



*News Release*

## **TRA Tips for the International Safer Internet Day**

Seef District, Kingdom of Bahrain - Monday, February 6, 2012

Marking the International Safer Internet Day, which falls on the 7<sup>th</sup> of February every year, the Telecommunications Regulatory Authority (TRA) of the Kingdom of Bahrain has issued a number of tips for parents and children on how to avoid and deal with the dangers and threats when browsing the internet. This year's Safer Internet Day theme is 'Connecting generations and educating each other', and the slogan "Discover the digital World together...safely!".

Commenting on the occasion, TRA's Director of Cyber Safety Mr. Ahmed Jaber Aldoseri said: "Annually hundreds of events are organised to raise awareness about online safety issues, in order to promote safety and responsible use of information and communication technology services, especially among children and young people around the world."

Mr. Aldoseri further said: "The theme of this year is a topic of importance to everyone, whether child, youngster, or parent, as it requires us to learn from each other to ensure a safer online experience for all."

Mr. Aldoseri went on to say: "We at TRA- Bahrain are taking precautionary measures and cooperating with all key stakeholders to improve the safety of citizens and residents using technology in Bahrain."

### **TIPS FOR PARENTS**

1. **Be aware:** your child may as likely cyberbully as be a target of cyberbullying. Be alert to your child seeming upset after using the internet or mobile phone.
2. **Get involved:** Talk to your children and understand the ways they are using the internet and mobile phone. Make sure they know the tips that are listed here.
3. **Learn how:** to use the safety tools on the particular service. Most services have block or ignore buttons, privacy settings, and some allow the recording of online messaging.
4. **Remind your child:** not to reply to bullying messages, at least not in anger.
5. **Keep the evidence:** of offending emails, text messages, online postings or conversations.
6. **Report cyberbullying:** You can report to the school, or if the cyberbullying is serious you should consider contacting the police.

Finally – **don't just stand there.** If you see cyberbullying going on, support the victim and report the bullying. How would you feel if no one stood up for you?

### **TIPS FOR CHILDREN & YOUNG PEOPLE:**

1. **Respect others:** Remember you can't see the impact your words or images have on the other person, so it is important to show respect to people and be careful what you say or send.
2. **Think before you send:** Whether photos or text, whatever you send or post online can be made public very quickly and could stay online forever.
3. **Keep your Password to yourself:** Treat **your password** like your toothbrush – keep it to yourself. Only give your mobile number or personal website address to trusted friends.
4. **Block the bully:** Learn how to block or report someone who is behaving badly, and don't retaliate or reply in anger.
5. **Save the evidence.** Learn how to keep records of offending messages, pictures or online conversations.
6. **Make sure you tell:** Please talk to an adult you trust. You can also send a report to the provider of the service (e.g. your social network service provider). You can also tell your school – your teacher can help you.

It is worth noting that TRA's previously announced "SafeSurf DVD" initiative, which will provide everyone in the Kingdom with an interactive tutorial on internet safety in five languages and an antivirus programme, is currently in the final stages of production. The DVD tutorial will be publicly distributed in the 2nd quarter of this year, and will be made available online.

### **About TRA**

Since its establishment in 2002 the Telecommunications Regulatory Authority of the Kingdom of Bahrain (TRA) has been working with government, consumers, operators and investors to develop the Kingdom of Bahrain into the region's most modern communications hub and to facilitate the growth of the market. As an exemplary Regulator for the region, TRA independently carries out its duties in a transparent and non-discriminatory manner. More information about TRA can be viewed at [www.tra.org.bh](http://www.tra.org.bh)