CYBER GYAAN

Supported by:

INFORMATION SECURITY EDUCATION & AWARENESS

CYBERSECURITY CENTRE of EXCELLENCE
A joint initiative of DSCI & Government of Telangana

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

www.isea.gov.in

https://ccoe.dsci.in/

www.endnowfoundation.org

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

End Now Foundation is India's first non-profit organization, Promotiing Internet Ethics and Digital Wellness to Evoke Responsible Online Behavioural Patterns amongst "Women , Teens and Children".

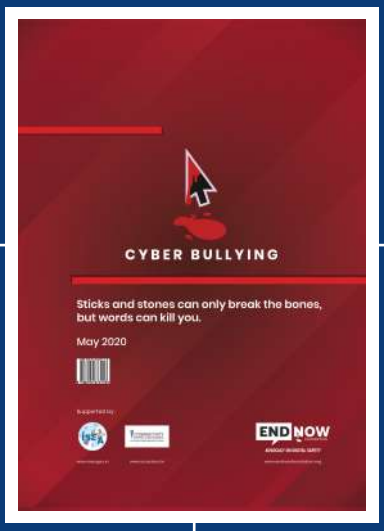
'Cyber Gyaan' is dedicated in the memory of our
Respected Founder Trustee
Late Sri. Kasinath Bathina,IPS.

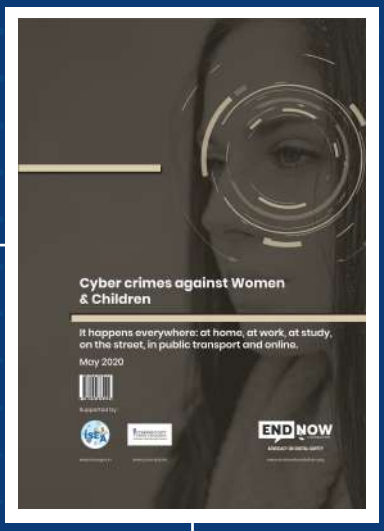
23 February 1938 - 26 July 2020

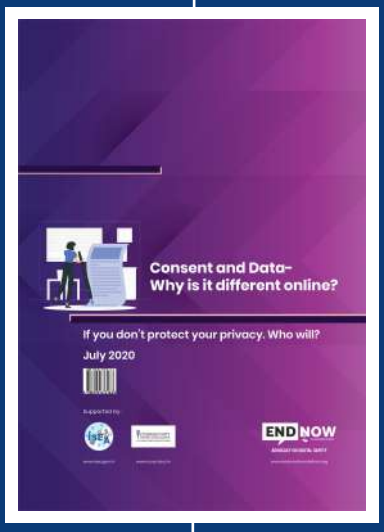
https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

OUR PUBLICATIONS
(AVAILABLE ON AMAZON)







https://linktr.ee/endnowfoundation

END NOW FOUNDATION

ADVOCACY ON DIGITAL SAFETY

SMARTPHONES

THE BIGGEST NON – DRUG ADDICTION OF THE 21ST CENTURY

If your smartphone has made you it's slave,
Here's a step - by - step approach to detach from it

- Disable notification on your smartphone.
- Charge your device outside the bedroom.
- Access social media from your computer instead of your smartphone.
- Keep only most important tools on your home screen.
- Keep your phone away during meals with your friends and family.
- Device free meetings.
- Use grey scale mode on your phone.
- Screen time for IOS and digital wellbeing for android to control the technology usage.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

ONLINE GAMING IS PUBGECTED TO A LOTS OF RISKS

Read on to know it's negative consequences.

- All day addiction to games.
- Bad influence on health.
- Isolation from family & friends.
- Waste of precious time.
- Face a problem of insomnia.
- An expensive hobby.
- Rising level of aggression.
- Affects the eyesight.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

SOCIAL MEDIA IS A LOT MORE FUN WHEN YOU PAY ATTENTION TO SAFETY

Here are some tips to stay safe in the cyberworld

- Use a strong password.
- Use a different password for each of your social media accounts.
- Set up your security answers. (this option is available in most social media platforms.)
- Access social media from computer only.
- Be cautious while accepting friend requests.
- Click on Links with caution.
- Be careful about the personal information you share.
- Become familiar with the privacy policies of the social media channels.
- Protect your computer by installing antivirus software.
- Remember to log off when you are done.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

CYBER BULLYING

TYPES

Impersonation
Pretending to be someone else & sending or posting any material online that makes that person look bad, gets that person in trouble.

Cyber stalking
Repeatedly sending the messages that include threats of harm or are highly intimidating.

Denigration
Dissing' someone online. Sending or posting any cruel gossip about a person to damage his or her reputation or friendship.

Harassment
Repeatedly sending some offensive, rude, and insulting messages.

Outing & trickery
Sharing someone's secret or embarrassing information online.

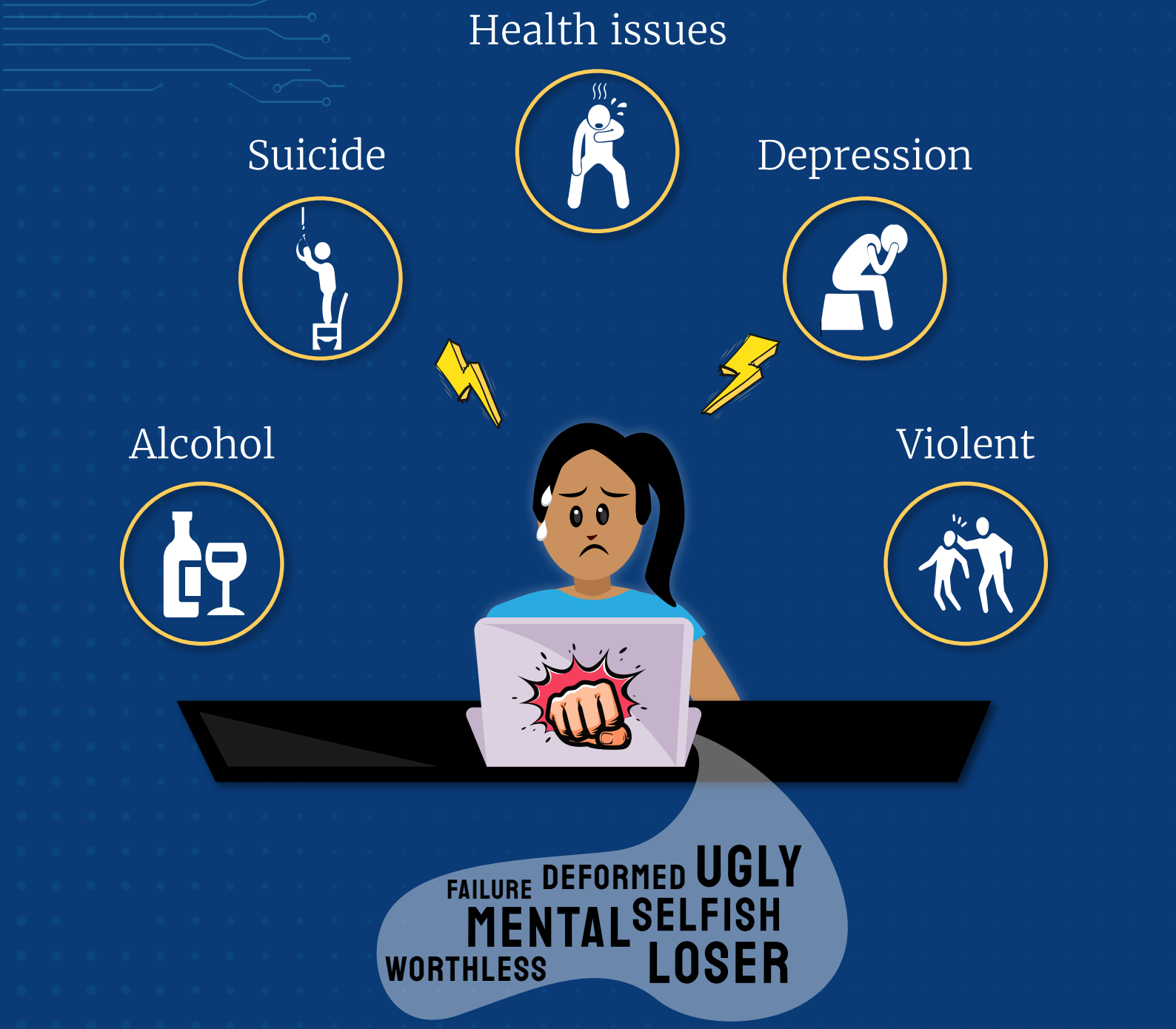
Flaming
Online fights using electronic messages with angry and vulgar language.

Exclusion
Intentionally excluding someone from online group, like a 'buddy list'.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

CYBER BULLYING
AFTER EFFECTS



https://linktr.ee/endnowfoundation

COMMON CYBER THREATS

Here are some common forms of cyber threats to protect against.

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

RANSOMWARE

Malevolent software which locks user access by encrypting data using cryptovirology while extorting the payment from the victim in order to dencrypt and restore the files.

MALWARE

Malicious software installed on a machine unknowingly and performs criminal actions for a third party.

BOTNETS

A "secret key" that provides entry to devices and connections to be controlled by an attacker for criminal purpose.

SPOOFING

Email messages sent from a fraudulent account masquerading as a legitimate and trusted source as an attempt to gain access to a user's system or confidential information.

WORM

Stand alone software which does not require a host program in order to propagate and replicate itself onto other networks and drives damaging data and software as it spreads.

TROJANS

Computer program that contains destructive code disguised as the harmless programming.

DENIAL OF SERVICE {DDOS}

Floods bandwidth which makes online systems unavailable.

VIRUS

A type of malware that when executed spreads from computer by replicating its programming and infecting user programs and files to change the way they operate or to stop working altogether.

PHISHING

A DNS server software vulnerability is exposed or a host file is swapped and a legitimate website is maliciously redirected to a scan site where unknowing visitors enter their confidential information.

SPYWARE

Criminal malware on the hard drive used to covertly monitor user activities.

PHARMING

A DNS server software vulnerability is exposed or a host file is swapped and a legitimate website maliciously redirects to a scam site where unknowing visitors can enter into their own confidential information.

ADWARE

Can redirect the search requests or automatically render some of advertisements producing the revenue for its creator.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

PHISHING ATTACK ALERT

Gear up to protect yourself from cyber criminals.

TOP 5 RED FLAGS

- Web links can lead to unfamiliar sites (hover over them to check).
- There is an attachment you weren't expecting.
- You notice poor spelling & grammar throughout.
- It asks for personal info (passwords, all of bank information, etc.)
- The sender doesn't address you by name.

HOW TO STAY PROTECTED

1. Do not click on any links or attachments you can't verify
2. Call to verify requests for info (even if it seems to come from someone you know!)
3. Whenever in doubt, always contact optimal for help!

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

HOW EXPOSURE TO BLUE LIGHT AFFECTS YOUR BRAIN AND BODY

By disrupting melatonin, smartphone light ruins sleep schedules. This leads to all kinds of health problems:

The disruption to your sleep schedule might leave you distracted and also impair your Memory the next day.

There's some evidence that blue light could damage our vision by harming the Retina over time — though some more research is needed.

A poor night's sleep caused by smartphone light can make it Harder To Learn.

Researchers are investigating whether or not blue light could lead to Cataracts.

Over the long term, not getting enough sleep can lead to Neurotoxin buildup that makes it even harder for you to get good sleep.

There is a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of breast and prostate Cancers.

People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to Depression.

By disrupting melatonin and sleep, smartphone light can also mess with the hormones that can control hunger and potentially increasing Obesity Risk.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

PEOPLE ARE MISUSING SOCIAL MEDIA, MESSAGING AND INTERNET TO SPREAD FAKE NEWS

Here are ways how you can spot fake news.

- Check the source and url.
- Read beyond the headline.
- Check the date.
- Watch for any unusual formatting.
- Refer fact checking sites (www.factly.in).
- Check if it's a joke.
- Check your biases before judgement.
- Do Google Reverse Image Check.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

SPOTTING FAKE NEWS ON SOCIAL MEDIA & INTERNET !

Consider the source

Is the source credible, trustworthy and well known? i.e. Consider the source that is from a reputed news paper, news channel or online news website.

Check the url

Does it seem legitimate? Does the website have a track record of being reliable? Many sites use similar sites ending with .io .co .com.

Who's the author?

Did you search for the author's name online to see if they are credible & very well respected? Many fake sites won't use the author's name.

Read beyond headline

Does the article seems balanced, fair & objective? Always study it critically, detecting the tone & viewpoint while checking your bias at the door.

Disregard your bias

It is easier to believe stories that confirm your internal views. But the next time you see on social media post that flames your political, racial or religious views.

Get a second opinion

If a story makes you very angry and a dig deeper, consult known contact or use debunking sites before forwarding.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

SPOTTING FAKE NEWS

9 TYPES OF MIS AND DISINFORMATION

False Connection
When the headlines, visuals or the captions do not support the content.

False Context
When the genuine content is shared with the false contextual information.

Manipulated Content
When some of genuine information or the imagery is manipulated to deceive.

Satire or Parody
No intention to cause harm but has potential to fool.

Misleading Content
Misleading the use of information to frame an issue or individual.

Imposter Content
When genuine sources are impersonated.

Fabricated Content
Content that is 100% false, and designed to deceive and do harm.

Propaganda
When content is used to manage attitudes, values and knowledge.

Sponsored Content
Advertising or PR is disguised as editorial content.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

SPOTTING FAKE NEWS
PHOTO VERIFICATION

Identify and verify the original source and the content (which includes location, date and the approximate time).

Always use tools like FotoForensics/Findexif for the information on camera model/timestamp.

Try to find multiple sources. Challenge the original source to prove veracity - ask follow up questions.

Using Wolfram Alpha, check if the weather captured in photo (e.g. sunny, rainy, overcast) was actually the weather in that area.

Always use tools like www.tineye.com and https://images.google.com on Google.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

SPOTTING FAKE NEWS
VIDEO VERIFICATION

Identify and verify the original source and the content (which includes location, date and the approximate time).

Try to find some multiple sources. Challenge the original source to prove veracity - ask follow up questions.

Use the Amnesty International's Data Viewer.(https://citizenevidence.amnestyusa.org).

Scrutinize uploader's name and the date of upload.

What information does the social media / affiliated accounts give that indicate location, activity, reliability, bias or agenda of uploader?

How long have these accounts been active? How active are they?

Is the person listed in online databases or the networking platforms e.g. LinkedIn?

Are the other accounts, including social media, a blog or website - affiliated with the uploader?

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

10 SECURITY TIPS FOR WORK FROM HOME

Use your workplace device having all of the security precautions in place.

Always use the two - factor - authentication and complex passwords for all accounts and devices.

Use VPN to access the data through secure connection.

Always enable the Data Loss Prevention (DLP) tools to ensure sensitive data is not lost.

Regularly update OS and Antivirus to protect against malware attacks.

Be aware of the COVID-19 scams, phishing, e-mails, malicious domains and fake apps.

Avoid using the unsecured, free, public wi-fi hotspot or network.

Ensure that only authentic verified URLs are accessed.

Regular backup of data in your system and cloud (One Drive, G-Drive, etc.).

Disable USB ports & System Bluetooth connectivity.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

THOUSANDS ARE FALLING PREY TO ONLINE JOB SCAMS EACH DAY. DON'T BE ONE OF THEM !

Here's how you can spot an internet job scam

- You are immediately selected for the Job.
- The interview is scheduled on the instant messaging platforms.
- Vague job requirement and job description.
- Search results about the Company or the job doesn't show up.
- Unprofessionally written e-mails.
- You are asked to provide Confidential Information.
- E-mails with no contact information or Company Signature.
- You're asked to Pay.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

DON'T BE A VICTIM OF FRAUD!

DO NOT

- Pay in Advance.
- Check before approving Payment Requests.
- Share Personal Details like PIN , OTP, Account Number, etc.
- Report the Questionable Accounts immediately.
- Facilitate any Monetary Transactions while on Call.

BEWARE : Payments through Online Platforms are robust but Susceptible to Fraud.

99% of Payments are prone to Phishing and Social Engineering Crimes.

https://linktr.ee/endnowfoundation

CARD FRAUD

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

Always guard your Cards and the Card details.

Do not let your Card out of your sight when making a transaction.

Ask the retailer to confirm the amount being debited from your Card.

Sign the New Cards as soon as they arrive.

Check your Receipts against your Online Statements.

Carefully discard your receipts from Card transactions and the Information related to your financial affairs.

Don't leave your cards Unattended in a Public Place. Keep personal belongings with you at all time.

Never write down your PIN nor disclose to anyone.

When making Online transactions make sure you are using Updated Antivirus & Operating System Software.

Only buy from trusted sources. For Internet purchases, use the Security Protocol 3D - Secure.

When replacement card arrive, cut Expired / Unused / Blocked cards into several pieces, inluding through the magnetic strip and / or chip.

CASH MACHINES (ATM'S)

Always try to be aware of others around you.

Don't use the ATM if there are any signs of tampering.

If the ATM does not return your Card,then report it to your Bank.

Sheild your PIN.

PAYMENT TERMINALS (POS)

Card - skimming can also occur at the retail outlets, particularly bars, restaurant areas, the parking ticket machines & the (unnamed) petrol stations.

Never lose sight (and if possible, touch) of ATM card during the payment transactions.

Insist that your card is visible to you at all times.

https://linktr.ee/endnowfoundation

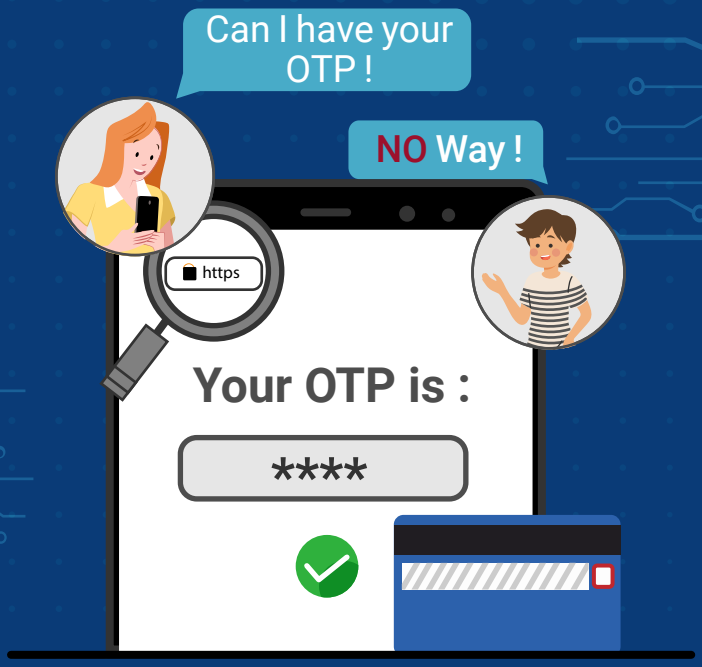
END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

HOW THE 'KYC' SCAM WORKS

1. You get a call that your wallet or bank KYC Is Invalid.
2. Caller says It can be validated online so that your account is active again.
3. You are asked to download an app to facilitate step-by-step guidance.
4. When you use the app, caller can see your phone screen.
5. He asks you to transfer a small token amount to your wallet.
6. He uses them simultaneously to transfer larger amounts from your bank.
7. When you do so, he can see your password and other details.
8. Victim gets OTPs for all transfer requests but these can be seen by scamster via the app.
9. In a matter of minutes, the scamster cleans out the bank account.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY



GUARD THAT OTP

Your one-time password can be used to steal money from your bank account. Refrain from sharing it to stay out of trouble.

- Never share your One Time Password (OTP).
- Keep Changing Your ATM Pin frequently.
- Never share your CVV.
- Check for https:// and the Lock Icon for Secure Online Transaction.
- Never save Credit / Debit - Card details on Ecommerce Websites.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION

ADVOCACY ON DIGITAL SAFETY

THINK BEFORE YOU ENTER YOUR PIN.

DANGER • DANGER • DANGER • DANGER • DANGER • DANGER

SAY NO TO

- Advance Payments.
- Sharing Personal Details, PIN Number, OTP, Account Number, etc.
- Transferring, Receiving Money while on Call.

Your PIN is NOT required when RECEIVING UPI Payments via

Paytm | PhonePe | G Pay

BEWARE: Payments through Online Platforms are Robust but Susceptible to Fraud.

99% of Payments are Prone to Phishing and Social Engineering Crimes.

https://linktr.ee/endnowfoundation

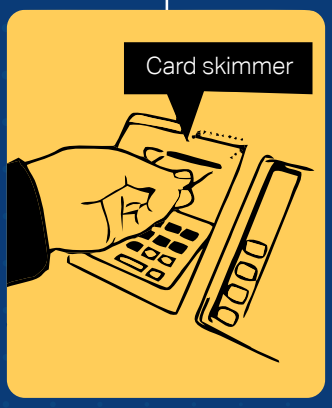
END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

HOW DEBIT CARD SKIMMING WORKS

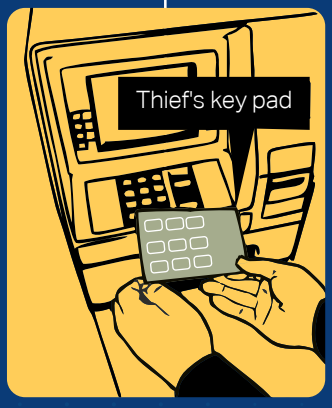
Here are some of the ways thieves steal bank information from atms :

Fraudsters switch the entire device.

Fraudsters install a Skimmer.



Fraudsters install a new keypad.



Fraudsters install a camera.

How to protect yourself

- ATMs at banks may be safer than those at gas stations and stores.
- Jiggle the card as you withdraw it from the slot, it might loose a card skimmer.
- As you enter your PIN, cover the keypad with your other hand.
- Don't use an ATM or payment machine if it appers altered.
- If having trouble using an ATM, don't accept help from strangers.
- Check your bank statements regularly to see any suspicious activity.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

WHAT IS SIM SWAP FRAUD?

STEP 1

Fraudsters gather customer's personal information through Phishing, Vishing, Smishing or any other means.

STEP 2

They then approach the mobile operator and get the SIM blocked. After this, they visit the mobile operator's retail outlet with the take ID proof posing as the Customer.

STEP 3

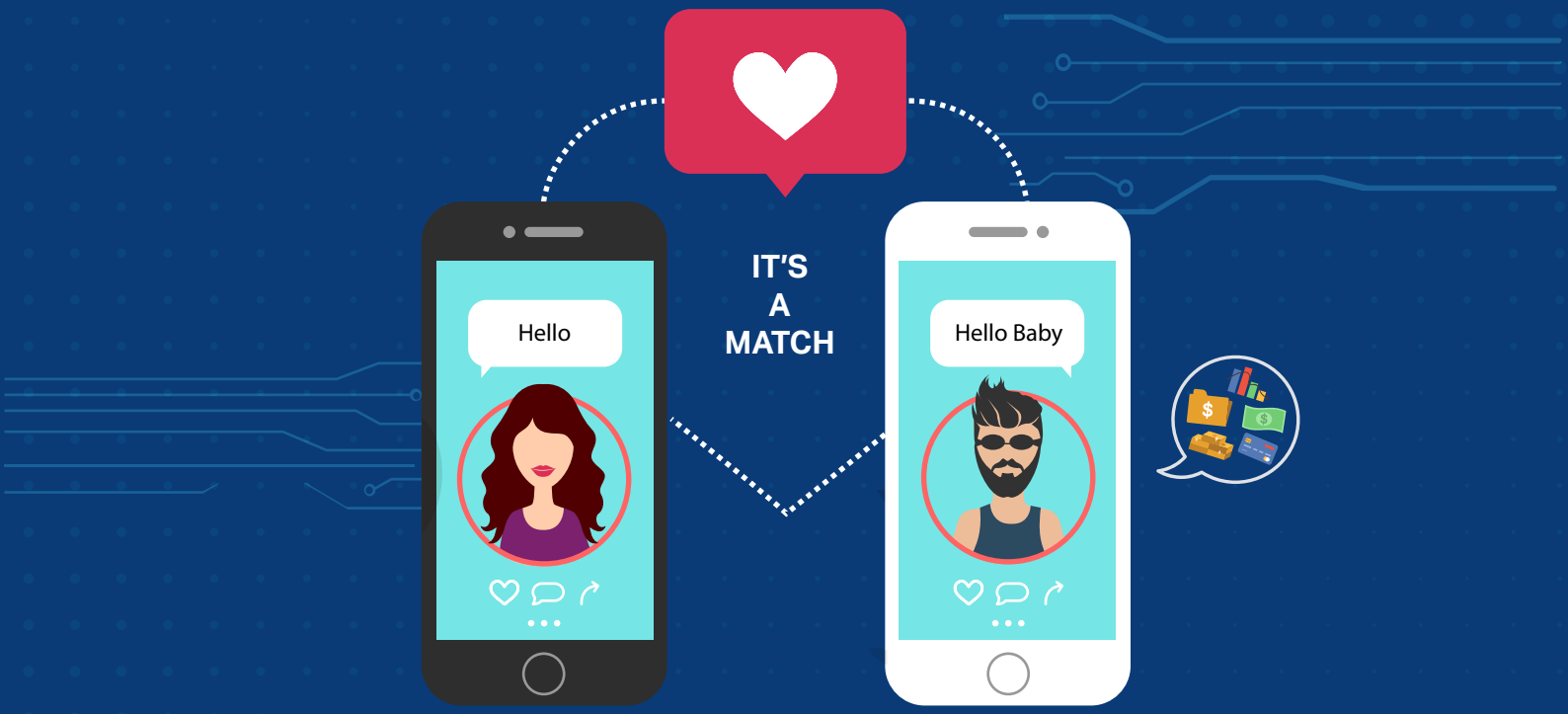
The mobile operator deactivates the genuine SIM card and issues a new one to the fraudster.

STEP 4

Fraudster then generates One Time Password (OTP) required to facilitate transactions, using the stolen banking information. This OTP is received on the new SIM held by the fraudster.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY



AVOID FALLING PREY TO ROMANCE FRAUD

- Do not indulge in online chatting, dating or get emotionally involved with people without verifying the truthfulness of clients.
- Never spend money or your details to online strangers/social media friends.
- Online follower asks to communicate outside the dating website/platform only after a few contacts or conversations.
- Do a www.tineye.com or Google Reverse Image Check of your fan to help determine if they really are who they say.
- No sharing of intimate pictures or videos online. Scammers are known to blackmail theur targets using past shared pictures or videos of you that you don't want others to see.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION

ADVOCACY ON DIGITAL SAFETY

PREVENT MATRIMONIAL FRAUDS

How to prevent yourself from being a victim of matrimonial fraud :

- Do a thorough Profile Check.
- Always look for 'Verified' Profile Matches on Marriage Portal.
- Never give money to anyone.
- Never reveal your Portal Account Information.
- Stay Informed while meeting in person.
- Stay Informed while signing on any document.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

BEWARE OF LOAN FRAUD

WARNING SIGNS

- No credit check required.
- Lender is not registered with the Government Legally.
- No Physical Address.
- Advance Payment.
- Offer Expired in a few days.

SAFETY TIPS

- Look for a secure Payment (https:// URL with a Pad Lock Symbol).
- Never share OTP/PIN Numbers to the buyer or seller.
- Never do the Payment while you are on the call.
- Do not click and fill up any Shirt Links provided by the buyer or seller.
- Do no fill google form links provided by the buyer or seller.
- Do not Scan the QR Code.
- Never pay advance loans fees for any loans.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

GUARD YOURSELF AGAINST LOTTERY FRAUD

FEW FRAUDS

- Kaun Banega Karodpathi
- Scratch Card Gift
- RBI Lottery
- European Lottery

SAFETY TIPS

- Never Click on Short Links sent through e-mail/SMS.
- Click on Websites that start with https://.
- There is an Attachment that you were not expecting.
- Sender doesn't address you by name.
- No need to pay advances for winning a Lottery Prize.
- We cannot win money in a lottery or competition unless we have purchased or participated personally.
- Competitions and lotteries do not require you to pay advance fee to collect winnings.
- Never transfer funds to unknown person or entities in anticipation of high returns.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

STAY SECURE FROM IDENTITY FRAUD

How to safeguard yourself being an identity victim :

- Do not open short links that have been sent via e-mail or SMS.
- Update Antivirus software both on PC and Mobile phone.
- Don't communicate about financial / password information on e-mail or SMS.
- Do not post D.O.B, Birthplace or Mailing Address on Social Media Platforms.
- Change Passwords periodically.
- Don't have same format of passwords for all applications.
- Periodically check the Bank Statements and Credit Card Statements.
- Mention the purpose when you give Xerox copy of the PAN Card/Aadhar Card.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

CYBER SAFETY

How to stay safe online

Alawy keep your information & the passwords private

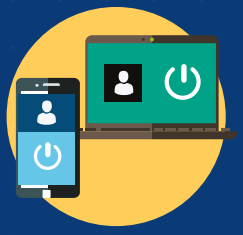
Be careful of what you are posting online

Always check your privacy settings

Shop safely on the trusted websites

Choose the strong passwords

Protect all of your devices with an antivirus



Remember to log off

Check the website url

Always check the e-mails before you open them

Avoid phishing & other scams

Always keep your children safe online

Respect yourself & others online

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

KEEPING YOUR SMARTPHONES & TABLETS SAFE !

- Smartphones and Tablets need even more Protection than your 'Desktop' equipment.
- Use 'Automatically Update' and keep your devices (and all installed apps) up to date.
- Switch on the PIN / Password or the Protection / Fingerprint Recognition for mobile devices.
- Don't connect to Public Wi-Fi, use 3G or 4G connections or use VPNs.
- Configure that can be Tracked, Remotely wiped or Remotely locked.
- Replace devices that are no longer supported by the manufacturers with up-to-date alternatives.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

BACKING UP YOUR DATA

A better approach !

Take the regular backups of your important data and test that they can be restored.

Test the restoration of data at regular intervals to an alternate device.

Identify what needs to be backed up, i.e. documents, photos, e-mails, contacts and calenders.

Consider backing up to the cloud and you'll also be able to access it from anywhere.

Ensure that the device containing your backup is not permanently connected to any network.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

PREVENTING MALWARE DAMAGE

Avoid unexpected pop-ups , strange e-mails & .exe extension files

Use Antivirus Software on all devices. Install only approved software.

Control all of the access to the removable media. Encourage to transfer files via e-mail or cloud storage instead.

Prevent from downloading third party apps from unknown sources.

Switch on your firewall to create a buffer zone between your network and the internet.

Patch all Software and Firmware by using the 'Automatic Update' option.

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

USING PASSWORDS

To protect your data !

- Make sure all use encryption products that require a password to boot.
- Switch on the password / PIN protection or the fingerprint recognition for all devices.
- Use Two Factor Authentication (2FA) for banking, e-mail & social media sites.
- Avoid using easily predictable passwords (i.e. Family, Pet, First Names, etc).
- Enforce Password changes at Periodic Intervals.
- Change manufacturers' default passwords on device.
- Provide secure storage and user can reset their own passwords easily.
- Use a Password Manager Tool 'Master Password' (that provides access to all other passwords)

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

CARRYMINATI'S YOUTUBE CHANNEL (CARRYISLIVE) GOT HACKED

ENABLE TWO - FACTOR AUNTHENTICATION

If their accounts are hacked, yours can be easily hacked too

WHO IS NEXT ?

Follow the steps for two-factor authentication

Settings ⟶ Security ⟶ Two Factor Authentication

Settings ⟶ Security & Login ⟶ Two Factor Authentication

Settings & Privacy ⟶ Accounts ⟶ Security ⟶ Text Message

Settings & Privacy ⟶ Login & Security ⟶ Two Step Verification

Google Account ⟶ Security ⟶ 2 - Step Verification

https://linktr.ee/endnowfoundation

10 INTERNET SAFETY TIPS FOR PARENTS

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

Digital citizenship and internet safety

Don't block all access to technology. Help your child learn to use tech safely and positively.

Take interest in your child's favourite applications or sites. Co-view or co-create at times.

Be the parent. You are in charge. Set boundaries and consider using the filtering software.

Create the family media agreement with tech free zones such as bedrooms, cars, and meals.

Always teach your child what personal informations they should never reveal online (YAPPY acronym).

Help your child learn to filter information online and also navigate fact from fiction.

Navigate digital dilemmas with your child. Avoid using devices as the rewards or punishments.

Balance the Green time and Screen time at home. Focus on the basic developmental needs.

Don't support your child to sign up for sites with the age restrictions (e.g. 15+) if they are underage.

Learn more: Explore reliable resources for parents so you can educate yourself.

https://linktr.ee/endnowfoundation

10 INTERNET SAFETY TIPS FOR KIDS

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

Digital citizenship and internet safety

Laws : Many sites and web tools are 13+. Most images and work online are protected by copyright.

Talk : Tell your parents what you're doing online. Always ask a trusted adult if you're unsure of anything.

Friends : Don't add or meet online friends without parent permission. Do not trust on everything friends tell you.

Privacy : Keep your personal info private : Your full name, address, phone number, your plans, password and your birthday.

Reputation : Do not post anything you wouldn't want teachers, family, friends, and future employers to see.

Question : You can't believe everything you read and see online as there is a lot of incorrect and biased info.

Bullying : Tell someone if you think / see cyberbullying is happening to you or other people you know.

Accounts : Choose some sensible email addresses and usernames and use strong passwords and don't share them with others.

Manners : Be polite and respectful at all times. Treat others online how you'd like to be treated.

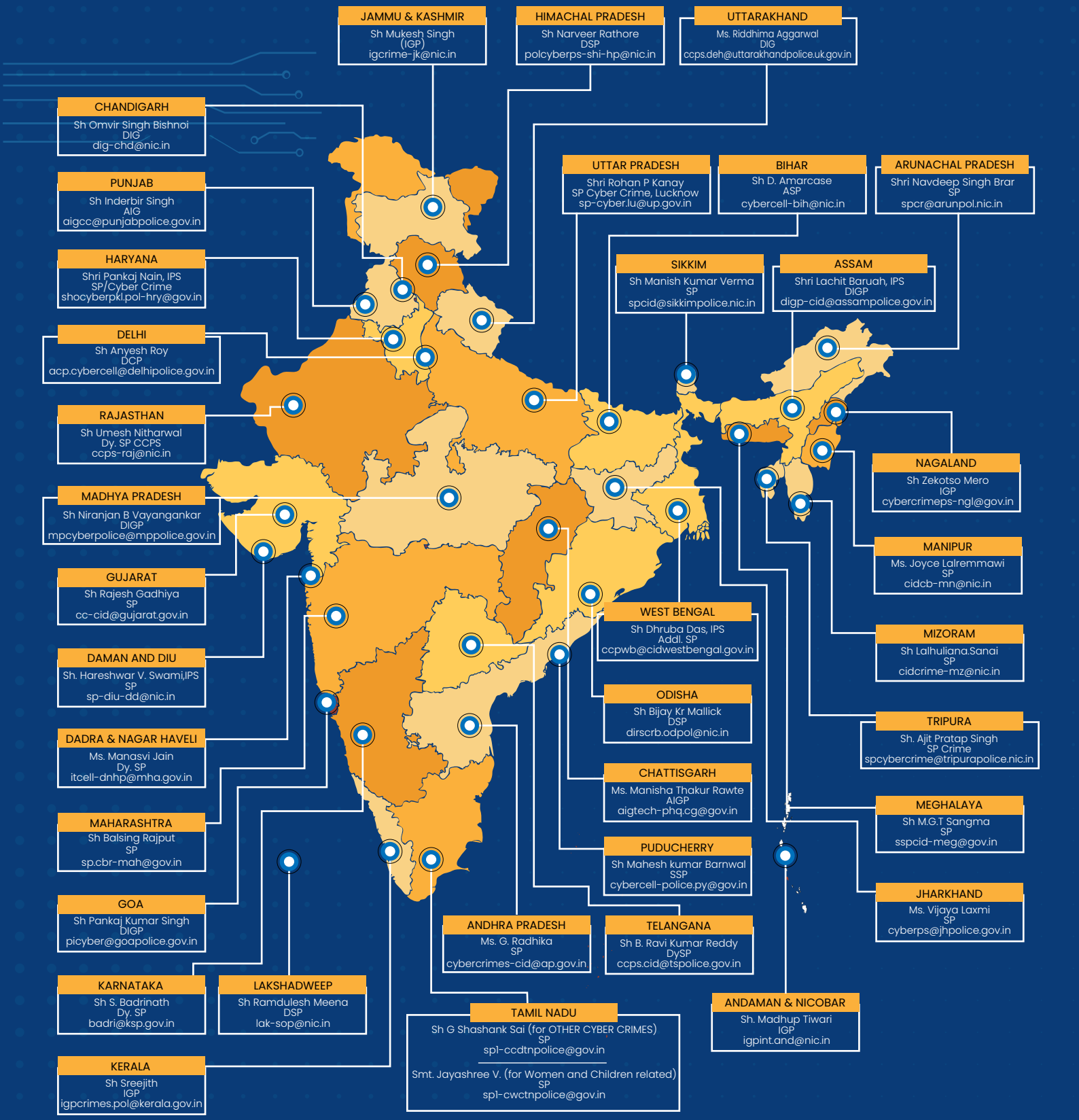
Unplug : Balance your screen time and green time. Get outdoors, move, play, and interact face to face.

https://linktr.ee/endnowfoundation

Nodal Cyber Cell Officers

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

Cyber Crime Reporting Portal
www.cybercrime.gov.in



JAMMU & KASHMIR
Sh Mukesh Singh
(IGP)
igcrime-jk@nic.in

HIMACHAL PRADESH
Sh Narveer Rathore
DSP
polcyberps-shi-hp@nic.in

UTTARAKHAND
Ms. Riddhima Aggarwal
DIG
ccps.deh@uttarakhandpolice.uk.gov.in

CHANDIGARH
Sh Omvir Singh Bishnoi
DIG
dig-chd@nic.in

PUNJAB
Sh Inderbir Singh
AIG
aigcc@punjabpolice.gov.in

HARYANA
Shri Pankaj Nain, IPS
SP/Cyber Crime
shocyberpkl.pol-hry@gov.in

DELHI
Sh Anyesh Roy
DCP
acp.cybercell@delhipolice.gov.in

RAJASTHAN
Sh Umesh Nitharwal
Dy. SP CCPS
ccps-raj@nic.in

MADHYA PRADESH
Sh Niranjan B Vayangankar
DIGP
mpcyberpolice@mppolice.gov.in

GUJARAT
Sh Rajesh Gadhiya
SP
cc-cid@gujarat.gov.in

DAMAN AND DIU
Sh. Hareshwar V. Swami,IPS
SP
sp-diu-dd@nic.in

DADRA & NAGAR HAVELI
Ms. Manasvi Jain
Dy. SP
itcell-dnhp@mha.gov.in

MAHARASHTRA
Sh Balsing Rajput
SP
sp.cbr-mah@gov.in

GOA
Sh Pankaj Kumar Singh
DIGP
picyber@goapolice.gov.in

KARNATAKA
Sh S. Badrinath
Dy. SP
badri@ksp.gov.in

LAKSHADWEEP
Sh Ramdulesh Meena
DSP
lak-sop@nic.in

KERALA
Sh Sreejith
IGP
igpcrimes.pol@kerala.gov.in

UTTAR PRADESH
Shri Rohan P Kanay
SP Cyber Crime, Lucknow
sp-cyber.lu@up.gov.in

BIHAR
Sh D. Amarcase
ASP
cybercell-bih@nic.in

ARUNACHAL PRADESH
Shri Navdeep Singh Brar
SP
spcr@arunpol.nic.in

SIKKIM
Sh Manish Kumar Verma
SP
spcid@sikkimpolice.nic.in

ASSAM
Shri Lachit Baruah, IPS
DIGP
digp-cid@assampolice.gov.in

NAGALAND
Sh Zekotso Mero
IGP
cybercrimeps-ngl@gov.in

MANIPUR
Ms. Joyce Lalremmawi
SP
cidcb-mn@nic.in

WEST BENGAL
Sh Dhruba Das, IPS
Addl. SP
ccpwb@cidwestbengal.gov.in

MIZORAM
Sh Lalhuliana.Sanai
SP
cidcrime-mz@nic.in

ODISHA
Sh Bijay Kr Mallick
DSP
dirscrb.odpol@nic.in

TRIPURA
Sh. Ajit Pratap Singh
SP Crime
spcybercrime@tripurapolice.nic.in

CHATTISGARH
Ms. Manisha Thakur Rawte
AIGP
aigtech-phq.cg@gov.in

MEGHALAYA
Sh M.G.T Sangma
SP
sspcid-meg@gov.in

PUDUCHERRY
Sh Mahesh kumar Barnwal
SSP
cybercell-police.py@gov.in

JHARKHAND
Ms. Vijaya Laxmi
SP
cyberps@jhpolice.gov.in

ANDHRA PRADESH
Ms. G. Radhika
SP
cybercrimes-cid@ap.gov.in

TELANGANA
Sh B. Ravi Kumar Reddy
DySP
ccps.cid@tspolice.gov.in

TAMIL NADU
Sh G Shashank Sai (for OTHER CYBER CRIMES)
SP
spl-ccdtnpolice@gov.in

Smt. Jayashree V. (for Women and Children related)
SP
spl-cwctnpolice@gov.in

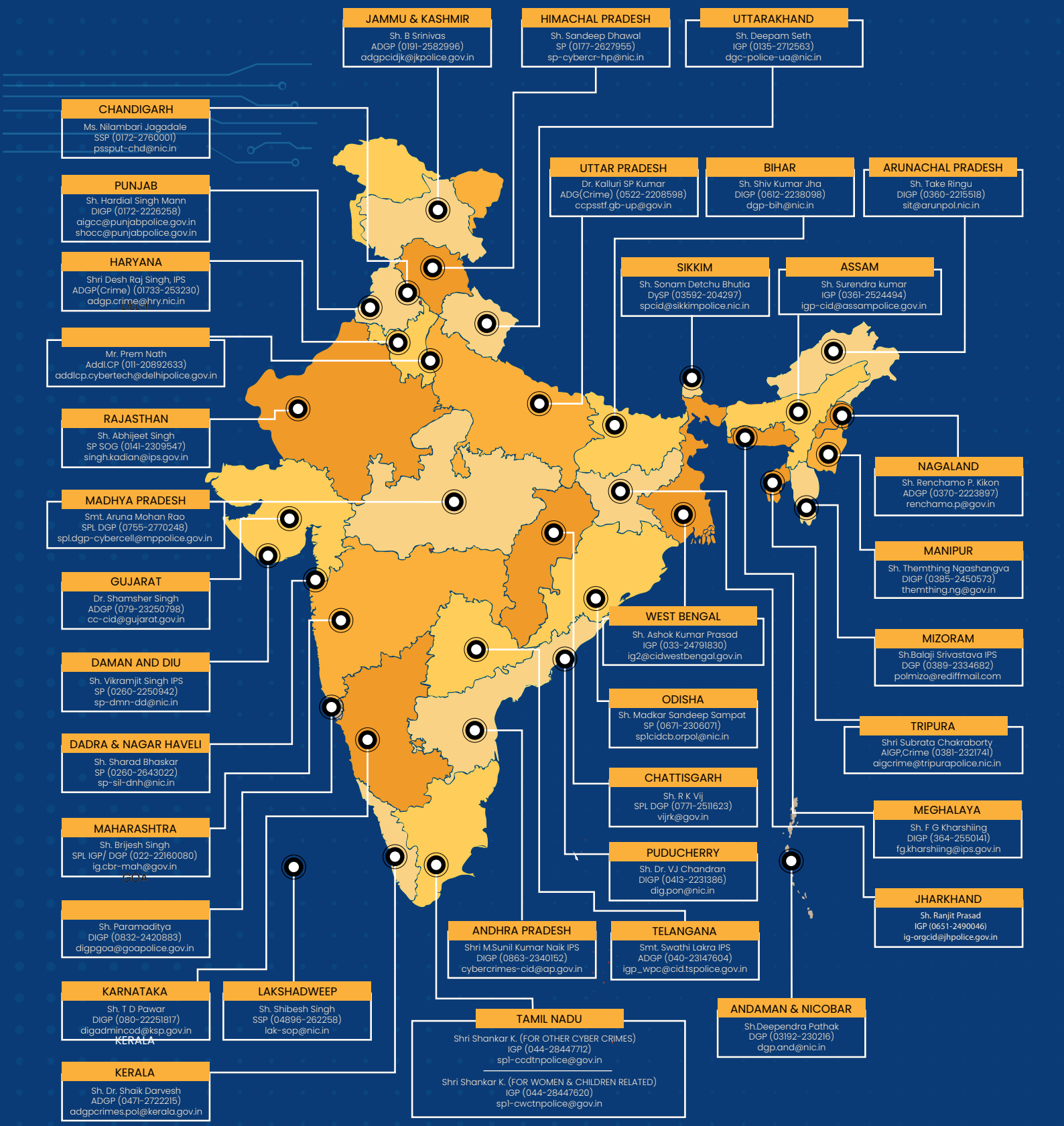
ANDAMAN & NICOBAR
Sh. Madhup Tiwari
IGP
igpint.and@nic.in

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

Grievance Officers Cyber Cell

Cyber Crime Reporting Portal
www.cybercrime.gov.in



JAMMU & KASHMIR
Sh. B Srinivas
ADGP (0191-2582996)
adgpcidjk@jkpolice.gov.in

HIMACHAL PRADESH
Sh. Sandeep Dhawal
SP (0177-2627955)
sp-cybercr-hp@nic.in

UTTARAKHAND
Sh. Deepam Seth
IGP (0135-2712563)
dgc-police-ua@nic.in

CHANDIGARH
Ms. Nilambari Jagadale
SSP (0172-2760001)
pssput-chd@nic.in

PUNJAB
Sh. Hardial Singh Mann
DIGP (0172-2226258)
aigcc@punjabpolice.gov.in
shocc@punjabpolice.gov.in

HARYANA
Shri Desh Raj Singh, IPS
ADGP(Crime) (01733-253230)
adgp.crime@hry.nic.in

DELHI
Mr. Prem Nath
Addl.CP (011-20892633)
addlcp.cybertech@delhipolice.gov.in

RAJASTHAN
Sh. Abhijeet Singh
SP SOG (0141-2309547)
singh.kadian@ips.gov.in

MADHYA PRADESH
Smt. Aruna Mohan Rao
SPL DGP (0755-2770248)
spl.dgp-cybercell@mppolice.gov.in

GUJARAT
Dr. Shamsher Singh
ADGP (079-23250798)
cc-cid@gujarat.gov.in

DAMAN AND DIU
Sh. Vikramjit Singh IPS
SP (0260-2250942)
sp-dmn-dd@nic.in

DADRA & NAGAR HAVELI
Sh. Sharad Bhaskar
SP (0260-2643022)
sp-sil-dnh@nic.in

MAHARASHTRA
Sh. Brijesh Singh
SPL IGP/ DGP (022-22160080)
ig.cbr-mah@gov.in

GOA
Sh. Paramaditya
DIGP (0832-2420883)
digpgoa@goapolice.gov.in

KARNATAKA
Sh. T D Pawar
DIGP (080-22251817)
digadmincod@ksp.gov.in

LAKSHADWEEP
Sh. Shibesh Singh
SSP (04896-262258)
lak-sop@nic.in

KERALA
Sh. Dr. Shaik Darvesh
ADGP (0471-2722215)
adgpcrimes.pol@kerala.gov.in

UTTAR PRADESH
Dr. Kalluri SP Kumar
ADG(Crime) (0522-2208598)
ccpsstf.gb-up@gov.in

BIHAR
Sh. Shiv Kumar Jha
DIGP (0612-2238098)
dgp-bih@nic.in

ARUNACHAL PRADESH
Sh. Take Ringu
DIGP (0360-2215518)
sit@arunpol.nic.in

SIKKIM
Sh. Sonam Detchu Bhutia
DySP (03592-204297)
spcid@sikkimpolice.nic.in

ASSAM
Sh. Surendra kumar
IGP (0361-2524494)
igp-cid@assampolice.gov.in

NAGALAND
Sh. Renchamo P. Kikon
ADGP (0370-2223897)
renchamo.p@gov.in

MANIPUR
Sh. Themthing Ngashangva
DIGP (0385-2450573)
themthing.ng@gov.in

WEST BENGAL
Sh. Ashok Kumar Prasad
IGP (033-24791830)
ig2@cidwestbengal.gov.in

MIZORAM
Sh.Balaji Srivastava IPS
DGP (0389-2334682)
polmizo@rediffmail.com

ODISHA
Sh. Madkar Sandeep Sampat
SP (0671-2306071)
splcidcb.orpol@nic.in

TRIPURA
Shri Subrata Chakraborty
AIGP,Crime (0381-2321741)
aigcrime@tripurapolice.nic.in

CHATTISGARH
Sh. R K Vij
SPL DGP (0771-2511623)
vijrk@gov.in

MEGHALAYA
Sh. F G Kharshiing
DIGP (364-2550141)
fg.kharshiing@ips.gov.in

PUDUCHERRY
Sh. Dr. VJ Chandran
DIGP (0413-2231386)
dig.pon@nic.in

JHARKHAND
Sh. Ranjit Prasad
IGP (0651-2490046)
ig-orgcid@jhpolice.gov.in

ANDHRA PRADESH
Shri M.Sunil Kumar Naik IPS
DIGP (0863-2340152)
cybercrimes-cid@ap.gov.in

TELANGANA
Smt. Swathi Lakra IPS
ADGP (040-23147604)
igp_wpc@cid.tspolice.gov.in

ANDAMAN & NICOBAR
Sh.Deependra Pathak
DGP (03192-230216)
dgp.and@nic.in

TAMIL NADU
Shri Shankar K. (FOR OTHER CYBER CRIMES)
IGP (044-28447712)
spl-ccdtnpolice@gov.in

Shri Shankar K. (FOR WOMEN & CHILDREN RELATED)
IGP (044-28447620)
spl-cwctnpolice@gov.in

https://linktr.ee/endnowfoundation

END NOW FOUNDATION
ADVOCACY ON DIGITAL SAFETY

Credits :

Ms. Mitushee Bairagee
Uttar Pradesh Institute Of Design, Noida

Ms. Shruti Singh
Uttar Pradesh Institute Of Design, Noida

https://www.canva.com/ https://slidesgo.com/ https://linktr.ee/ https://www.freepik.com/ https://internshala.com/

https://linktr.ee/endnowfoundation

END NOW FOUNDATION

ADVOCACY ON DIGITAL SAFETY

www.endnowfoundation.org

Hyderabad - 500018

Telangana, India. (Reg. No: 86/IV/2017)

Advocacy by News Paper

Research & Development

Advocacy by Digital Safety Advocates

Advocacy by FM Radio

Advocacy by Student Ambassadors

Advocacy By Organisations