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FROM SCHOOL TO HOME: AWARENESS SERIES FOR PARENTS

FROM THE DESK OF THE SCHOOL COUNSELLOR:

In today's fast-paced digital world, it has become absolutely essential to stay aware and involved in our children's online presence. With the rise in media exposure and digital threats, guiding our teenagers about their digital footprint is not just important — it's critical in protecting their mental health.

Sharing few key points to support your child in navigating the digital space safely and responsibly:

1. Talk About the Permanence of Online Activity

Remind them that what they post, share, or comment stays online — even if deleted. Their digital trail can impact college admissions, future careers, and relationships.

2. Encourage Digital Self-Awareness

Help them ask: "Does this post reflect who I truly am?"
Teach them to build a positive and respectful online identity.

3. Explain the Impact of Comparison

Social media often showcases filtered versions of reality. Discuss how constant comparison can damage self-esteem and emotional well-being.

4. Set Healthy Screen-Time Limits

Introduce family digital rules — such as no phones during meals or before bed. Promote offline hobbies and real-time connections.

5. Establish Online Boundaries

Discuss what's okay to share and what should stay private — like personal emotions, locations, or family matters.

6. Promote Responsible Sharing

Before posting, encourage them to think:
Is it kind? Is it true? Could it hurt someone?

7. Reinforce the Importance of Consent

Teach them to always ask before tagging, posting photos of friends, or forwarding messages — and expect the same in return.

8. Be a Role Model

Let them see you practice mindful digital habits. Actions speak louder than words.

9. Stay Informed, Not Intrusive

Familiarise yourself with the platforms they use. Keep communication open, so they feel safe coming to you when something goes wrong online.

10. Keep the Conversation Going

Digital safety is not a one-time talk — it's an ongoing journey. Create a space of trust where your child feels heard and supported.

TOGETHER, LET'S EMPOWER OUR TEENAGERS TO BE SMART, SAFE, AND EMOTIONALLY HEALTHY DIGITAL CITIZENS

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