Training of Trainers on Cyber Safety for Children and Young People
10 – 12 May 2019, Kathmandu

Background

ChildSafeNet conducted a three-day Training of Trainers (ToT) Workshop on Cyber Safety for Children and Young People for Grameen Mahila Srijansheel Pariwar (GMSP), a Sindhupalchok-based non-governmental organization. The ToT workshop was conducted in Kathmandu from 10 – 12 May 2019 with the support of The Johanniter International.

Objectives and Focus

The training aimed to equip GMSP staff with the knowledge and skills to conduct cyber safety training, so that they can help to protect children and young people.

The training focused on the internet safer for children and young people and on protecting them from the harmful uses of technology. Furthermore, we explained how they can be protected from online sexual abuse and exploitation, cyber bullying, cyber grooming, phishing, sexting, sextortion and internet & gaming addiction.
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Methodology

ChildSafeNet conducted the ToT workshop using a participatory approach, this included thematic PowerPoint presentations and lectures, discussions, quizzes, group work, role plays, question and answer sessions, debates and the screening of videos. In order to make the sessions and the topics interesting and relevant, recent cyber-crime related incidents and case studies from urban and semi-urban Nepal were discussed.

Participants

The ToT workshop fifteen participants who were all GMSP Sindhupalchok staff. They were provided with the knowledge and skills that are required to conduct training sessions on cyber safety for children and young people at a community level.
Resource Persons

Following resource persons with high levels of expertise in their respective areas of work, conducted sessions in the training of trainers workshop.

Anil Raghuvanshi, Founder/President, ChildSafeNet (Principal Facilitator): He has over 30 years of experience in child rights and child protection, including 15 years at an international level in nine countries. He has up-to-date knowledge and expertise on cyber safety for children and young people.

Dr. Rabi Shakya, Head, Mental Health Department, Patan Hospital: Dr. Rabi Shakya treats people with mental health issues, including internet and gaming addiction. He has an in-depth knowledge on the impact of internet and gaming addiction on children and young people.

Sumnima Tuladhar, Executive Director, CWIN: She has been working as a child rights activist for 31 years, associated with CWIN, the pioneer child rights organization of Nepal. She has extensive knowledge on protecting children from sexual abuse and exploitation and in running the Child Helpline in Nepal.

Rashtra Bimochan Timalsena, Asst. Director, National Law College: He is a lecturer and a law practitioner with an expertise on cyber law. He has dealt with a number of cyber law cases in Nepal.
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Pushkar Mathema, Communication Expert, Former Editor-in-Chief, Gorkhapatra National Daily: He has over 30 years of experience as a journalist, editor and communication expert. He also worked as a trainer at Nepal Press Institute. He specializes in conducting sessions on training skills and communication.

Srijana Ghimire, Cyber Safety Trainer: She is an experienced cyber safety trainer, initially trained by ChildSafeNet. She has conducted several training sessions on cyber safety for children and young people.

Aashrika Chaudhary, Cyber Safety Trainer: She is an experienced cyber safety trainer, initially trained by ChildSafeNet. She has conducted several training sessions on cyber safety for children and young people.

ToT Sessions and Activities

ChildSafeNet conducted the three-day ToT workshop with specific objectives for each day.

Day 1: Provide technical knowledge on cyber safety to the participants: Alongside the resource persons from ChildSafeNet, external resource persons conducted sessions on the psychological impacts of internet and gaming addiction, the legal provisions on cyber safety in Nepal and online sexual abuse & exploitation.

Day 2: Ensure that the participants fully-understood the knowledge gained: Various activities were conducted to ensure that the participants gained conceptual clarity on the issues related to cyber safety and on a child’s right to freedom of expression, privacy, protection, access to information and protection from online harms. Participants understood that children and young people should enjoy the same rights online that they are entitled to offline.
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Day 3: Provide training skills and ensure that the participants are capable to deliver training:
To ensure that the participants’ have the knowledge and skills to be good trainers, on the last day of the workshop, they were taught how to conduct training sessions. They were given the opportunity to practice conducting practical training sessions. Resource persons assessed the sessions and gave advice on how to improve their training skills. They plan to conduct cyber safety training sessions for children and young people in schools and in child clubs in the Sindhupalchok district.

Lessons Learned

• **Language:** Participants were more comfortable with the sessions when there were fewer English words. Although all sessions were conducted in simple Nepali, the PowerPoint presentations were in English. In order to help the participants, all resource persons translated the English terms into Nepali. However, it would be better if the all PowerPoint presentations were in Nepali and the resource persons avoid using English terminologies. But, due to the unavailability of standard translations of terminologies, such as, "Internet", "WiFi", "Sexting", etc, it was decided that English terminology should be used along with explanations in Nepali.

• **Interactive Sessions:** The participants enjoyed the interactive sessions, discussions, question and answer sessions, debates, role plays, etc. It will be useful if activities like these are included in future ToT workshops and training sessions.

• **Duration of the ToT Workshop:** Three-days seems to be quite tight for such ToT workshops, particularly as the participants need more time for practical sessions. The ideal duration of the cyber safety ToT workshop would be 4-5 days.

Evaluation of the Training

After the training, ChildSafeNet collected feedback forms from the ToT participants to evaluate the effectiveness of the training and to understand how the participants received the training. ChildSafeNet will share the evaluation form with GMSP for their record and reference.
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During the official session and informal discussions, the ToT participants as well as the representatives of Grameen Mahila Srijansheel Pariwar and The Johanniter International stated that the ToT workshop went well and was successful in meeting its objectives. All participants would recommend their interested friends and colleagues to participate in the ChildSafeNet cyber safety ToT workshops in the future. Furthermore, several participants expressed an interest to participate in advanced training on cyber safety, conducted by ChildSafeNet.

Follow Up and Support

- **Nepali Version of the Training Module**: In order to conduct cyber safety training in communities, the training module needs to be translated into Nepali. ChildSafeNet will be happy to work on this. Support is required for translation.

- **Tailor-made Materials to Suit the Local Context**: Since some examples, relevant for participants in Kathmandu were not easily understood by the participants from Sindhupalchok, some slides in the training module need to be changed in collaboration with GMSP.

- **Hands-outs for the Participants in Nepali**: For the reference of trainers, ChildSafeNet will prepare and distribute handouts in simple Nepali. ChildSafeNet has drafted a booklet on cyber safety in Nepali. This needs to be finalized. Support is required for layout design and graphical illustrations to include in the booklet.

- **Facebook Group, "Training of Trainers on Cyber Safety"**: ChildSafeNet has a closed group on Facebook ([https://www.facebook.com/groups/ChildSafeNetToT2018/](https://www.facebook.com/groups/ChildSafeNetToT2018/)). This group is exclusively for the participants of "Training of Trainers on Cyber Safety". All ToT participants were invited to join this group to share their experiences and ideas. They can also disseminate information on events related to cyber safety training. Moreover, the group is a common platform of the cyber trainers who are trained by ChildSafeNet to be updated on cyber safety issues, trends and tools.

- **ChildSafeNet Website**: ChildSafeNet has an informative website ([www.childsafenet.org](http://www.childsafenet.org)). The ToT participants were invited to visit the website for information on protecting children online and to learn more about ChildSafeNet's activities. They can also contribute blog posts to the website.
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- **ChildSafeNet Facebook and Instagram Pages**: ChildSafeNet invited the ToT participants to like and follow its resourceful Facebook page ([www.facebook.com/childsafenetnepal](http://www.facebook.com/childsafenetnepal)), which has over 13,500 active followers. ChildSafeNet regularly posts information and news on cyber safety as well as advice to staying safe online. Likewise, ChildSafeNet invited the ToT participants to visit its vibrant Instagram page ([www.instagram.com/childsafenet](http://www.instagram.com/childsafenet)) for news and information on cyber safety.

- **ChildSafeNet YouTube Channel**: ChildSafeNet encouraged the participants to follow its YouTube channel ([www.youtube.com/childsafenet](http://www.youtube.com/childsafenet)) for cyber safety videos, which includes a number of videos produced by ChildSafeNet.

**Next Steps**

GMSP has planned a few cyber safety training sessions in some villages of the Sindhupalchok district in the first week of June 2019. GMSP invited ChildSafeNet trainers to facilitate the training sessions, where the participants of ToT will take responsibilities to facilitate selected sessions. In this way, the new trainers will gain knowledge, skills and the confidence to conduct training sessions independently in future.

**Appreciation**

ChildSafeNet appreciates the interest and commitment of GMSP and The Johanniter International on making the internet safer for children and young people in the Sindhupalchok district. ChildSafeNet also appreciated the professionalism of the GMSP staff, which included their respect to time, their respect to their work and their discipline throughout the three days of the ToT. ChildSafeNet wishes all the best to the ToT participants, GMSP family and The Johanniter International in making the internet safer for children and young people in their programme areas.