

Checklist for parents



1. Are you spending enough time with your child?
2. Is your child spending maximum time on internet?



3. Does he/she tend to be isolated/alooof/withdrawn/silent
4. Is he/she being bullied, body shamed or going through academic decline?



5. Do you see child keeping depressed?
6. Does your child wake up at odd timings at night?
7. Are there any visible cut marks on any part body?



8. Does your child hide his/her mobile phone from others?
9. Can u locate any picture of a whale in his/her room/ mobile/social networking site?
10. Does he/she listen to any specific kind of music and watch horror movies at odd hours e.g. 4 a.m. in morning?
11. Are you noticing any fresh cuts on the lips or fresh injury marks on lips?
12. Going out of house at odd timings of night?

BEWARE! These are some of tasks the player is challenged to undertake.

Conclusion

- More than 10 answers are yes:- your child immediately needs counselling and expert advice/ intervention
- More than 06 are yes: - Give attention to your child, spend time with your child. Your love and affection will help them to deal with the situation
- If out of 12 questions only 2 or 3 are yes: - Your is a loving family. May the bond be blessed?