

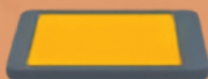
DIGITAL PASBAN



in partnership with:



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Foreword



Dear Parents and Educators,

Every generation prepares its children for the world they will inherit. Today, that world is increasingly digital. From online learning and social media to gaming and artificial intelligence, technology has become an integral part of how children learn, communicate, and grow. While it offers incredible opportunities for learning, creativity, and connection, it also brings challenges such as cyberbullying, online scams, inappropriate content, misinformation, excessive screen time, and privacy risks. Navigating these challenges requires informed and engaged adults.

As parents and educators, you play a vital role in shaping children's digital habits. You do not need to be a technology expert to keep children safe online. Staying informed, encouraging open conversations and setting healthy boundaries can make all the difference.

This handbook is designed to support that journey. It provides practical guidance and easy-to-use tools to help families build positive digital habits, make informed decisions and create a safer, more balanced online experience for children.

This handbook is built around **four key pillars**:



Together, these modules provide a practical framework to help families promote responsible digital citizenship, manage devices effectively, create age-appropriate online experiences, and better understand emerging technologies such as Artificial Intelligence.

This program is delivered by **Tech Valley Pakistan in collaboration with Google**, with the support of valued partners from the public and private sectors, including:



Together, we share a common commitment to strengthening digital safety and empowering families across Pakistan.

Google's goal is simple: Help every family build safe, confident digital habits through tools like Family Link, YouTube Age-Appropriate Experiences, and Be Internet Awesome so kids can explore online safely and parents feel equipped, not overwhelmed. This mission comes to life in Pakistan through **Safe Raho**, our national digital safety initiative. Under **Safe Raho**, we're launching **Digital Pasban**, a household-focused program that brings Google's family safety tools directly to parents, in their own language, through townhalls, toolkits and hands-on guidance.

Keeping children safe online is a shared responsibility. We hope this handbook serves as a practical resource that gives you the confidence to guide your child in making safe, responsible, and informed choices online.

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Why Online Child Safety Matters



The internet has become a natural part of childhood. Children use it to study, play games, watch videos, connect with friends and explore their interests. While it offers real opportunities to learn and grow, it also presents challenges they can't always handle alone.

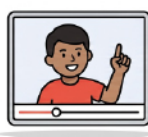
This can feel unfamiliar for parents, since our kid's world looks very different from the one we grew up in. The safety conversations we once had about the outside world now need to include the online one too.



Study



Play Games



Watch Videos



Connect with Friends



Explore Interests

Children Are Growing Up Online



Most children today start using digital devices at a very young age. As they grow older, they spend more time online for schoolwork, entertainment, gaming and socialising. For them, the digital world is not separate from real life; in fact, it is simply part of everyday life.

The problem is that the internet doesn't always come with the same safeguards we expect offline. A child can stumble onto inappropriate content, be contacted by a stranger, or share personal information without realising the consequences.



Inappropriate Content



Stranger Contact



Sharing Personal Info

Important to Note

Increasing numbers of children in Pakistan are accessing the internet each year, frequently through a shared family device and without prior parental guidance on safe use. UNICEF Pakistan, in collaboration with PTA, has identified exposure to age-inappropriate content and online contact risks as a growing concern for children in the country. Many parents, meanwhile, remain unaware of their children's actual online activity.

This guide is intended to help families build trust, set up parental controls for their children, and sustain regular conversations about online safety.



Why This Matters

What children see and experience online can affect their confidence, well-being and decision-making.

They may face cyberbullying, compare themselves with unrealistic images on social media, believe false information, or feel pressured to behave in certain ways to fit in. Some children may also share photos or personal details without realising that once something is online, it can be difficult to remove.

These situations do not affect every child, but they are common enough that every parent should know how to recognise the signs and know where to turn for help.



Parents Make the Biggest Difference



Studies by organizations including **UNICEF**, the **UK Safer Internet Centre**, and **Common Sense Media** consistently find that parental engagement is the strongest protective factor against online harm. Children whose parents talk openly about online safety are significantly less likely to take risks online and significantly more likely to report problems when they arise.

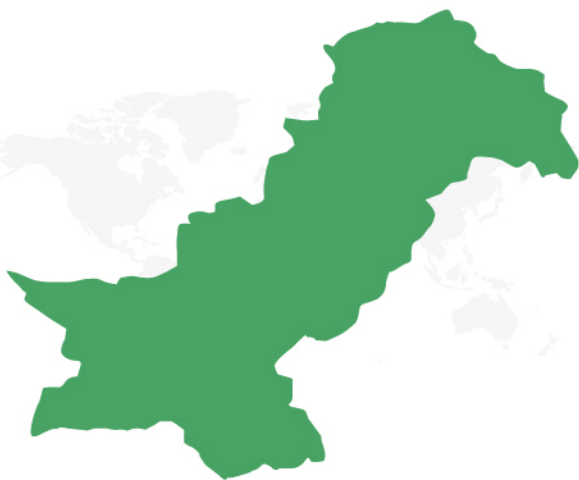
Educating your child about online harm is not merely about technical expertise. Children do not need parents who know every app or platform; they need parents who are engaged, approachable, and equipped with foundational knowledge.

Mapping the Digital Terrain

Globally, over 1.7 billion children (roughly 33% of all internet users) are now online, with access in emerging economies surging by over 130% in the last decade¹. This landscape is defined by a diverse array of access points, each requiring a tailored safety approach.

The Digital Reality in Pakistan

The digital landscape for children in Pakistan is shifting at an unprecedented pace. As internet access becomes more affordable and mobile connectivity expands, the virtual world has become a primary classroom, playground, and social space for the next generation.



Pakistan's digital penetration has grown rapidly, with over 139 million mobile broadband subscribers and 143 million internet users nationwide². For the vast majority of children in urban and peri-urban households, YouTube, among the most-used platforms in the country, is their first point of contact with the digital world, offering access to education and creating opportunities for parents to help them navigate the online space safely. FIA's Cyber Crime Wing records thousands of complaints³ annually involving child-related digital harms, including grooming, non-consensual image sharing, and online harassment.

Childhood in a Digital World, UNICEF Report (2025)¹

Pakistan's mobile and broadband subscribers reach 193 million, PTA Report (2025)²

Cybercrime conviction rate 'very low', Dawn Press Release (2025)³

Google's Efforts around Safety and Well-being of Children in Pakistan

1

Family Link:
Age-Appropriate Controls



2

YouTube Age-Appropriate Experiences:
Safer Video Discovery



3

SafeSearch:
Filtering Explicit Content



4

Gemini's Built-in Guardrails:
Safe AI Exploration





Digital Pasban: Parent Educator Toolkit

Setup Steps & Usage Guide | Conversation Guides | Classroom Activities (Google Safety Center)



The Challenge

What We Know

This Toolkit Covers

	Limited Parental Awareness	Many Pakistani parents recognize online risks but lack practical knowledge of parental controls and other digital safety features	Teaches Google Safety tools step by step
	High Screen Time	Pakistani children spend average 4+ hours of screen time daily ⁴	Provides age-appropriate limits and settings
	Content Exposure	Parents express concern that not all content is age-appropriate	Sets up YouTube Age-Appropriate Experiences mode
	AI Exposure	Children encounter AI in Google Search, Classrooms, and other apps daily	Builds AI literacy through Gemini
	Trust Gap	Children rarely disclose online harm to adults	Provides conversation guides and scripts

The Four Pillars of Program

Each pillar of this curriculum corresponds to a specific Google product or program designed to make family's digital life safer. Taken together, they form a complete ecosystem of protection.



Pillar 1: Family Link

Google Family Link is a free parental control app that lets parents manage their children's digital activity on their devices.



Key Features of Family Link

Set screen time limits: Find the screen time that works best for your child. Family Link lets you set daily time limits, with schooltime and downtime schedules for their devices.

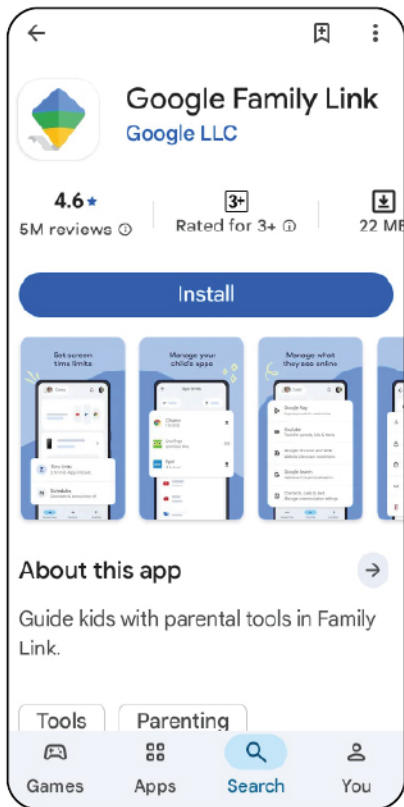
Manage your child's apps: Give your child the flexibility they need when it comes to app usage. Set individual app time limits, and unlimited time for educational or regularly used apps. You can block app, too.

Manage what they see online: Set up parental control on Google services like Chrome, Play, YouTube and Search. Family Link allows you to block inappropriate sites, require approval for the new app, manage permissions for apps and websites.

Secure their account: Family Link gives you access to manage your child's account and data settings. As a parent, you can help change or reset your child's password if they forget it, edit their personal information or even delete their account if you feel necessary.

Google Safety Center Tip

Google Safety Center recommends telling your child about Family Link before enabling it. Children who understand the tool are more cooperative and more likely to come to parents when controls feel unfair.



Download Family Link

The Family Link app is available free on the Google Play Store and Apple App Store.



goo.gl/family-link-googleplay



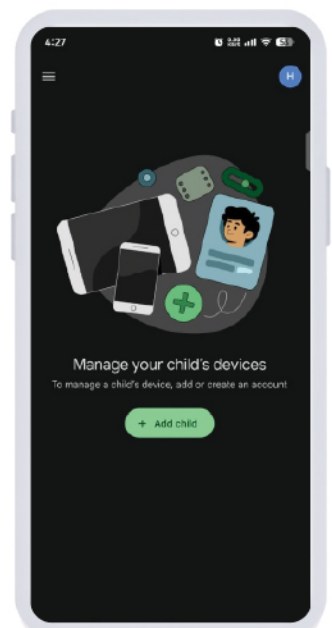
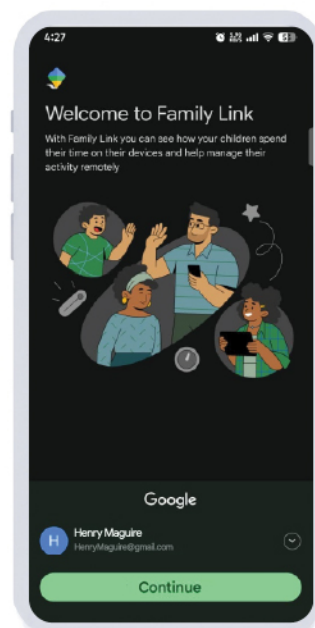
goo.gl/family-link-appstore



Step-by-Step: Setting Up Family Link

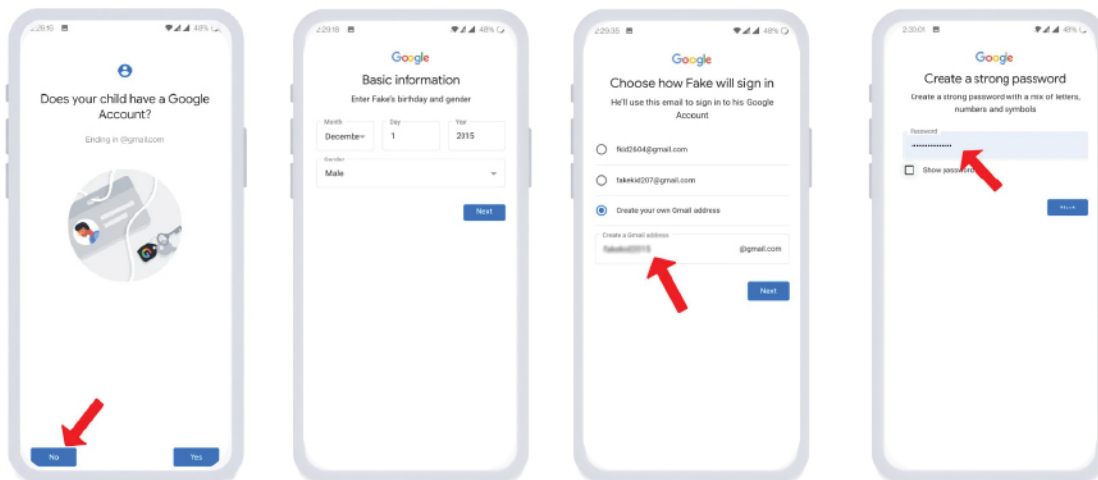
Step 1: On the Parent's Device

- Download the Google Family Link app from Google Play or the App Store.
- Open the app and sign in with your personal Google account.
- Tap 'Get Started' and choose 'Parent'.
- Tap 'Add a child', and you will be prompted to either create a new child Google account or link an existing one.

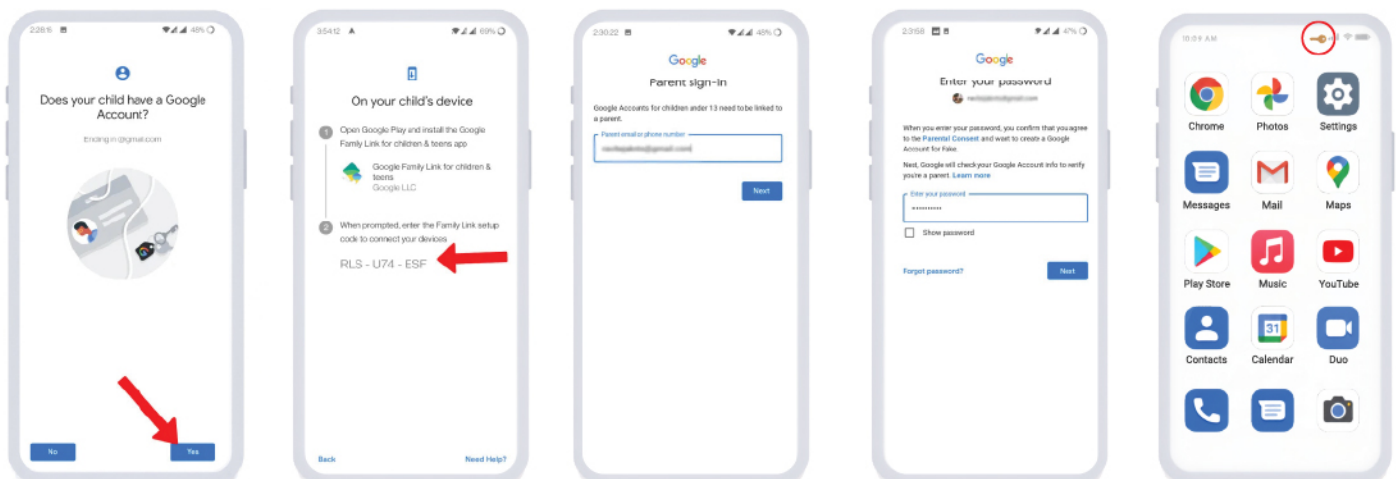


Step 2: Creating a Child Google Account (under 13)

- Select 'Create a Google Account for your child'.
- Enter your child's name and date of birth.
- Choose a username (e.g., child's name + numbers).
- Set a password and note this down securely.
- Review and accept Google's parental consent terms (you are consenting on behalf of your child).
- A verification code will be sent to your Google account. Enter it to complete setup.

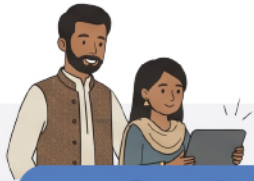


Step 3: On the Child's Device



- On your child's Android device, go to Settings > Accounts > Add Account > Google.
- Sign in with the child's new Google account.
- The device will prompt: 'This account is managed by Family Link'. Tap Accept.
- A supervision request notification will appear on the parent device. Approve it.
- Family Link is now active. A small key icon will appear on the child's device status bar.





Screentime Management	App Control and Approval	Content Filter and SafeSearch	Account Security
 - Parents can set maximum daily screen time allowances for a child's device. - Dedicated controls allow parents to configure automatic "Downtime" (such as locking the device at bedtime) and "School Time" schedules to minimize distractions during study hours. 	 - Parents can view which apps their children use most and block or unblock specific applications. - Parents can configure settings so that any attempt by the child to download or purchase a new app from the Google Play Store requires direct parental approval.	 - Parents can apply safety filters across core Google services, including Google Search (via SafeSearch), Chrome (blocking explicit websites), YouTube (setting supervised viewing levels), and the Google Play Store. - Controls allow granular management over which specific websites children can access or view on browsers.	 Parents have administrative oversight over the child's Google account. This includes helping reset a forgotten password, editing personal account information, or monitoring account data settings. 

Recommended Settings by Age

	Early Childhood (Ages 5–8) Strict	Middle Years / Pre-Teens (Ages 9–12) Moderate	Early Teens (Ages 13–15) Flexible
 Screen Time Management	Strict daily caps (1 to 1.5 hours) Automated bedtime "Downtime" locks	Structured schedules balancing homework and play Flexible daily allowances	Focus on night-time sleep hygiene locks Self-monitoring via time dashboards
 App Control and Approval	Mandatory parent approval for every new app or update Open web browser and social media apps completely blocked	Pre-approved tools and educational apps allowed freely New entertainment or game downloads still require approval	Relaxed approval framework with open discussions around app utility and risks
 Content Filter and Safe Search	Google Search locked to strict SafeSearch Chrome restricted to only explicitly approved websites	General web browsing allowed with explicit mature/explicit site block filters	Standard browsing enabled, backed by platform safety warnings and filtering options
 Account Security	Full parent administration of account credentials, passwords, and data settings	Collaborative monitoring with periodic joint reviews of app usage and history	Shift toward digital independence, trusting teens with self-regulation while keeping recovery tools active



SafeSearch is on by default for all users under 18, filtering explicit content automatically. Only a parent or guardian can change this setting via Google Family Link.

Note for Parents

Parental controls are a useful way to support your child's online safety, but they work best when your child understands why they are being used. Rather than making them feel watched or punished, explain that these settings are there to help them stay safe while they learn to use technology responsibly.

You could say:

- "These settings are here to help keep you safe online. They are not because we don't trust you."
- "We'll occasionally look at your online activity together so we can understand what you're doing online and talk about any concerns."
- "As you grow older and show that you can use technology responsibly, we'll gradually give you more independence."

The goal is not to monitor your child's every move, but to create an environment where they feel comfortable talking to you if something online makes them feel confused, uncomfortable, or unsafe.



YouTube

Search



Pillar 2: YouTube Age-Appropriate Experiences

YouTube is one of the most popular websites in the world, and for many children it is part of everyday life. They use it to watch educational videos, learn new skills, explore their interests, and enjoy entertainment.

YouTube Supervised Experiences help parents create **age-appropriate experiences** on YouTube for their children. This setup gives children access to a broader range of content than YouTube Kids while allowing parents to apply safety filters.

It works through Google Family Link and is linked to your child's Google account. Once it's set up, these age-appropriate settings apply wherever your child signs in to YouTube, whether they're using a phone, tablet, or computer. This means you don't have to configure each device separately.



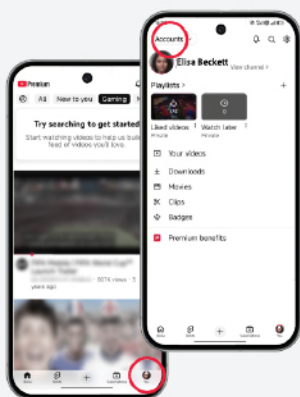
Choosing the Right YouTube Experience for Your Family

Selecting the right YouTube environment depends on your child's age, maturity level, and your desired level of oversight. Use the comparison below to determine whether the YouTube Kids app or a Supervised Account is the best fit for your family's needs.

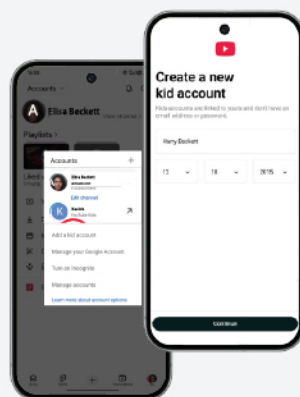
Feature	Youtube Kids App	Supervised Accounts (Kids and Teens)
Primary Focus	A separate, closed app environment with curated, child-specific content.	A parent-managed version of the main YouTube app with digital well-being protections.
Target Audience	Younger children whose parents prefer to handpick content.	Children under 13 (ready to explore main YouTube) and teens (voluntary supervision).
Content Volume	Smaller selection of highly curated videos. The amount of available content changes according to the <u>content setting</u> you choose (in order): Preschool (ages 4 and under), Younger (ages 5–8), Older (ages 9–12)	Larger library, adjusted based on age-based settings (Explore , Explore More , Most of YouTube).
Granular Control	High: You can handpick the exact videos your child accesses.	Moderate: You select the content tier; YouTube filters content accordingly. You can block specific channels.
Interaction	No comments enabled.	Explore More and Most of YouTube settings allow reading comments.
Screen Time	Managed via YouTube Kids app or Family Link.	Managed via Family Center, including specific limits for YouTube Shorts.

1 Parental Controls

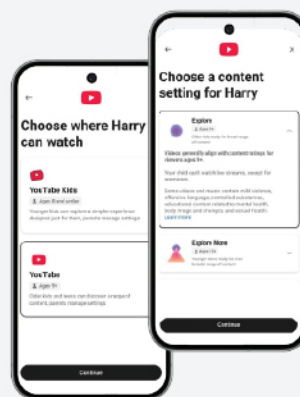
Parents can create supervised kid accounts on the YouTube Kids app, or on YouTube, and choose from age-based content settings that are best for their child. Teens automatically receive teen accounts, with optional parental linking for supervision. YouTube simplifies the sign-up process and applies content principles to ensure high-quality experiences for all young users.



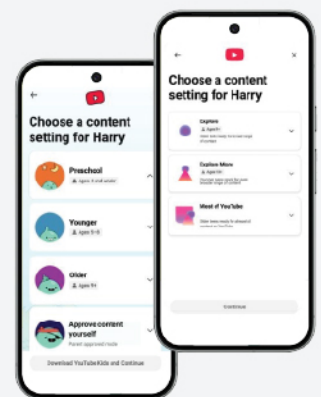
Step 1: Open YouTube App and tap on "You" on bottom left side of the screen then tap on "Accounts".



Step 2: Tap "Add a kid account" and simply enter a child's name and date of birth.



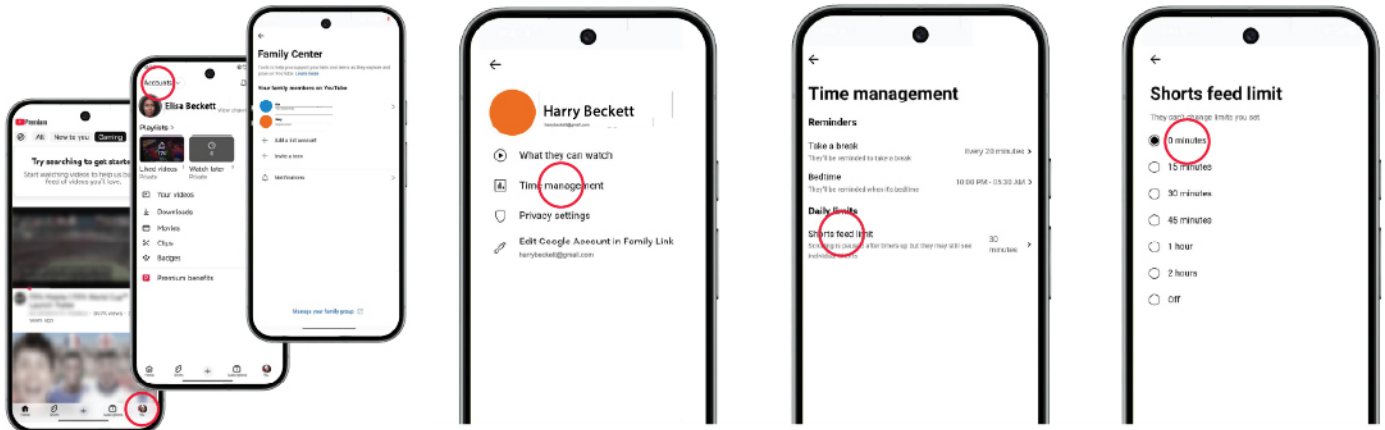
Step 3: Parents are then guided to choose where their child will watch and the content experience setting for each child.



Step 4: Parents can create multiple child profiles, each with their own settings. These settings can be updated anytime in Family Center.

2 Shorts Feed Limit

Parents can now help teens watch more intentionally by setting a daily time limit on Shorts. Parents will also see the option to limit the time scrolling Shorts to 0 minutes, an industry-first that gives parents direct control over how long their child can spend scrolling the Shorts feed.



Step 1: Open the YouTube app and tap "You" at the bottom right. Next, select "Account" at the top left, go to "Family Center" in the settings, and then tap on your child's account.

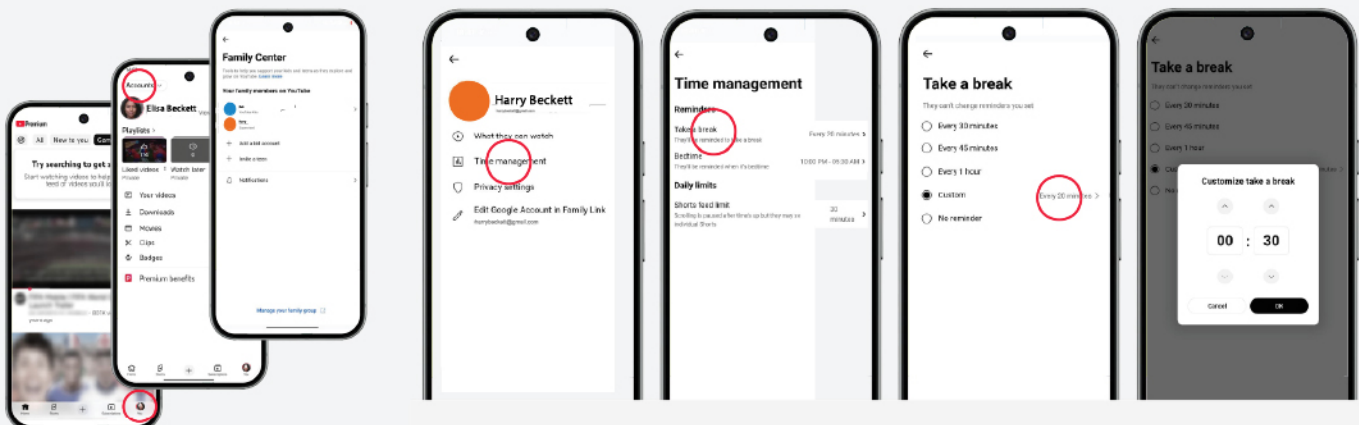
Step 2: In "Profile", tap on "Time Management".

Step 3: Tap on "Shorts feed limit".

Step 4 Choose your preferred time limit. The minimum setting is 0.

3 Take a Break

The Take a Break reminder lets you set a reminder to take a break while watching videos. The reminder will pause your video until you dismiss it or resume playing the video, helping younger users build awareness of their screen time and develop healthier viewing habits.



Step 1: Open the YouTube app and tap "You" at the bottom right. Next, select "Account" at the top left, go to "Family Center" in the settings, and then tap on your child's account.

Step 2: In "Profile", tap on "Time Management".

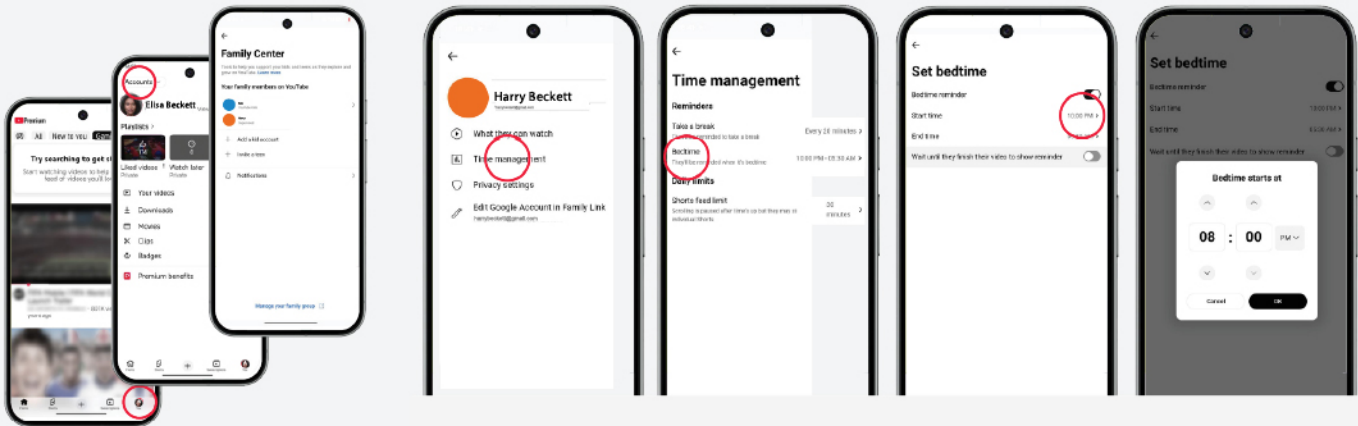
Step 3: Tap on "Take a Break".

Step 4: Tap on your preferred break time.

Step 5: Alternatively, tap "Custom" to set a personalized break time, then confirm by tapping "OK."

4 Bedtime

Parents can customize bedtime reminders to help them set clear boundaries around when viewing should stop.



Step 1: Open the YouTube app and tap "You" at the bottom right. Next, select "Account" at the top left, go to "Family Center" in the settings, and then tap on your child's account.

Step 2: In "Profile", tap on "Time Management".

Step 3: Tap on "Bedtime".

Step 4: Tap on "Start time".

Step 5: Set your preferred bedtime reminder and tap "OK"

Built-in Protections For All Kids & Teens



Quality content standards for kids and teens

YouTube equips creators with content quality principles to help them produce age-appropriate, enriching material. For channels and videos designated as made for kids, YouTube provides an extra layer of protection by removing interactive features like comments and turning off notifications.

Stricter defaults for teens when they upload

Users must be 13 or older to create videos or Shorts on YouTube. Video uploads are set to private by default for all teen accounts, and teens must be 16 or older to livestream.

Time management controls

To encourage healthy digital habits, all kid and teen accounts on YouTube receive default nudges to take breaks and go to bed. Parents can customize these reminders and set the amount of time for scrolling the Shorts feed in the Family Center.

Mental health tools

When viewers search for terms related to suicide, self-harm, or eating disorders, they see a full-page panel connecting them to third-party crisis hotlines. YouTube also curates shelves of evidence-based content to ensure teens find reliable information on anxiety, depression, and more.

Limits on repeat viewing of certain content

For teens watching a broader range of topics on YouTube, there are automatic limits to avoid repeated recommendations of videos related to topics including comparing physical features, idealizing weight, or displaying social aggression.

No personalized ads

YouTube automatically disables personalized ad targeting and restricts sensitive ad categories for all users under 18. For children under 13, ad restrictions are even stricter - blocking categories such as adult media and games, dating services, weight loss products, politics, and religion.



Recognising Sensitive Content Exposure

Content Type	Behavioural Signals	Your Response
Dangerous challenges (self-harm, stunts)	Attempting risky physical behaviour; referencing challenges by name; unusual interest in filming themselves.	Ask about the specific challenge by name. Watch a sample together. Discuss why platforms host this content and who creates it.
Radicalising / extremist content	Using language or expressing views that seem out of character; sudden interest in conflict narratives.	Do not immediately confront. Engage with curiosity: 'Where did you come across that idea? Tell me more.' Report to YouTube and, if serious, PTA.
Grooming via comment sections	A named YouTuber or commenter they are secretive about; requests to move to private chat.	Ask open questions about who they talk to online. Review comments section activity in the Family Link report.
Inappropriate romantic/sexual content	Unusual curiosity about romantic topics; hiding the screen; embarrassment about online activity.	Respond calmly and without shame. Use it to open an age-appropriate conversation about healthy relationships.

Google Safety Center Resource



**YouTube My
Family Guide**

goo.gle/yt-families-guide



**YouTube Kids & Teens
Parent Guide**

goo.gle/yt-kidsandteens-parentguide



Pillar 3: Be Internet Awesome

The 5 Principles of Be Internet Awesome

Be Internet SMART

Share with care

Teach children that sharing your address, school name, or parent's workplace in a gaming chat is sharing your private information

Be Internet ALERT

Don't fall for fake

Recognise fake messages, fake accounts, and manipulation. Discuss WhatsApp forwards with false prizes

Be Internet STRONG

Secure your secrets

Protect your accounts with strong passwords. Passwords are like a toothbrush, never share them

Be Internet KIND

It's cool to be kind

Treat people online the way you would treat them face to face. Would you say this to someone in the school courtyard?

Be Internet BRAVE

When in doubt, talk it out

Speak up when something feels wrong. It is never your fault if someone online makes you uncomfortable.



Be Internet Awesome is Google's flagship digital citizenship and safety education program, developed in partnership with **Internet Keep Safe Coalition (iKeepSafe)**. Designed for children aged 7–12, it teaches **five** core principles that together help children be confident, safe, and positive online explorers. It teaches children to be Smart, Alert, Strong, Kind, and Brave online. In addition to parental controls which manage a device, BIA shapes the values a child carries into every digital interaction, on every device, for life.

BIA is the foundation of this toolkit. Before setting any control or filter, a child who has internalised these five principles is safer than one who has every setting enabled but no understanding of why.

The program is anchored by an interactive online game called **Interland** which is a whimsical digital world where children practise making safe choices in simulated online scenarios. But it is equally designed as a conversation toolkit for parents, teachers, and families.

The complete **Be Internet Awesome parent and educator toolkit** is available at: beinternetawesome.withgoogle.com including printable guides, lesson plans, and the Interland game. All resources are absolutely free to use.



The Interland Game: Learning through Play

Interland is a browser-based interactive game where children navigate four themed worlds, each targeting a specific digital citizenship skill:

1. **Kind Kingdom:** Practise responding to cyberbullying with kindness rather than retaliation
2. **Reality River:** Identify fake news, phishing attempts, and online scams
3. **Tower of Treasure:** Build strong passwords and protect personal information
4. **Mind the Mountains:** Help others while managing your own online presence

Children earn points by making correct, safe choices. The game is immediately engaging and can be used as a conversation starter, play alongside your child and discuss the decisions together.

Play Now: <http://g.co/interland>

Note: Available in browser on any device and works on school computers and home smartphones. Recommended age range: 7 to 14 years.

Google Safety Center Tip: Use Interland as a 20-minute warm-up activity before any digital safety session. Children who play first are significantly more engaged in the follow-up discussion.

Age-Appropriate Conversations

The most protective factor in a child's digital life is a parent or teacher they trust enough to come to when something goes wrong.



Warning Signs: When to Be Concerned

It is important to remember that technology is a massive part of a child's world, and a sudden interest in a new app or spending time gaming isn't always a cause for alarm. However, you know your child best. No single sign on this list is a definitive indicator of trouble. What matters is the **pattern**. Look for sudden, sustained changes in their baseline personality or habits as these are the cues that signal it's time to step in for a calm, private, and supportive conversation.

Behavioural signals

Secretive or anxious about device use

Closes apps or switches screens when an adult enters

Reluctant to discuss what they do online

Spends unusually long hours online, especially late at night

Becomes withdrawn or irritable after going online

Social and emotional signals

Unexplained gifts, money, or items

Mentions a new 'friend' who is an adult they haven't met in person

Sudden changes in friend group or social withdrawal

References to events or places they shouldn't know about

Expressions of low self-worth tied to online interactions



Alert: If your child reports harm, stay calm and praise their bravery for speaking up; it's vital they feel supported, not blamed. Keep their device accessible rather than seizing it, and document all evidence via screenshots before acting. Finally, file a report with the [NCCIA](#) and log the incident through the [PTA complaint portal](#).

AI offers valuable learning opportunities, but it also requires guidance. Like any tool, it can make mistakes, provide inaccurate information, or generate content that should be verified and evaluated critically.

Parents don't need to become AI experts. But having a basic understanding of these tools can help parents guide their children, ask the right questions, and encourage them to use AI thoughtfully and responsibly.





Google's Approach to AI at Home

Google has set out **three principles** that inform how it designs its products for younger users and families.



Protect

Google works in consultation with child safety and development experts to develop age-appropriate content policies, including those governing the models underlying Gemini. It also provides verification tools and data-use documentation to support transparency for families.



Respect

Google provides educational materials designed for younger users to introduce foundational concepts in artificial intelligence. These resources are grounded in research and developed in partnership with subject-matter experts.



Empower

Younger users are guided through a distinct onboarding process when first using Gemini, intended to build understanding of the technology's capabilities and limitations. Gemini also offers age-appropriate prompt suggestions to support under-18 users in using the tool responsibly.

Guiding Your Child's Gemini App Experience

Parents of children under 13 can grant or restrict access to the Gemini app through [Google Family Link](#).

Using Gemini Responsibly

Parents are encouraged to explore the Gemini app alongside their child rather than leaving them to use it unsupervised. Appropriate uses include answering questions out of curiosity, supporting creative writing or brainstorming, and assisting with schoolwork through guided explanation rather than direct answers.

Children should understand that Gemini, despite its conversational tone, cannot think or feel, and that its responses may at times appear more affirming or supportive than warranted. It should not be treated as a friend or used to discuss personal matters.

Children should also be reminded not to share personal information such as their address, school name, or family details in conversations with Gemini, and parents are encouraged to help them evaluate responses critically and verify critical facts. Inappropriate or inaccurate content can be reported directly within the app.



Additional Protections for Minors

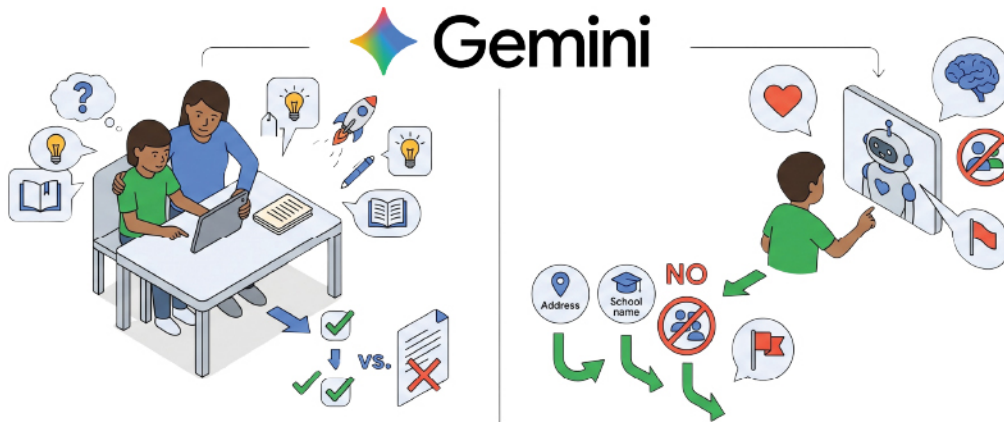
All users of the Gemini app are subject to content filters intended to restrict harmful material, including violent, sexually explicit, or harassing content. **Users under 18 who are signed in to a Google Account receive additional layers of protection**, including safeguards that prevent the app from claiming to be human, expressing emotions, or role-playing as harmful characters. As with general filters, these protections are not absolute.

For privacy purposes, the "Keep Activity" setting is unavailable to users under 13 (or the applicable age threshold).



Availability for Supervised Accounts

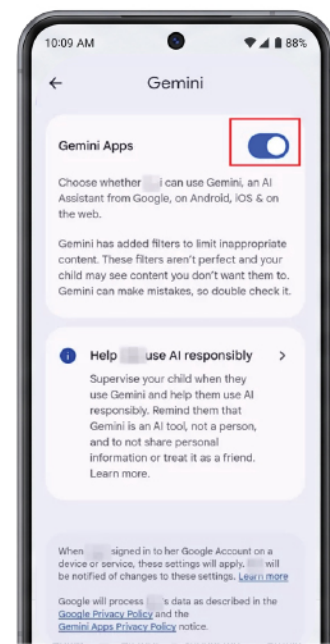
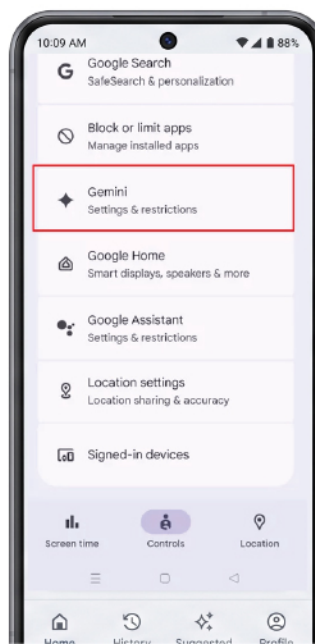
Access to the Gemini app for supervised accounts is being rolled out gradually, meaning it may not yet be available to a child even where it has been enabled through Family Link. Certain features also carry separate age requirements and may not be accessible to younger users.



Managing Access Through Family Link

A parent must actively enable Gemini access before a child under 13 (or the applicable age threshold) can use the app through a supervised account; parents receive a notification when their child first activates it. Access can be adjusted at any time via the following steps:

- Open familylink.google.com or the Family Link app.
- Select the relevant child's profile.
- Go to Controls > Gemini > Gemini Apps.
- Turn Gemini Apps on or off as needed.



Guided Learning in Gemini

Gemini can be used to support learning by explaining concepts, answering questions, creating study guides, and providing step-by-step guidance. Features such as Guided Learning, visual explanations, and educational resources are designed to encourage understanding and independent learning rather than simply providing answers.

Important to note:

- A Google Account sign-in is required to access Gemini.
- Some features are being rolled out gradually and may not yet be available in the Gemini mobile app. If unavailable, they may become accessible at a later time or through gemini.google.com.
- Information generated by AI should be reviewed alongside trusted sources, including textbooks, teachers, and other reliable educational resources.

How to Use Guided Learning ?

Computer:

- On the computer, go to gemini.google.com.
- In the text box, click Add files .
- At the bottom, click More tools and then Guided Learning .
- In the text box, enter a question or prompt about your learning topic.
- Optional: To upload files or an image with your prompt, click Add files and then Upload files .
[Learn more about uploading files in Gemini Apps.](#)
- Click submit.

Android:

- On a mobile device, go to gemini.google.com or open the Gemini mobile app .
- In the text box, tap Add files .
- At the bottom, tap Guided Learning .
- In the text box, enter a question or prompt about your learning topic.
- Optional: To upload files or an image with your prompt, tap Add files and then Files .
[Learn more about uploading files in Gemini Apps.](#)
- Tap submit.

iPhone and iPad:

- On a mobile device, go to gemini.google.com or open the Gemini mobile app .
- In the text box, tap Add files .
- At the bottom, tap Guided Learning .
- In the text box, enter a question or prompt about your learning topic.
- Optional: To upload files or an image with your prompt, tap Add files and then Files .
[Learn more about uploading files in Gemini Apps.](#)
- Tap submit.



Learn with Images and Videos

Gemini Apps can use images, diagrams, and YouTube videos (when Gemini Apps Activity is enabled) to explain concepts. **Images** or **YouTube links** may also be included in prompts to generate visual explanations or study materials.



Tips to use Generative AI Responsibly

Recognise AI as a technology, not a person.

Generative AI operates on a machine learning model. It does not think independently or experience emotion; its capabilities derive from recognising patterns identified through training. As it is not human, AI cannot and should not be relied upon to make decisions on one's behalf or substitute for meaningful relationships with people in one's life.

Use AI to enhance ability, not to replace it.

AI can support the early stages of a creative or intellectual process, but it should not be treated as a substitute for the individual's own effort. For instance, AI might be used to generate several possible introductions for a video series, with the creator then developing the full script independently.

Evaluate responses critically.

As generative AI remains an evolving technology, it is prone to error and may occasionally present fabricated information as fact — a phenomenon referred to as hallucination. Information presented as factual should always be verified, whether through a tool's built-in verification features or independent research. Use features like Google Search to verify critical facts.

Investigate further if something appears inconsistent.

As with any widely used technology, there is potential for misuse, including the generation of misinformation or fabricated media such as manipulated photos and videos. Users are encouraged to consider the source of content and the likely intent behind its publication, and to exercise caution where something appears unusual.

Safeguard personal information.

Personally identifiable information — such as identification numbers or other sensitive details — should not be entered into generative AI tools. While some platforms, such as Gemini within education-specific accounts, include enhanced safeguards, many tools may retain or process user input. As a general principle, information should not be shared with an AI tool that one would not be comfortable sharing publicly.



Content Safety Safeguards for Users Under 18 in the Gemini App

Google has developed additional content protections for minors in consultation with experts in education, child development, and online safety. These safeguards are reinforced through ongoing adversarial testing conducted by internal teams, including Trust & Safety and Responsible AI.

Persona Protections

For users under 18, the Gemini app is designed to prevent the generation of:

- Explicit claims of sentience, humanness, or human-like attributes.
- Statements simulating relationships, including expressions of emotional dependence, romantic or flirtatious content, or strong emotional attachment toward the user.
- Role-play involving harmful characters, including individuals associated with serious criminal or violent acts.



Suicide and Self-Harm Protocol

The Gemini app is designed to direct users expressing suicidal ideation or intent to self-harm toward crisis support services, such as suicide helplines. This protocol, informed by Google's existing approach to similar queries on Search and YouTube, applies to all users of the Gemini app, regardless of age.



Harassment

Gemini app policies are designed to prevent the generation of content that enables, facilitates, or promotes bullying.



Dangerous Activities and Age-Restricted Substances

Safeguards are in place to prevent the facilitation of age-restricted substances, such as vapes and alcohol, as well as instructions related to activities that carry a risk of serious physical or psychological harm, including harmful online challenges.

Sexually Explicit Content

The Gemini app is designed to prevent the generation of inappropriate sexual content, including explicit or graphic depictions of sexual acts, and to prevent the sexual objectification of users under 18.

Medical Advice and Unhealthy Behaviours

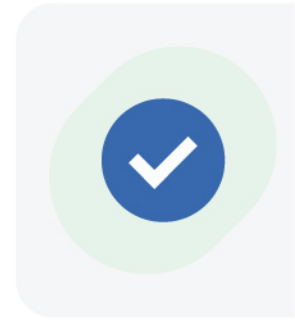
Policies are designed to prevent the promotion or encouragement of unhealthy fitness, dietary, or weight-loss behaviours.

Violence and Gore

The Gemini app is designed to prevent the depiction of sensational or gratuitous violence, including graphic detail relating to real-world violent events that may be distressing to minors.

Identifying AI-Generated Content

SynthID is Google's invisible digital watermark for AI-generated content. It embeds an imperceptible marker directly into text, images, audio, and video at the moment of creation that survives cropping, edits, and screenshots, so the content stays traceable even after it's shared. By May 2026, more than 100 billion pieces of content had been watermarked with SynthID, and it now ships by default across Google's AI products, including Gemini, Search, and YouTube.



Reporting Channels

If your child experiences online abuse, cyberbullying, exploitation, or any other serious online safety concern, seek help as early as possible. Save any relevant evidence, such as screenshots or messages, but avoid sharing harmful content with others.

Channel / Resource	Purpose & Scope	Official Link / Hub
NCCIA	Pakistan's official cybercrime authority, for reporting harassment, blackmail, hacking or online exploitation. Child abuse/exploitation is handled as a specific complaint category through the same channels.	Helpline: 1799 (24/7) Email: helpdesk@nccia.gov.pk Online: complaint.nccia.gov.pk In person: any of 15 Cybercrime Reporting Centres nationwide (for more information visit the "Contact Us" page of nccia.gov.pk)
PTA Child Protection Helpline	Dedicated toll-free line (run with UNICEF) for reporting harmful, inappropriate, or age-restricted content and child online abuse to Pakistan's telecom regulator.	Helpline: 1121 (toll-free) Email: helpdesk@pta.gov.pk Online: pta.gov.pk (complaint portal)
Rozan Counselling	Counselling helpline for emotional health, gender-based violence, and family support, for both parents and children.	Toll-free: 0800-22444 (Mon-Sat, 10am-6pm) Counselling line: 0304-111-1741 In-person counselling: 051-2890505 Email: helpline@rozan.org Website: rozan.org
Zindagi Trust	Runs "Digital Hifazat," an online safety education program with resources for parents and schools.	Phone: 021-111-111-439 Email: info@zindagitrust.org Website: zindagitrust.org
PAHCHAAN (Protection and Help of Children Against Abuse and Neglect)	PAHCHAAN is a Lahore-based child rights and protection organization working to prevent child abuse and neglect and strengthen the capacity of families, caregivers, and communities to protect children.	Phone: 042-35762612, 0301-1126012 Facebook: facebook.com/Pahchaan Address: House 9, Street 38, Canal Park, Gulberg 2, Lahore, Pakistan Website: pahchaan.info (contact form)

NCMEC	US-based, accepts and forwards international reports of child exploitation to local authorities.	International phone-free line: 00-800-0843-5678 (Note: 1-800-THE-LOST only works within the US, Canada, and Mexico) Report (worldwide): report.cybertip.org Remove shared images (worldwide): takeitdown.ncmec.org
Digital Rights Foundation	Free helpline for cyber harassment, offering legal advice, digital security guidance and emotional support	Helpline: 0800-39393 Email: helpdesk@digitalrightsfoundation.pk Facebook/X: @DigitalRightsFoundation /@DigitalRightsPK Website: digitalrightsfoundation.pk
Google Report — Search	Use Google's reporting tool for harmful, illegal, or exploitative search results. A separate tool exists for removing personal, private, or explicit content, including any images of minors	goo.gle/report-legal-content goo.gle/google-search-help
Google Report — Gemini	Tap the thumbs-down icon below the response, or select Report abuse for spam, fraud, or illegal content. Your conversation is included automatically.	goo.gle/gemini-help
Google Report — YouTube	Below the video (or on the channel page), tap the three dots, select Report, then choose the reason that best fits (e.g. child safety, harassment).	goo.gle/youtube-help

