



YOUR CHILD'S ONLINE & GAMING TIME MATTERS

Screen Time Is Growing—So Are the Risks

Kids today spend more hours online and on gaming platforms than ever before


While Gaming and Social Media Can Be Fun and Educational, Too Much Time Online Can Impact:

 Sleep quality & daily routines

 School performance & focus

 Mental health & mood

 Social skills & family connection

 Safety—exposure to strangers, scams, and inappropriate content

What You Can Do as a Parent or Carer:

✓ Set Clear Time Limits

Create daily or weekly screen-time rules. Use built-in parental controls when possible.

✓ Keep Devices in Shared Spaces

Avoid excessive unsupervised gaming in bedrooms, especially at night.

✓ Talk About Online Safety

Discuss privacy, cyberbullying, and how to handle unwanted messages.

✓ Check In Regularly

Ask what games they're playing, who they're talking to, and how they feel about their online experiences.

✓ Encourage Balance

Promote offline hobbies, outdoor play, family activities, and real-life friendships.

Understanding Cyber Crime & Warning Signs in Children

Kids are spending more time online than ever

Not all risks are obvious — but knowing the signs helps keep them safe



What is Cyber Crime?

Cybercrime includes **illegal or harmful activities online**, such as:

Hacking accounts or devices

Sharing or downloading illegal content

Online scams and fraud

Cyberbullying or targeted harassment

Participating in harmful online groups

Using tools that damage networks or accounts

Children may not fully understand the consequences — or may be targeted by others.



Signs your child might be involved in or affected by Cyber Crime

Behavioural Signs

Sudden **secrecy** about online activities

Unusual **anger or stress** after being online

Staying up very late to use devices

Strong reaction when asked to limit screen time

Technical Signs

Devices running unusually slow

Multiple social or gaming accounts you didn't approve

Unexpected pop-ups or new apps

Interaction Changes

Avoiding conversations about who they talk to online

New “friends” they won't describe

Increased isolation or withdrawal from family

Emotional Signs

Anxiety, fear, or guilt after gaming or chatting

Sudden drop in school performance





What Is a Denial-of-Service (DoS/DDoS) Attack?

A **DoS attack** is when someone deliberately floods a player's internet connection or a game server with excessive traffic to **knock them offline**.

While your child **cannot cause** these attacks simply by playing, **they can become a target** during competitive gaming, voice chats, or when connecting with strangers.

Why This Matters for Your Child

DoS/DDoS attacks can lead to:

-  **Lost internet access** for minutes or hours
-  **Harassment from other players**
-  **Exposure of your home IP address**
-  **Disrupted homework, school meetings, or family internet use**

These attacks can be **frightening**, especially for children who don't understand what's happening.