Psychological safety of children online





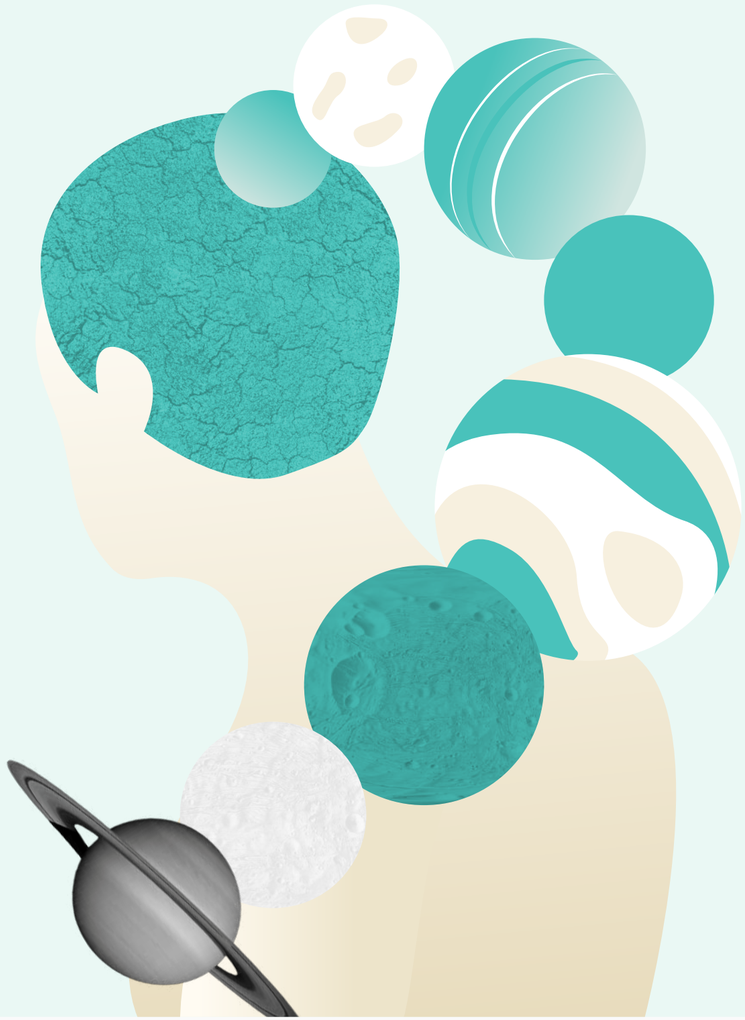
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What should the digital security include?



Digital security refers to the tools that are used to protect your online identity, data, assets and devices.

But the virtual world contains other, less obvious threats that cause no less harm to the psyche of modern young people.

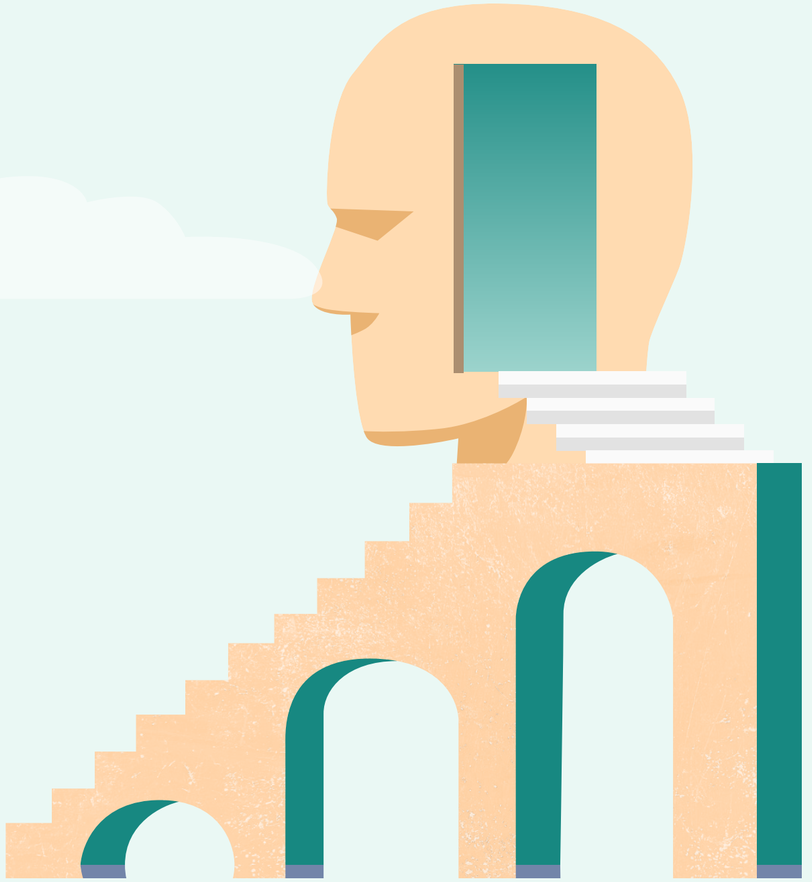
In 2015 South Korean teacher Pak Yoo Hyun with colleagues from Nanyang Technological University has developed the theory of digital intelligence and DQ.

The DQ Institute online platform promotes the ideas of digital intelligence and develops DQ standards.



Digital intellect is...

the sum of the social, emotional and cognitive abilities that enable people to face challenges and adapt to the demands of life in the digital world.



In the Russian-speaking society, DQ is seen in the context of digitalization of business and computer literacy.

The regional public organization "Centre for the Internet Technologies" (ROCIT) offers educational content for children and recommendations to parents, including the law on the "right to oblivion" and the rules of digital etiquette.



Digital literacy correlates with 8 critical areas of digital life:

- Self-identity
- Personal safety
- Emotional intelligence
- The use of technology
- Technical safety
- Digital literacy
- Communication
- Digital rights



Digital intelligence from the point of view of psychology

Children, adolescents and their parents should be aware of all the consequences and risks, including PSYCHOLOGICAL ones that exist in the digital environment today.



Digital addiction = mental disorder

The level of digital consumption is at its peak. According to Kaspersky Lab, more than 68% of teenagers (14-18 years old) are almost constantly online.



Stress and nervous overstrain in a hyperinformational environment.

- The growth of autoaggression and depressive states
- An increase in the number of anxiety disorders and panic attacks
- Cyberbullying



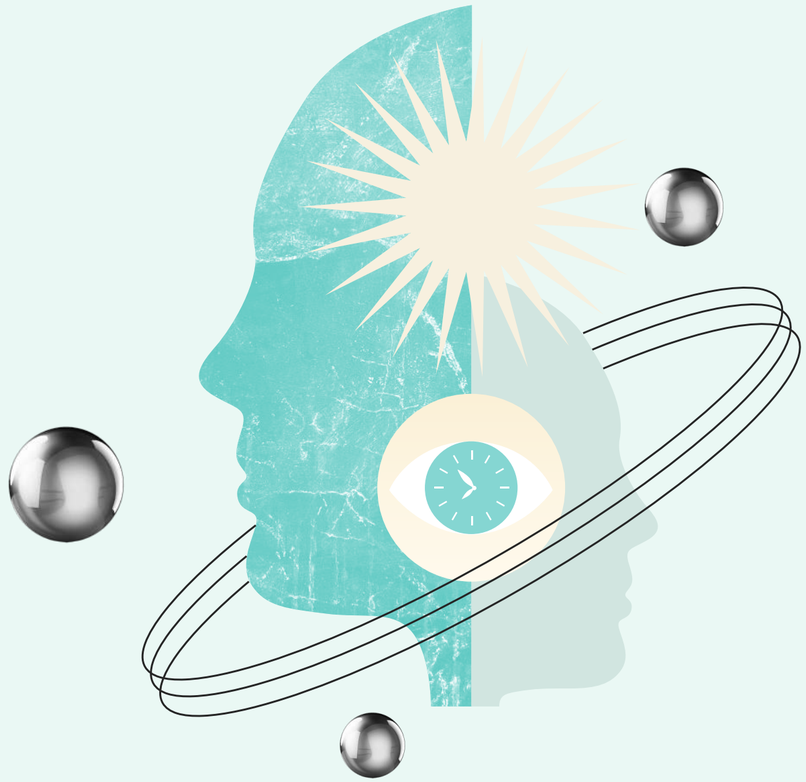
Decreased cognitive activity and intelligence

- «Digital dementia»
- Reducing number of neural connections.



Decreased emotional intelligence

- Digital autism



Digital security includes digital hygiene

- Conscious digital consumption.
- Time limitation and control of digital behaviour.
- Taking care of the psychological comfort.



Technical savvy

Digital intelligence = digital awareness

Self–control - Digital hygiene – time limitation as addiction prevention

Knowledge about the work of the brain and the development of cognitive processes

Awareness of cybersecurity and personal data protection

Emotions and empathy – what does the other person feel? Real emotions vs virtual ones

Thank you!



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