



## Background

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people and inspire a national conversation.

Globally, this day is celebrated in more than 170 countries, coordinated by the joint Insafe/INHOPE network, with the support of the European Commission, and national Safer Internet Centres. In Nepal, ChildSafeNet started celebration of the Safer Internet Day in Nepal in 2019 as the focal organization and the national secretariat of the Safer Internet Day.

The day offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet. Get involved to play your part!

## Why Do We Need to Protect Children and Young People Online?

In this digital age, the information and communication technology sector is advancing tremendously. Along with the fast progress, this revolution brings with it numerous adversities and dangers. Children and young people are heavy users of the technology. Unsafe use of the digital technology exposes them to serious harms, such as, online sexual abuse & exploitation, cyber bullying, phishing and sextortion. Such harms affect children's mental and cognitive development, humiliate and lower their self-esteem. Children, young people, parents, teachers and governments need to take cyber safety seriously and fulfill their responsibilities in making the internet safer place.

Since cyber safety is an issue relevant to all internet users, we all have responsibilities to make the internet safer for our children and young people. Let us work **Together for a Better Internet**.

## Objectives of the Safer Internet Day

1. To highlight and promote positive uses of the internet and to explore the role we all play in creating a better and safer internet
2. To raise awareness on online risks for children and young people and protecting them
3. Develop synergy among organizations and institutions working with and for children
4. To call upon young people, parents, caregivers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet

## **Proposed Activities in Nepal**

ChildSafeNet has planned following activities to observe the Safer Internet Day 2023 in Nepal.

1. Develop and disseminate awareness raising posts on social media to promote safer and better use of the internet
  2. Produce and air live radio sessions on protection of children online from sexual abuse and exploitation
  3. Produce and disseminate podcasts on online safety for children
  4. Conduct interaction sessions with parents on parenting in the digital age
  5. Disseminate a research report on online intimate partner violence in Nepal
  6. Produce appeal videos in collaboration with influencers and public figures
  7. Produce and disseminate short informational videos in February 2023. The videos will include simple tips different stakeholder groups can use in order to make the internet safer for themselves, and for others.
  8. Organise panel discussions with influencers, social activists, journalists and organisations
  9. Organise panel discussions with parents and children, aimed at understanding the views of parents and children, and the roles they play in ensuring online safety
  10. Conduct workshops with young people, aimed at understanding the perceptions of young people towards online based violence and young people's ability to effectively exercise their digital rights
  11. Conduct online safety training for school students
  12. Conduct online safety awareness sessions in schools and colleges
  13. Collaborate with schools to conduct Inter-School Elocution Competition on the Positive and Safer Use of the Internet
  14. Partner with Internet Service Providers, tech companies, fintech companies and other private sector leaders to include online safety as part of their corporate social responsibility programme
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### **When?**

Although 7 February 2023 will be the main day for celebration, Safer Internet Day 2023 activities will be conducted throughout the year.

### **Where?**

Online child safety programmes will be conducted nationwide, reaching children, young people, parents as well as stakeholders and duty bearers, mostly through online, electronic and print media. Schools and colleges are expected to conduct online awareness sessions throughout the country. ChildSafeNet and partner organisations will provide technical resources to conduct awareness activities.

### **How You Can Get Involved**

We would like to invite children, young people, parents, schools, colleges, government, police, law practitioners, private sector, Internet Service Providers (ISPs), international/national organizations, media, celebrities as well as other duty bearers to get involved in celebration of the Safer Internet Day 2023

You may organize awareness raising activities, such as group discussions, training sessions, fun fairs, media activities, quizzes, etc.

Government, police and law practitioners may use the Safer Internet Day 2023 as an opportunity to reinforce implementation of cyber safety policy and enhance legal protection.

The private sector, including ISPs, could get involved by provision of service and funding.

National and international organizations are requested to provide technical and financial support as well as integrate cyber safety awareness in their projects.

We request support of media and celebrities for promotion of the Safer Internet Day and dissemination of online safety messages.

Besides, please feel free to come up with other ideas to promote a safer and better internet.

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**About ChildSafeNet:** ChildSafeNet is a non-governmental organization, working to make digital technology safer for children and young people. We work to raise awareness on safer use of the internet and digital devices to protect children and young people from Internet addiction, online sexual abuse and exploitation, cyber-bullying, phishing, gaming addiction and to promote digital literacy. We work in partnership with children's and young people's groups, parents, schools, government, media, private sector and organizations.

### **Contact Us**

Krishma Joshi  
Communications Associate  
ChildSafeNet  
Jawalakhel, Lalitpur, Nepal

Email: [info@childsafenet.org](mailto:info@childsafenet.org)

Websites: [www.childsafenet.org](http://www.childsafenet.org)    [www.saferinternetday.org/web/nepal/sid](http://www.saferinternetday.org/web/nepal/sid)

Facebook: [www.facebook.com/childsafenetnepal](https://www.facebook.com/childsafenetnepal)

Instagram: [www.instagram.com/childsafenet](https://www.instagram.com/childsafenet)

Twitter: [www.twitter.com/childsafenet](https://www.twitter.com/childsafenet)

Tel: +977 9741673313