

Resources for parents and educators

Toolkit



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CITIZEN DIGITAL
Foundation

Awareness. Accountability. Action.

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Information literacy

The ability to access and analyse digital media information and communications and applying critical thinking to create, reflect and act responsibly in the digital media ecosystem.

CDF's 3-step framework 'Pause Ask Act' encourages digital citizens to

- 1 pause mindless scrolling and binge-watching
- 2 ask critical questions and stay informed
- 3 act on methods to find constructive balance with digital media

[Read more about this framework.](#)

Don't go off the grid.
Dominate it.



Pause

The mindless scrolling and binge-watching. Encourage your child to take breaks from constant screen time. By stepping away from mindless scrolling, their brain can refocus on productive tasks.

Spotting signs of screen addiction in the early stages

- 1 Closing up and lack of interest in talking to friends and family
- 2 Wanting to spend more time online
- 3 Dismissive of adults' knowledge of 'tech stuff' to cover up their activities
- 4 Becoming more possessive of their cellphone - Nomophobia
- 5 Insufficient or erratic sleep patterns
- 6 Agitated behaviour when separated from smart devices
- 7 Self harming activities
- 8 Sudden unexplained personality changes and mood changes
- 9 Language, accent changes. Explicit language/ conversations on chats
- 10 Spending increasing amounts of time talking with strangers online



Pause - Understanding junk tech

1 Targeted content

Social media algorithms tend to promote **engagement**, and the best way to achieve this is by appealing to and exploiting primal human emotions associated with survival, sex, and social fears and anxieties. These emotions include **dissatisfaction, the need for validation, anger, insecurity to name a few**. Algorithms can thus identify your specific fears and interests to tailor content to your preferences - **keeping you hooked to your screens for longer periods of time.**

CDF's research on the type of content YouTube and YouTube Kids recommends children revealed that in most cases following the second click, and in some cases even before – the recommendations served up to the child contained perversions of children's content including violent and subversive content which would appeal to their primal instincts and in turn, boost engagement.

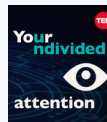
Study - 'The YouTube Rabbit Hole'



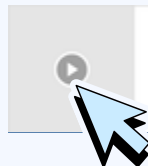
CDF's study on child safety in relation to content in regional languages on YouTube and YouTube Kids evidences a concerning issue – the prolific catering of subversive and harmful content to children on YouTube in India, especially in regional languages.

1. Download the full **paper** [here](#).
2. Download the **report** on the findings of the paper [here](#).
3. Read an **overview** of the paper in this [blog](#).

Podcast - 'Your Undivided Attention'



In this episode of Your Undivided Attention – a podcast by the Center for Humane Technology – Guillaume Chaslot, an AI expert talks about how YouTube keeps “us staring at the screen for as long as possible, regardless of the content.”



guillaume_ep4_final_tc.mp3
simplecast.com / 54:28

[Click here to listen to this podcast episode.](#)

The algorithm rewarding increased engagement rates results in the amplification of content which sexualises children.

Further, Generative AI (Gen AI) tools have made it easier to create Child Sexual Abuse Material (CSAM) – depicting the sexual abuse and exploitation of children. Some models are even trained on data containing CSAM, enabling the model to emulate the content.



'Understanding and Eliminating CSAM in Generative ML Training Data and Models' – David Thiel, Stanford Internet Observatory

Please note - all underlined texts have links that can be clicked on.

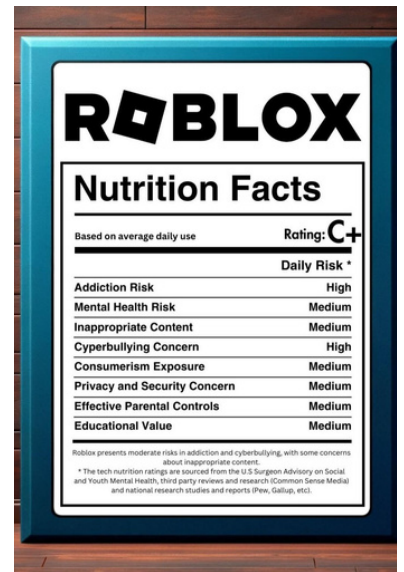


Pause - Understanding junk tech

Solution - filtering out junk tech using Tech Nutrition labels



Just like nutritional labels help us understand the contents of our food, "Nutritional Facts for Technology" aims to provide clear, concise information about various digital platforms and technologies. This initiative is designed to empower parents with knowledge about the digital "ingredients" children are consuming. Read more on TechNutrition.org.





Pause - Understanding junk tech

2 Post-truth, misinformation and disinformation

Post-truth

/ˌpəʊs(t)'truːθ/

adjective

circumstances in which objective facts are less influential in shaping public opinion, than appeals to emotion and personal belief.

Misinformation

/ˌmɪsɪnfə'meɪʃ(ə)n/

Noun

False or inaccurate information, that is communicated regardless of an intention to deceive.

Disinformation

/ˌdɪsɪnfə'meɪʃ(ə)n/

Noun

False information that is intended to mislead, especially propaganda issued by a government organisation to a rival power or the media.

Solutions - Fact-checking tools

These fact-checking portals are compliant with the **International Fact-Checking Network (IFCN)**. They also do fact-checks in a few regional languages.



[Fact-Checking Portal](#)
by the [India Today Group](#)



[Newschecker by Newschecker](#)
(NC Media Networks Pvt. Ltd.)



[FactCrescendo by FactCrescendo](#)



[Newsmeter by Newsmeter](#)
(Fifth Estate Digital Pvt. Ltd.)

SOURCE VERIFICATION CHECKLIST

Don't be the first to forward news.
Don't speedshare.
Instead, verify or fact-check information using this checklist.

Source	Sender, Origin, Publication, Credibility
Recency	Date, Timeline Appearance
Purpose	Motive, Bias, Political Leaning
Rigour	Accuracy, Quality, Objectivity
Audience	Who is it meant for?
Relevance	Context, Connection



Pause - Understanding junk tech

Games to understand the impacts of misinformation and disinformation

01



Click here

Bad News by Tilt Studio and the Cambridge Social Decision-Making Lab

An interactive English online game that teaches players about the spread of misinformation and fake news in a simulated environment.

02



Click here

Breaking Harmony Square by Cambridge University

A game that improves people's ability to spot manipulation techniques in social media posts and increases their confidence in spotting such techniques.

03



Click here

Go Viral! by Cambridge University

A 5-minute game about COVID-19 misinformation.

04



Click here

Pehchan Kaun by Tattle Civic Tech

An online game with a video guide to empower students with media & information literacy skills.

05



Click here

Viral Spiral by Tattle Civic Tech

A digital card game that helps players understand why fake news spreads.

Other helpful resources

01



Click here

'The Glass Room' (Misinformation Edition) by Tactical Tech

An interactive exhibition that explores different types of misinformation and how to combat its spread.

02



Click here

Short videos that inoculate against misinformation online by Inoculation Science

In this collaboration between Cambridge University, the University of Bristol, and Google Jigsaw – a series of short videos were designed to help people resist unwanted persuasion online.

03



Click here

Interland by Google

An immersive 3D world in which players are guided by the blue Internaut hero, facing villain Blabhs as they continuously learn to navigate the internet safely.



Pause - Understanding junk tech

3 Polarisation – Enrage to engage and Limbic Hijack

Polarising content can keep users engaged for longer, in turn, boosting the profits of the platforms they use. Furthermore, certain types of content can trigger a fight or flight response in a person causing them to act irrationally. This phenomenon which is exploited by platforms is known as Limbic or Amygdala Hijack.

1

For each "moral-emotional word" used, content receives between 17-24% more engagement.

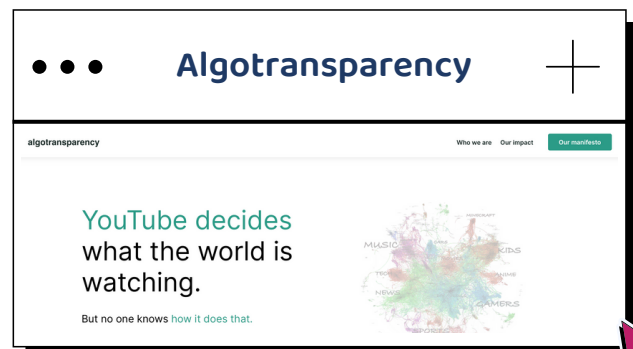
2

Moral anger and disgust increase virality across the political spectrum.

3

Content that's written in more divisive, inflammatory language is consistently more engaging.

Source: Center for Humane Technology - The Attention Economy



Founded by AI Expert, Guillaume Chaslot, Algotransparency's mission is to expose the impact of the most influential algorithms used by platforms like YouTube, Twitter, Facebook and Google.

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Artificial Intelligence (AI)

/,ɑːtɪfɪʃl ɪn'teɪdʒ(ə)ns/

Noun

Artificial intelligence, or AI, is technology that enables computers and machines to simulate human intelligence and problem-solving capabilities.

Source: IBM

Generative

Artificial Intelligence (AI)

/,'dʒɛn(ə)rətɪv ,ɑːtɪfɪʃl ɪn'teɪdʒ(ə)ns/

Noun

Generative AI or Gen AI refers to deep-learning models that can generate high-quality text, images, and other content based on the data they were trained on.

Source: IBM

Types of AI systems

University of Washington Computational Linguistics professor, Emily Bender talks about how “AI” is often just used as a marketing term for different kinds of “automation” that use AI technology. She recommends the term “automation” and breaks the kinds of automation down into six categories.

Automatic decision systems

This involves using computers to automate important decisions. These are called *automatic decision systems* and they are used in processes of approving loans, screening resumes or allocating social benefits.

Automatic classification systems

These kinds of systems automate different kinds of classification: things like image classification to try to get the camera to focus on the faces or classifying web users for targeted advertising.

Automated choice of information systems

These are also called recommender systems and automate the choices of information presented to users. These include the automation behind the ordering of the feed in social media or movie suggestions in Netflix.

Automatic human labour systems

This includes automating convenient access to human labour for buyers.

For example Uber, Lyft and similar services.

Automatic translation systems

These systems translate information from one format to another. Eg., automatic transcription, automatically reading license plates, machine translation or using prompts to change image style: 'make this photo of me look professional'.

Synthetic media machines

Systems like ChatGPT can be called *synthetic media machines*. These are systems that can generate images based on specific content or specific styles or plausible sounding text.

Please note - all underlined texts have links that can be clicked on.



Pause -

Understanding Generative AI tools

1 Erosion of trust - Google search dilution

AI-generated images can also lead to 'Search engine dilution' whereby hyperrealistic AI-generated images flood the internet and are virtually indistinguishable from authentic search results. Such AI-generated images would be indistinguishable from reality without context.

'The AI Image Detection Guide' by The Quint Lab

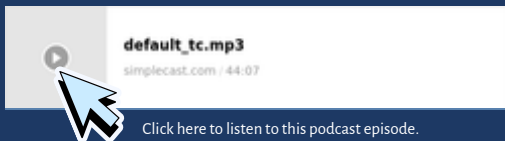
A multi-media immersive that teaches you about distinguishing real images from AI-generated ones.



2 Erosion of trust - Virtual beings and artificial intimacy

Podcast - 'Your Undivided Attention'

In this episode of [Your Undivided Attention](#) – a podcast by the Center for Humane Technology (CHT) – acclaimed psychotherapist and relationship expert Esther Perel warns that there's another harmful "AI" on the rise – Artificial Intimacy – and how it is depriving us of real connection.



Click here to listen to this podcast episode.

With the increasing number of hyperreal virtual beings and human-like chatbots, it becomes difficult to distinguish between what is synthetic and what is real. Similarly bonding with such virtual beings ([Artificial Intimacy](#)) can also take a toll on [mental health](#). There are also [privacy concerns](#) associated with how such apps and chatbots encourage users to share personal data, which could possibly be used to target them in the future.

Source: Josh Taylor, Reporter, The Guardian;
Thomas Germaine, Technology Reporter, Gizmodo Media, The Aspen Institute

3 Misinformation and disinformation

Gen AI tools can be used to spread misinformation or fake news. They can also be used to manipulate public opinion in political conversations. The [Global Risks Report by the World Economic Forum \(WEF\)](#) lists [AI-powered misinformation and disinformation as the biggest threats](#) for the year.



Global Risks Report by the World Economic Forum (WEF)



4 AI generated content - cyberfraud, scam and extortion

Scam Guard by The Quint Lab

A special series of immersive guides to help people navigate through the growing menace of online scams.

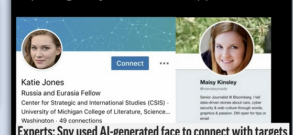


Gen AI tools can also be used to create [sock-puppet accounts](#) and to defraud people and extort them.

Kerala man loses Rs 40,000 to AI-based Deepfake WhatsApp fraud, all about the new scam

In a recent case of an online scam on WhatsApp, scammers used AI-based deepfake technology to dupe Rs 40,000 from a man from Kerala.

Espionage: StyleGAN Sock Puppets



Please note - all underlined texts have links that can be clicked on.



Pause -

Understanding Generative AI tools - Harms

5 Deepfake abuse – non-consensual deepfake content

Gen AI tools can be used to generate deepfakes or synthetic voice content with malicious intent i.e. content intended to shame someone or blackmail someone. Non-consensual deepfake content of real people can now be created with more ease than before using Gen AI tools.

Source: Hetvi Kamdar, Journalist, The Swaddle



2023 State of Deepfakes
report by
Home Security Heroes



Resource

6 Data and privacy concerns



Content Credentials

A tool that can identify synthetic, AI-generated, and manipulated images.

Generative AI tools – in response to prompts – can generate content containing copyrighted data it was trained on. The responsibility lies on users to not use content that might potentially infringe upon copyright laws.

Furthermore, it is imperative that you do not enter sensitive, confidential information, and personally identifiable information (PII) when interacting with a Gen AI model as the data you enter can be used by future training by the tool's developers. Sensitive data can also be extracted and misused.

Source: Harshal Chhabra, Kanishk Gaurav Pandey, Indian Journal of Law and Technology; Dr. Gary Marcus, Scientist, Professor Emeritus, NYU; Jason Koebler, Journalist, 404 Media

7 Impacts on welfare

The use of unregulated algorithms and AI in judicial and government systems can have particularly harrowing consequences as AI systems are not foolproof and can make mistakes, which in these examples has impacted the livelihoods and welfare of people at the receiving end of the AI system's mistakes.

Source: Tapasya and Kumar Sambhav, Divij Joshi, News Correspondents, The Reporters' Collective



The Algorithmic Justice League aims to raise awareness about AI impacts, empower advocates with research, amplify voices of affected communities, and collaborate with stakeholders to reduce AI harms and biases.

Click here

8 AI/Algorithmic bias and discrimination

AI and algorithms can be biased based on the incomplete or skewed data that it has been trained on, or sometimes even due to human intervention. These can include gender biases, racial biases, and biases against certain ideologies or political affiliations. Such biases can also vary across different LLMs with each one having a different set of biases. This is also applicable to AI-generated content detection tools that often claim to be accurate. Such tools can also be biased against non-native English speakers and incorrectly flag original content as being AI-generated.

Source: Leonardo Nicoletti and Dina Bass, Reporters, Bloomberg Technology; Tara García Mathewson, Investigative Reporter, The Markup; Jeffrey Dastin, Journalist, Reuters



Ask - Regulating screentime

Encourage your child to be informed, think critically, and question their screen attachment. These skills are essential for protecting themselves from unnecessary profiling, targeting, and surveillance online.

I think my child is addicted. What should I keep in mind?



1

Always remember - it's not your children's fault.

2

Keep the conversation bridge intact.

3

Trust them. Do not condescend.

Text which has been underlined are links you can click on!

Evaluate your child's digital footprint. It can:

1

Jeopardise their physical safety: If your child is sharing personal information online, or even posting casually, they may unknowingly be revealing details about their location, school or even contact details (perhaps through a label on a package in the background of a picture).

2

Reputation and embarrassment: Even if your child is posting content online, it can have real world consequences. The content they post and engage with could be analysed in the future and can impact their opportunities for higher education and employment.

3

Identity theft: Any online identity – even a child's – is at risk of being used by scammers for identity fraud.

Credits: CEOP Education, National Crime Agency, UK

A checklist to help your child decide what content to post

☐

How does this make me look?

☐

Would I want this shared about me?

☐

Is this permanent?

☐

Does it pass the billboard test?*

☐

Am I giving away too much?

**Your child can consider whether they would be okay with the content they post online being on a billboard where the the entire school, parents, grandparents, and friends could see it. If not, is it really worth sharing?*

Credits: CEOP Education, National Crime Agency, UK



Act - Regulating screentime

Evaluate screen time

Help your child enhance their relationship with digital media using various productive tools and methods. This way, they can stay in control of their free will, mental health, and close relationships.

'Screen Time' for iOS and 'Digital Wellbeing' for Android phones

iPhone's Screen Time and Android's Digital Wellbeing function like personal phone usage trackers. These features can show you exactly how much time your child spends on different apps and categories, like games, social media, even just browsing. Using 'Downtime' you can set limits on categories like games or social media, or even schedule downtime periods where your child cannot use distracting apps.

[Android screen
time instructions](#)

Click here

[iOS screen time
instructions](#)

Click here

Recommended screen time by age

Under 2 years



Little to no screentime

- Co-viewing
- Video calls to friends/family.

2-5 years



Upto 1 hour

- Non-violent educational content
- Co-viewed/supervised

5-18 years



Under 2 hours of recreational screentime

- Device monitoring
- Parental control setting

[Quick info and
posters on screen
time](#)

Click here

[iOS Parental control
settings guide](#)

Click here

[Android Parental
control settings guide](#)

Click here



Grayscale mode

By removing the colours that often make apps and games visually stimulating, Grayscale mode can render the phone experience less engaging, potentially helping to reduce your children's urge to scroll excessively and enhancing focus during dedicated tasks.

On iOS:

- Select Settings > Accessibility > Display & Text Size > Colour Filters
- Toggle Color Filters on and select Grayscale

On Android:

- Open the Settings app.
- Scroll down and select Accessibility > Colour and motion > Colour correction.
- In the Colour correction page, enable 'Use colour correction' first.
- Next, select Grayscale from the options below if it's not the default option.
- As a bonus, toggle on the Colour correction shortcut, so you can swipe up from the bottom of the screen with two fingers the next time you need to enable or disable grayscale mode instantly.

Consequences of excess screentime

- 1 Underdeveloped motor skills.
- 2 Reduced vocabulary, communication skills, eye contact.
- 3 Developmental delays. ADHD symptoms.
- 4 Reduced attention, decision-making, cognitive control.
- 5 Compromised creativity & problem solving abilities.
- 6 Psychiatric disorders.
- 7 Premature thinning of the cortex.



Talk to your children about

Oversharing

Personal details

Remind your children to never share their personal details online — including their age, location, school, Aadhar card and phone number.

Passwords

Talk to your children about the importance of not sharing passwords with anyone, and setting boundaries in place. Teach them how to manage their passwords using password managers; and about the importance of setting strong passwords.

Sensitive information

Sensitive information such as your children's fears, personal likes, friends, hobbies, phone numbers, addresses, health vulnerabilities, sexuality, religion etc. can be used by predators to target them. Therefore, it is essential to remind your children not to share such details online.

Standing up against cyberbullying

Cyberbullying

Bullying online includes character assassination, doxxing, trolling, grooming, body shaming, and editing to name a few. Educate your child about the different ways cyberbullying can occur, and how it is a legally punishable cybercrime.

Cyber Trolling

When a person posts or makes inflammatory, insincere, digressive, extraneous, or off-topic messages with the intent to harm, online.

Grooming

The actions taken by an older person to establish an emotional connection with a minor, and sometimes the child's family, to lower the child's inhibitions - with the objective of sexual abuse.

Doxxing

When someone exposes someone's sensitive private information online. Doxxing is often done to harass, threaten, bully or get revenge.

Sexting & pornography

Traceability

Though apps like Snapchat promote 'disappearing messages', children should be aware: online activity leaves trails, and their posts can always be found.

Respect

Teen relationships with shared secrets (texts, videos, pictures) require mutual trust and respect. If mistakes happen, it's important to teach them to apologise sincerely.

Blackmail

When your children share intimate images with each other, remind them someone could misuse intimate images, but emphasise blackmail is a crime and not their fault. Encourage them to tell you if it happens. If they must share, advise against including their face.

Pornography

Children are exposed to pornography at a much earlier age now. Without adequate social interaction and open dialogue at home and school, exposure to porn can lead to addiction and replication of behaviours without understanding of repercussions. Parents must engage in open, non-sexist discussions with children, emphasising the stark contrast between the exaggerated portrayals in pornography and real-life relationships, while stressing the importance of cultivating healthy relationships.





Act - Regulating screentime

What can parents/educators do?

- 1 Actively listen, don't just hear what they say**
- 2 Set age-appropriate screen limits**
- 3 Celebrate victories in real life**
- 4 Co-view to understand their experiences**
- 5 Cultivate hobbies and do them together**
- 6 Partial privacy - Know their passwords**
Talk to your children about their privacy and let them know that until they turn 18, you will need access to some of their accounts so you can ensure that they're safe.
- 7 Keep computer in a common area**
- 8 Practice focus - keeping phone out of reach**
When engaging in focused tasks, help your children practice keeping their phone out of sight and out of reach. You can even help them hide their devices till they finish working on a specific task.
- 9 Make them teach you online activities - social media, gaming, etc**
- 10 Encourage a lot of physical activities**

SMALL HABIT CHANGES

When it comes to changing your children's digital habits, it's important to remember that abruptly stopping their device usage may do more harm than good. Instead, it's important to take a gradual approach. Start with small goals, be patient, and reward even small behavioural changes. Remember, change takes time and patience is key.

ADDRESS CRAVINGS CONSCIOUSLY

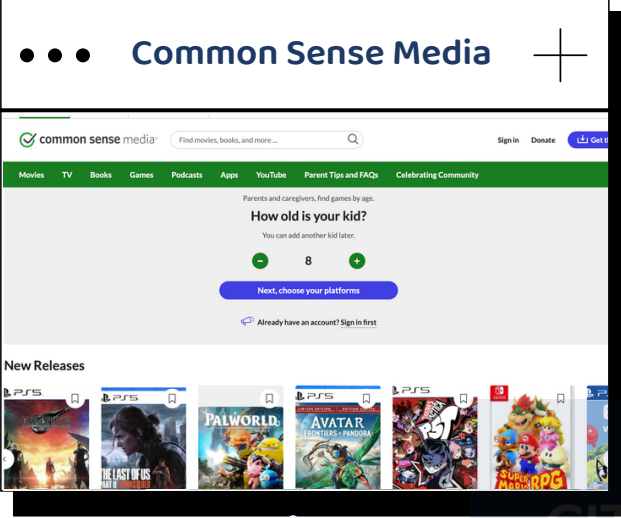
It's important to set aside tech-free time for the entire family. You can plan to have a specific meal, such as lunch or dinner, during which everyone refrains from using their devices. If your child gets restless, ask them to consciously reason the urgency to themselves instead of leaping for the phone - Is it a mail/social notification/message/call? Can it wait? What will happen if you get back later? etc.

MODEL THE BEHAVIOUR

If you spend long hours on devices when you are home, your children will only learn from that. Same with paying attention to conversations at home. If you are on your device and partially attentive to conversations, then children will learn to do the same. When your child wants to talk to you about something, look into their eyes while listening to them. If you are busy and cannot fully pay attention, let them know that you need a few minutes to finish off the work you are doing and get back to them right after. It's important to model active listening to your children.



Resources for parents/educators



Common Sense Media has a large collection of resources for families, parents and children who interact with digital media on a regular basis. They also publish age-based ratings and reviews for all kinds of media for children based on research-backed guidance.

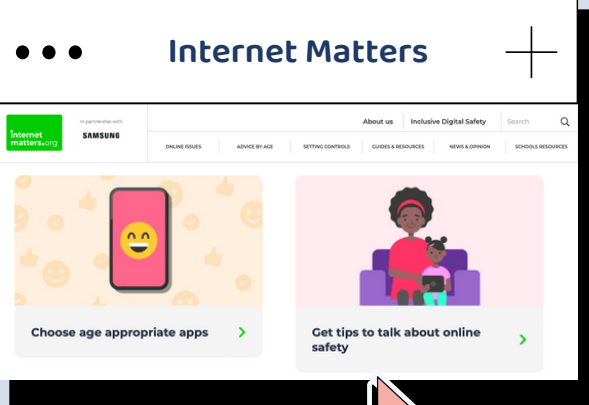
Selecting the type of media in this menu will give you age-specific ratings for movies, books and even video games!

Click here to visit
Common Sense Media

Children and Screens sheds light on digital media's impact on child development through a substantial body of research centred on “interdisciplinary dialogue, objective, scientific research, and information-sharing.”



Click here to visit
Children and Screens



Internet Matters is an internet safety organisation which has worked with industry leaders like Google, Samsung and Meta among others. Founded by parents, to help other parents and professionals protect their children online - Internet Matters offers a variety of resources on parental controls, guides for setting up screen time features and others.

Click here to visit
Internet Matters





Other resources

... Digital Parenting Toolkit +



This program is designed to teach parents and other caregivers to confidently navigate the web with your kids.

Click here to visit
the Digital Parenting Toolkit

Just like teaching a child to ride a bike or cross the road, digital resilience is another way to highlight the need to help children cope with whatever the online world throws at them. Together with psychologist Dr. Linda Papadopoulos, Internet Matters has curated a number of age-specific resources to get parents started.

... Digital Resilience Toolkit +

Digital Resilience Toolkit Advice to help children become more resilient online

Just like teaching a child to ride a bike or cross the road, digital resilience is another way to highlight the need to help children cope with whatever the online world throws at them.

Together with psychologist Dr. Linda Papadopoulos, we've created a number of age-specific resources to get you started.

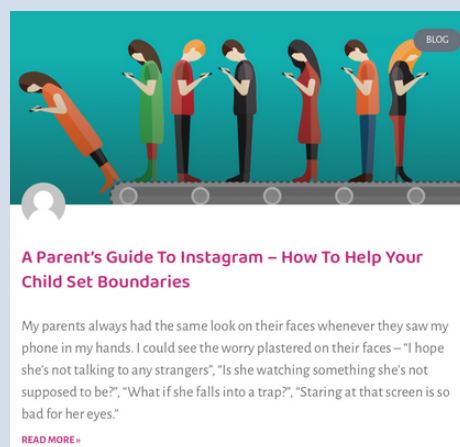


Click here to visit
the Digital Resilience Toolkit



Knowledge for Parents by the
Innocent Lives Foundation

Click here to watch this video



A Parent's Guide to
Instagram

Click here to read this piece



Other resources



Click here to read this ready reckoner



Click here to read this ready reckoner



Resources for children



Newsahoot is India's first interactive news portal for kids which has been featured in various media.

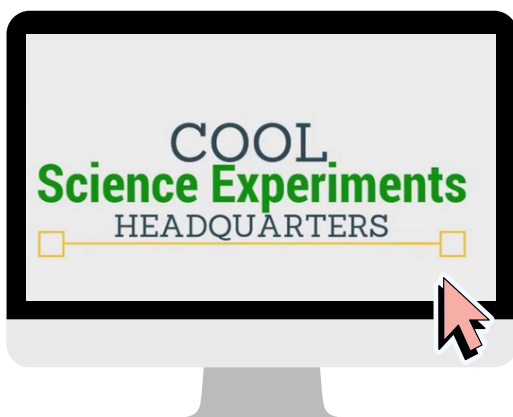
Newsahoot's mission is to cater to the varying capabilities of young readers, whether they're just starting out or are already avid readers. This tool will help children develop their knowledge and critical thinking skills by providing high-quality news content that is easy to understand and engaging.

Enter the code "CDFGTS" at checkout to get 15% off your Newsahoot subscription.

Click here to explore



Fun educational channels on YouTube

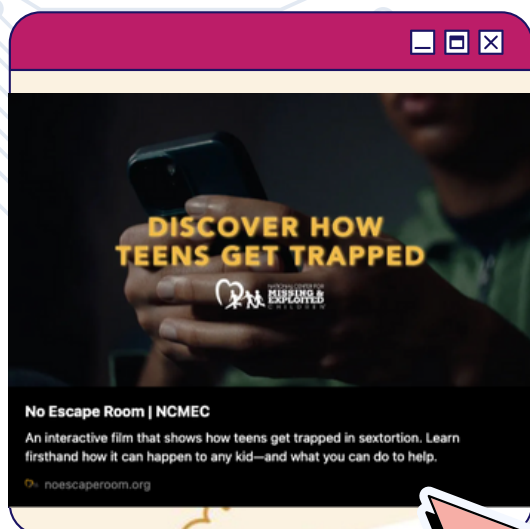




Helplines and reporting

Text which has been
underlined are links
you can click on!

Helplines and reporting



Take it Down

'Take It Down', - by the US National Centre for Missing & Exploited Children - is a free service that can help you remove your child's online nude, partially nude, or sexually explicit photos and videos taken before they were 18. It is **available** in English and regional languages like Bengali, Hindi, Malayalam, Marathi, Tamil.

Click here

Click here

Who?	What?	How?
CYBER B.A.A.P. - Cyber Bullying Awareness Action & Prevention  Click on the name to explore further	CYBER B.A.A.P. is a Mumbai-based anti-cyberbullying organisation that aims to help and provide guidance and counselling to victims of cyberbullying.	Email: report@cyberbaap.org Website: https://www.cyberbaap.org/contact-us/  Click on the name to explore further
iCALL - Counselling and Support	Telephonic counselling for those dealing with emotional issues including online harassment.	Helpline: 022-25521111 (Monday to Saturday, 8 AM to 10 PM) Website: https://icallhelpline.org
Cybercrime reporting - India	A portal for reporting cybercrimes including cyberbullying (especially against women and children).	Helpline: 155260 (9 am – 6 pm) Website: https://cybercrime.gov.in



Helplines and reporting

Text which has been
underlined are links
you can click on!

Who?	What?	How?
<u>Bodhini Helpline</u>	A Kerala-based NGO working to educate and spread awareness regarding safety, online and offline. They provide counselling as well.	No: 889 132 0005 Emails: help@bodhini.in office@bodhini.in bodhini2014@gmail.com Website: <u>https://www.bodhini.in/contact/</u> Anonymous questions: <u>https://www.bodhini.in/qst</u>
<u>Manas Foundation (Counselling and Support)</u>	Manas Foundation offers counselling and support to those who need help with their mental health and for bullying-related issues.	Helpline: +91 97117 00069 Website: <u>Manas Foundation (Counselling and Support)</u>
<u>Kerala CyberDome</u>	A portal to report any suspicious activity online.	WhatsApp Email: cyberdome.pol@kerala.gov.in Website: <u>https://cyberdome.kerala.gov.in/reports.html</u>
<u>Tech Sakhi - Point of View</u>	Tech Sakhi is a Hindi helpline run by <u>Point of View</u> , a non-profit that equips men, women, girls, and marginalised genders to inhabit digital spaces – freely and fearlessly.	Contact: 08045685001 Website: <u>https://techsakhi.in</u>





Awareness for end-users



Accountability in tech businesses



Action in governance

Safe, responsible, equitable technology for all

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