



APPS AND ONLINE SERVICES

Many social media, apps and online services such as film and TV streaming services have features such as:

- content filters
- chat filters
- privacy settings
- in-app purchase settings.

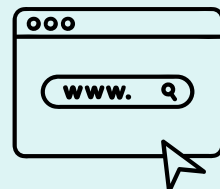
You can find out about these features by looking in the settings on each app, or take a look at their website for more information. They might be called settings, family features, privacy or security.

Facebook has a Parents portal which helps explain the features available. **You must be 13 years old to have your own Facebook account.**

For Netflix, you need to visit the website to set up parental controls – we suggest you do this as soon as you create an account.

Microsoft Family Safety – by creating a family group you can manage many settings, such as setting screen time limits, blocking inappropriate content, receive activity reports, set app and game limits and more. To learn more about Microsoft Family Safety see the Microsoft page and Xbox Family Settings.

YouTube Kids offers family friendly content along with parental controls that can set time limits on apps and turn off search functionality. **This is a safer app than YouTube.**



SEARCH ENGINES

We all use search engines to find information online, and so do our kids, but with that open access comes the risk of seeing inappropriate material. Sometimes, innocent searches can lead to not so innocent results. If you're worried:

- make sure the content your child sees online is appropriate for their age by using parental controls and filters in search engines like Google, Yahoo and Bing
- make sure you have set parental controls on the home broadband and devices.

Google Family Link – a very useful app to manage a range of features such as restricting content, approving or disapproving apps, setting screen time and more.

Safe browsing tips

- Encourage younger children to always ask an adult before clicking on an 'Accept' or 'OK' button on a website as sites may display other messages or disclaimers that require a response.
- Help minimise the risk of your child coming across unsuitable websites accidentally by setting up bookmarks in their browser for sites you would like them to use.

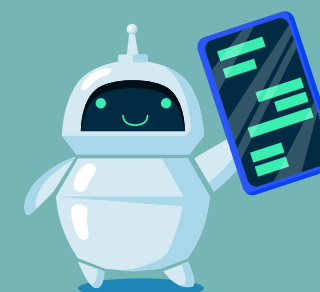
Need more help?

Call the NSPCC on 0808 800 5000, email help@nspcc.org.uk or fill in their online form to get advice and support from safeguarding experts.



INTERNET SAFETY

PARENTAL CONTROLS





DECIDING WHAT IS APPROPRIATE

The online world gives children access to a huge amount of information, but the scale of information available also means that there is content that is inappropriate for children. What is or is not appropriate is up to individual parents and carers to decide. Your decisions may be based on: age, ability, beliefs and family values.

PARENTAL CONTROLS

Parental controls are software tools that allow you to monitor and limit what your child sees and does online. Parental controls allow you to block and filter inappropriate content, monitor your child's use of connected devices and set time limits, blocking access after certain times. They work across your WiFi, phone network, individual apps and devices.

Parental controls can help you to:

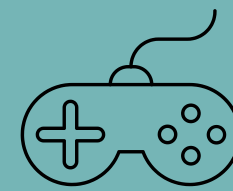
- plan what time of day your child can go online and how long for
- create content filters to block apps that may have inappropriate content
- manage the content different family members can see.



HOME BROADBAND AND WIFI

Home internet providers can offer parental controls for your family. 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'll need to access your home router. You can ask your internet provider for help setting this up.
- Remember that this only affects your child accessing the internet through the WiFi – if they are using 4G or 5G etc to connect you need to check the settings on their mobile device too (see mobiles, tablets and computers section)



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. On many consoles there are parental controls which allow you to manage which features are available to your child. On some devices you can:

- turn off chat functions to stop your child from talking to people they don't know
- restrict games based on age
- turn off in-game purchases, or set a limit.

Check the website for the console your child has for a parents section and details of features. Some games also allow you to change settings for that individual game.



MOBILES, TABLETS AND COMPUTERS

All mobiles, tablets and computers have parental control settings, which can differ between devices, these include:

- allowing or disallowing in-game or in-app purchases
- settings such as location settings and what information your child is sharing
- wellbeing settings to help with limiting screen time.

Apple operating systems from iOS12 enable you to restrict access to browsers and applications, in-app purchasing, social networking, inappropriate internet content, sharing of data (including photos and location), media streaming and online gaming.