



Safeguarding Newsletter - November 2020

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What are parental controls?

Parental controls help you to block or filter upsetting or inappropriate content, and control purchases within apps. You can install parental control software on your child's and family's phones or tablets, games consoles, laptops, and your home internet.

Parental controls can help you to:

- ✓ plan what time of day your child can go online and how long for
- ✓ create content filters to block apps that may have inappropriate content
- ✓ manage the content different family members can see

Setting up parental controls on:

Mobiles, tablets, and computers

Lots of mobiles, tablets and computers come with settings that help you to manage what your child can and cannot see or do online.

You can:

check things like location settings and what information your child's sharing.

get more advice about setting up controls on different devices from the UK Safer Internet Centre and mobile providers.

Your home internet

Home internet providers can offer parental controls for your child. You can:

- ✓ use a filter from your internet provider to control the content that you and your family see
- ✓ set up any device connected to your home broadband. How you do this depends on your provider and you will need to access your home router. You can visit [Internet Matters](#) website for step-by-step guides on how to do this
- ✓ make sure your child uses the internet through Wi-Fi instead of through 3G, 4G or 5G. Otherwise parental controls will not work

Games Consoles

Most games consoles have internet access, which means your child can go online and chat with other players or make in-game purchases. The controls on your games console help you to manage what your child can and cannot do.

On some devices you can:

- ✓ set up different profiles for each family member
- ✓ deactivate the internet
- ✓ turn off chat functions to stop your child from talking to people they do not know

Film, music, and TV subscriptions

To help prevent your child seeing upsetting or inappropriate content online, you can:

- ✓ explore with your child what they are doing online before they do it, so that you can decide what is age-appropriate together.
- ✓ set up parental controls on smart TVs and services like Netflix, Sky, BBC iPlayer, and YouTube, so your child can only watch age-appropriate shows and TV

Social Media, apps, and games

It can be hard to keep track of all the apps, games, or social media networks your child may be using and what they are.

It can help to:

- ✓ remember some apps let young people send messages to each other or store personal information. Others are for playing games or having fun
- ✓ talk with your child about their privacy settings and explore different social networks, apps and games together
- ✓ use Net Aware, in partnership with O2, to help you set up parental controls on popular apps and networks