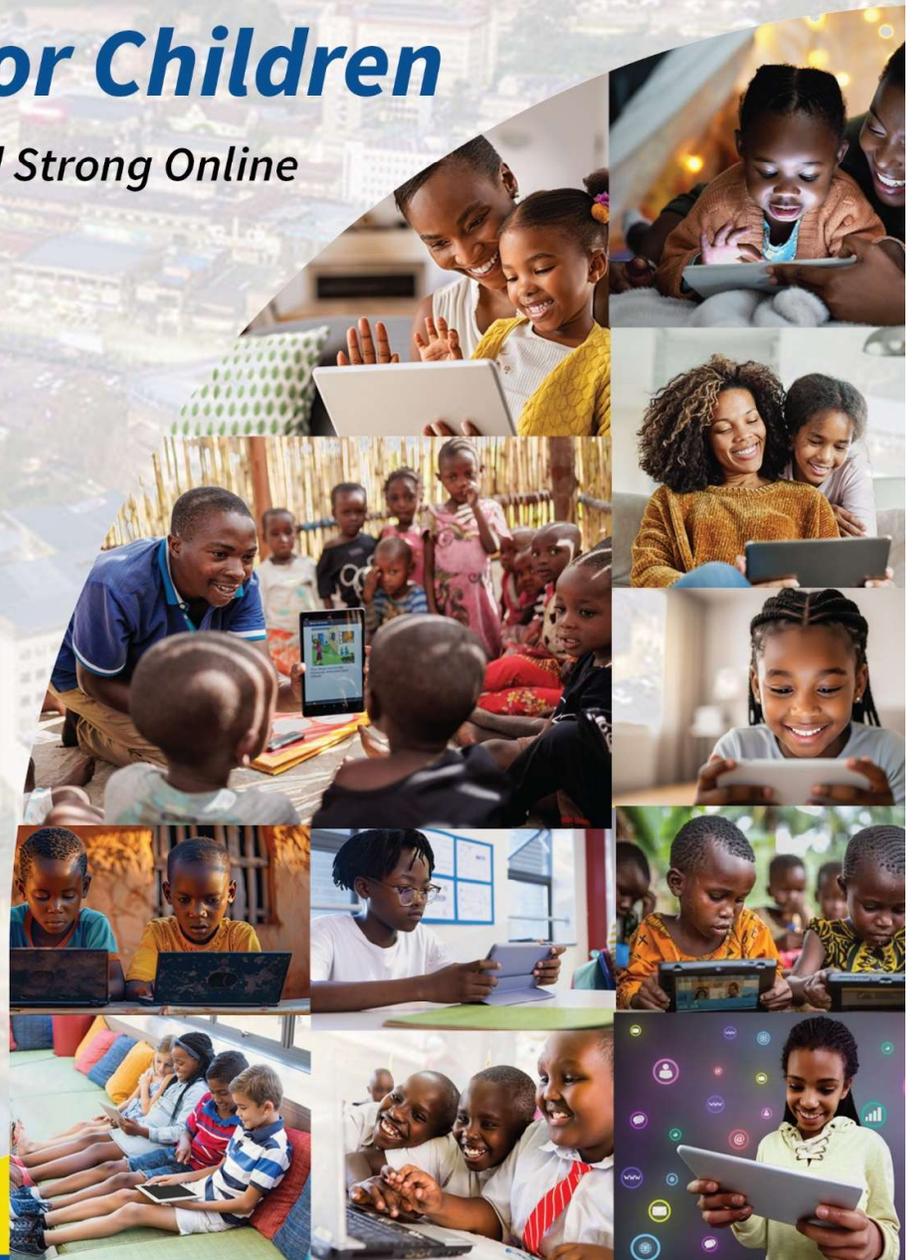


# ESWATINI CHILD ONLINE SAFETY GUIDELINES

## Guidelines for Children

*Staying Smart, Safe, and Strong Online  
in Eswatini*



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## Summary

In a world where your phone or tablet feels like an extension of you, staying safe online can sometimes feel overwhelming. But here's the good news: You have the power to make your online world awesome and safe. This isn't about rules that cramp your style; it's about feeling confident, protected, free to be yourself safely. This guide is your go-to buddy for rocking the online world safely in Eswatini. It's packed with easy tips on spotting dangers, protecting yourself, and building that inner toughness to handle anything. We'll talk about the exciting parts of being online like learning new things or connecting with friends while showing that not every risk turns into a problem if you're smart about it.

We focus on what makes you unique: your age, background, or challenges, so these ideas fit you perfectly. Learn your rights to have fun and stay protected, how to think critically about what you see, and ways to seek help without drama. With a checklist for quick checks and ongoing tips, this guide helps you bounce back from tough moments and even help your friends. It's all about empowerment, feeling strong, respected, and ready to thrive, in line with our country's push for safe tech use under laws like the Eswatini Computer Crime and Cyber Act (2002). You've got this!

## Introduction

Online life is like your favorite adventure game, full of levels to unlock, friends to team up with, and epic wins waiting. But sometimes, there are hidden traps that can make you feel scared, confused, or alone. This guide covers how to enjoy the good stuff while dodging the bad, building your strength so setbacks don't knock you down, and knowing you're never alone.

## Importance of Young People in Online Safety

You (yes, you reading this) are the real hero in your online story. You're not just scrolling; you're creating, connecting, and changing the world. But with that comes a big emotional pull: the joy of sharing a funny video with friends, mixed with the worry of what if someone twists it against you? Your role in staying safe is huge because you know your world best; the apps you love, the vibes in your chats, and what feels right or wrong.

Think about it: When you make smart choices, like blocking a bully or thinking before posting, you protect your heart from hurt and inspire your crew to do the same. In Eswatini, where online tricks like grooming or misinformation can sneak in, your smarts keep you strong. You have rights to explore, speak up, and be protected, and by stepping up, you build toughness that helps in real life too. When we use the internet, we have rights—like the right to learn and share. But we also have jobs to do, like being kind, staying safe, and following rules. To be great digital citizens, we need to enjoy our rights and do our part responsibly. It's empowering: Feeling that rush of "I got this" makes you unbreakable. Plus, when you share tips with friends, you create a squad that's got each other's backs. You're not just surviving online; you're thriving, and that feels amazing.

## Guidelines:

### 1. Know Your Rights and Spot the Risks

Online is your playground, but knowing the rules keeps the fun going without crashes. Imagine the excitement of discovering new worlds, but with that gut feeling when something's off, that's your superpower kicking in.

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Actions:

- Understand you've got rights: To learn, play, and connect safely, while being responsible to others—like not hurting feelings with mean posts.

- Get the good and tricky sides: The internet rocks for homework help, memes, or chatting, but watch for dangers like fake news, bullies, or strangers asking weird stuff. Not all risks are scary, but being alert online is like wearing a safety shield. Just like we're careful around strangers in real life, we need to be careful with people we meet online too. That means thinking before we click, not sharing personal stuff, and telling a trusted adult if something feels wrong.
- Think about you: Your age, culture, or where you live (maybe rural with slow net) changes things, so adjust tips to fit—like using voice notes if reading's tough.
- Build strength inside: Online blends with real life, so offline wins (like talking to friends) help you handle online drama without losing your cool. Following screentime rules helps keep us safe and healthy. It means we have time to enjoy learning and playing online—and also time for fun with friends, family, and outdoor activities.

## 2. Protect Yourself and Think Smart

Being online should feel free and fun, not like walking on eggshells. Picture the pride of handling a sketchy situation like a boss—that's you after these tips.

Actions:

- Guard your info: Never share your full name, school, home address, where you are, or passwords—even with "friends." It keeps creeps away and your heart safe from worries.
- Be kind and careful: Treat people online like you'd want to be treated—no spreading rumors or hurtful pics. Think: "Would this make me smile if it was about me?"
- Check before sharing: Ask, "Is this okay if everyone sees it?" Avoid private photos or videos that could embarrass you later—your online trail lasts!
- Stick to safe spots: Use apps and sites your school or parents okay, with filters on. Enter your real age for better protections and listen to the provided restrictions, as they keep you safe.

## 3. Seek Help and Build Your Strength

Everyone has off days, but knowing you're not alone turns fear into "I can fix this." Feel that warm relief when a trusted person has your back?

Action:

- Talk it out: If something feels wrong—like a mean message or pushy stranger—chat with a trusted adult, parent, teacher, or friend. You're brave for speaking up!

- Know your help spots: Block and report bad stuff right away. In Eswatini, call 116 for quick support—it's like a lifeline when your heart's racing.
- Bounce back strong: Mistakes happen; learn from them without beating yourself up. It builds that inner toughness to face anything.
- Balance it all: Take screen breaks for real fun like sports or drawing. It keeps you happy and stops tech from taking over.

#### 4. Be a Leader and Keep Growing

You're not just playing the game—you can change it. Imagine the high-fives from friends when you share a tip that saves the day.

Actions:

- Step up for others: Share what you learn, like how to spot scams or use privacy settings. It makes your group unbreakable.
- Stay in the know: Check out new trends, like smart toys or games with hidden costs. Review your habits often—what's working?
- Advocate for you: Tell adults what you need, like better net access. Your ideas make things fairer for everyone.
- If you have challenges: Like disabilities, use tools that fit you—voice readers or easy formats—and ask for help without shame.

#### Child Online Safety Checklist for Young People

Quick check to feel like a pro—tick these and pat yourself on the back!

##### *Know Your Rights and Spot the Risks*

- Do I understand my rights to learn, play, and connect safely online, while being responsible to others, like avoiding mean posts that could hurt feelings, and expecting that every child deserves this respect regardless of age or background?
- Have I gotten familiar with the good sides of the internet, like homework help, memes, or chatting, and the tricky sides, like fake news, bullies, or strangers asking weird stuff, knowing that not every risk leads to harm but awareness acts like a shield?
- Am I thinking about how my unique self—age (e.g., younger kids spotting simple tricks, teens handling peer pressure), culture (e.g., family values on privacy), or location (e.g., rural with slow net meaning fewer but deeper connections)—changes how I apply these tips?
- Do I adjust tips to fit me, like using voice notes if reading is tough due to challenges, and expect that every child can personalize safety to feel empowered and strong?

- Have I recognized that online blends with real life, so offline wins like talking to friends help me handle online drama without losing my cool, and do I build this inner strength expecting resilience for any setback?
- Am I using my gut feeling as a superpower to spot when something's off in the online playground, keeping the fun going without crashes, and tailoring this to my daily experiences?

#### *Protect Yourself and Think Smart*

- Am I guarding my personal info by never sharing my full name, school, passwords, or location—even with "friends"—to keep creeps away and my heart safe from worries, expecting that every child can do this to feel free and fun online?
- Have I committed to being kind and careful online, treating people like I'd want to be treated, avoiding spreading rumors or hurtful pics, and asking myself, "Would this make me smile if it was about me?" to build a positive space?
- Do I check before sharing by asking, "Is this okay if everyone sees it?" and avoid private photos or videos that could embarrass me later, understanding that my online trail lasts and affects future opportunities, no matter my age?
- Am I sticking to safe spots like apps and sites okayed by school or parents, with filters on, and entering my real age for better protections, adjusting for my background like using basic apps in rural areas with limited access?
- Have I pictured the pride of handling a sketchy situation like a boss, and do I expect that every child, including those with challenges (e.g., using adaptive tools for navigation), can protect themselves to avoid feeling like walking on eggshells?
- Am I thinking smart about all actions, like verifying info before believing it, and tailoring protections to my uniqueness to ensure online feels empowering and not restrictive?

#### *Seek Help and Build Your Strength*

- Am I ready to talk it out if something feels wrong, like a mean message or pushy stranger, by chatting with a parent, teacher, or friend, and do I see speaking up as brave, expecting every child to feel supported regardless of background?
- Have I learned my help spots, like blocking and reporting bad stuff right away, or calling 116 in Eswatini for quick support when my heart's racing, and do I expect accessible help for all, including those with disabilities using easy formats?
- Do I bounce back strong from mistakes by learning without beating myself up, building inner toughness to face anything, and expecting that every child can turn off days into growth moments?
- Am I balancing it all by taking screen breaks for real fun like sports or drawing to stay happy and prevent tech from taking over, adjusting for my age (e.g., shorter breaks for younger kids) or challenges (e.g., audio activities if needed)?

- Have I felt that warm relief of knowing I'm not alone, and do I encourage seeking help without drama, expecting resilience and strength-building for every unique child?
- Am I developing ways to handle emotions, like deep breaths during tough chats, to keep my online world positive and strong?

### *Be a Leader and Keep Growing*

- Am I stepping up for others by sharing what I learn, like spotting scams or using privacy settings, to make my group unbreakable, and expecting that every child can be a leader inspiring friends?
- Have I committed to staying in the know by checking new trends, like smart toys or games with hidden costs, and reviewing my habits often to see what's working, adjusting for my age or rural access?
- Do I advocate for myself by telling adults what I need, like better net access or fairer tools, knowing my ideas make things better for everyone, and expecting voices from all backgrounds to be heard?
- If I have challenges like disabilities, am I using tools that fit me—such as voice readers or easy formats—and asking for help without shame, expecting inclusive support for every child to grow strong?
- Have I imagined the high-fives from friends when I share a tip that saves the day, and do I see myself not just playing the game but changing it for the better?
- Am I keeping growing by reflecting on my uniqueness, like cultural strengths in community sharing, to ensure ongoing empowerment and readiness to thrive online?