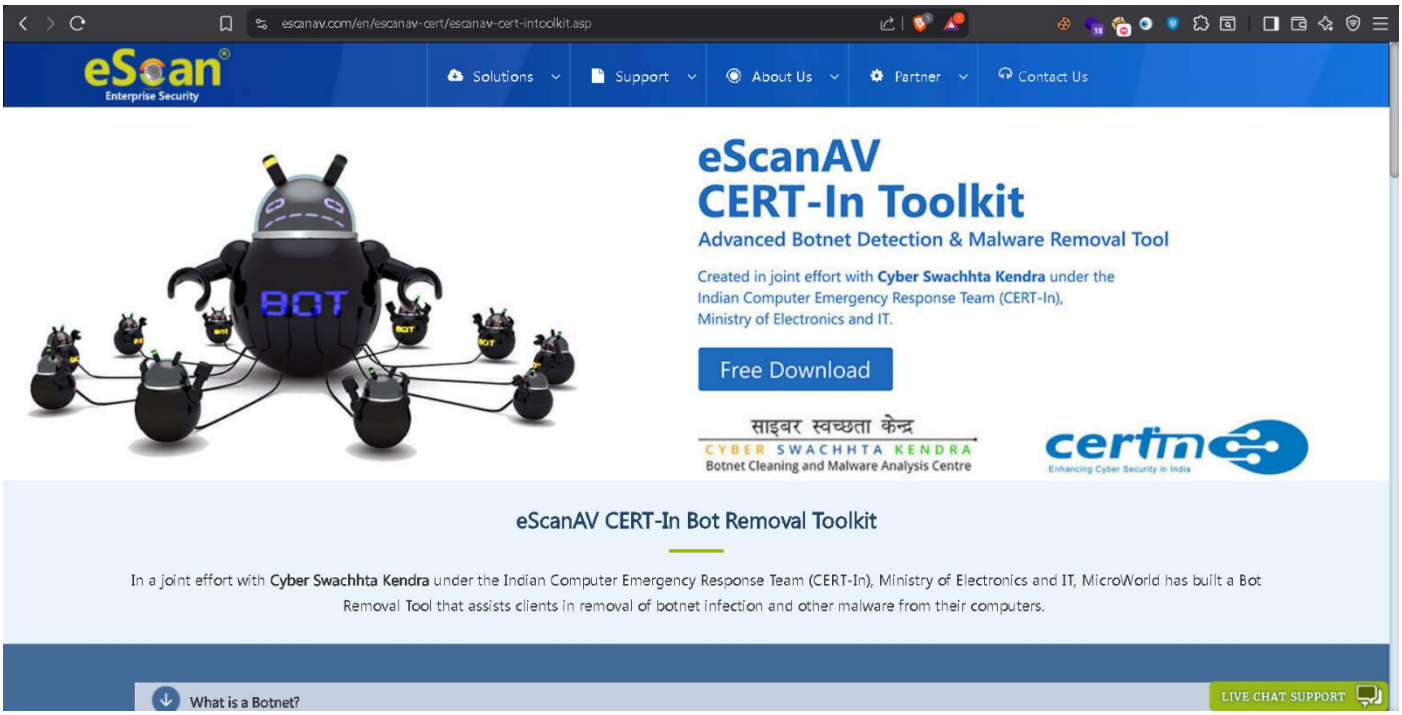
If it appears in results:

- Immediately change the passwords for that account
- Enable two-factor authentication (2FA).
- Avoid reusing the same password on multiple websites

9. INSTALL AND USE ESCAN BY CERT-IN

eScan is a cybersecurity tool recommended by the Indian Computer Emergency Response Team (CERT-In). It helps scan your system for malware, viruses, and vulnerabilities.

- Download it only from the official CERT-In or eScan website.
- Schedule weekly scans to ensure devices remain secure.
- Teach children not to install random apps or click unknown links



USEFUL CYBER HABITS

Encourage children to:

- Log out from shared devices.
- **Teach children about scams, phishing, and fake websites** — show examples of suspicious links and how to spot them.
- Avoid public Wi-Fi or use a VPN if necessary.
- Report suspicious messages or online bullying.
- Encourage open communication — children should feel safe reporting strange online experiences.
- Have "Cyber Check Sundays" — a short weekly family discussion on new scams, app updates, or safety reminders.
- Install a trusted antivirus and firewall, and let it run automatically.
- Disable location sharing unless necessary.
- Keep a record of **important contacts** (ISP, bank, school IT, cybersecurity hotline).

USEFUL RESOURCES

- CERT-In (India): https://www.cert-in.org.in
- Cybercrime Reporting Portal: https://cybercrime.gov.in
- https://www.stopbullying.gov/cyberbullying/what-is-it: Explains online bullying and how to handle/report it