

# Simple Steps to online safety

## Part 1: Parental Controls

Setting up the technology in your family home in a way that's appropriate for every member of the family can be anything but simple. Making sure that every device has the right settings for your children can feel like a time consuming challenge. In the first of a series of guides we're going to de-mystify the options so that you can take the first simple steps to making sure your children's online experiences are as safe as they can be. We know that the tools that are available are only the start - they can't protect your children from bullying or nasty behaviour online - but just like seat belts in cars, they are part of the solution. We hope this guide will help you to make the most of them.

in association with

**TalkTalk**

A brighter home for everyone

the parentzone



# Understanding Parental Controls

Did you know that not all parental controls are the same? Infact, there are a number of different options and it's important to remember that when you're out and about and using public wi fi some of the parental controls you have setup might not apply. So your first simple step to keeping your kids safer online is to understand your options...



**1. Network level controls.** Translated into English, that means that you can apply parental controls onto your home router, then any device in your home which is accessing the internet via that router will have those parental settings applied. At the moment, **HomeSafe™** from **TalkTalk** is the only network level control available.



**2. Device level controls.** This option involves putting the appropriate parental controls on every device in your home. This is worth doing even if you also have network level controls because as soon as your child is out and about accessing public WiFi or even if they are simply using 3G on their mobile phone to access the internet, your network level controls won't kick in. The majority of internet service providers offer device level controls, for example **BT** and **TalkTalk** offer device level controls that you can set on up to three computers.



**3. Out and about.** This is less of an option and more of a need to know! Remember that when your child is accessing the internet on public WiFi there may not be any filters in place. Some public WiFi providers have them but some of the big ones don't. **This is where having their tablet or phone set up as you want it becomes really important.**

15% of 11-16 year olds in Europe have received sexual messages online





# Sample Set Ups

## 1. Network Level Control

Here's an example from **TalkTalk** of how to set up their **HomeSafe™** parental controls on your home broadband. They are the only broadband provider who offer a service to set parental controls on the broadband connection itself, meaning that every device using the home internet - whether it's a PC, laptop, tablet or gaming device - is protected from accessing websites you've defined as inappropriate.

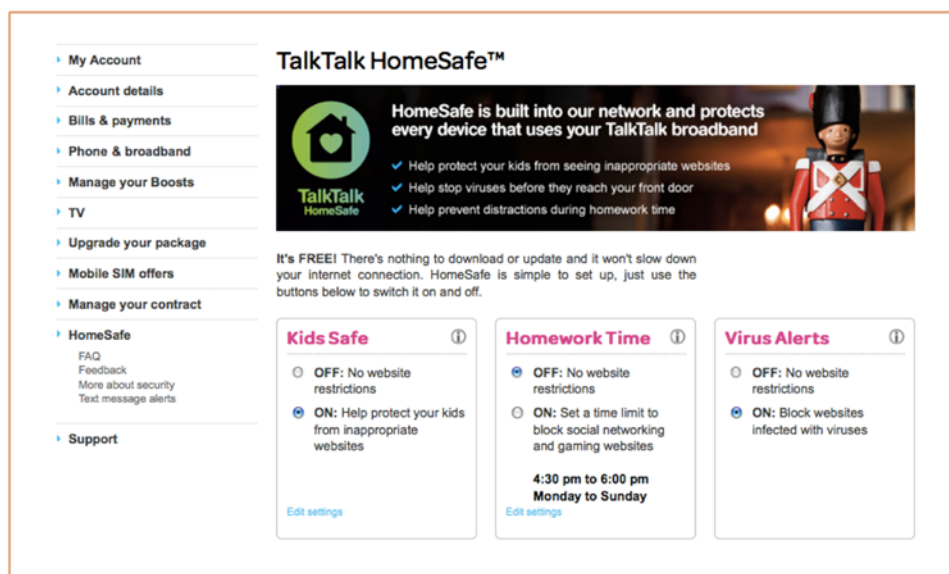
### Step One

Go to [talktalk.co.uk/myaccount](http://talktalk.co.uk/myaccount) and log in to **My Account**. If you've not yet registered for My Account, you can set it up online.



### Step Two

Once you've logged in, select **HomeSafe™** from the list on the left hand side. That will take you to the **HomeSafe™ management page** where you can turn on or change your settings at any time or as often as you'd like.

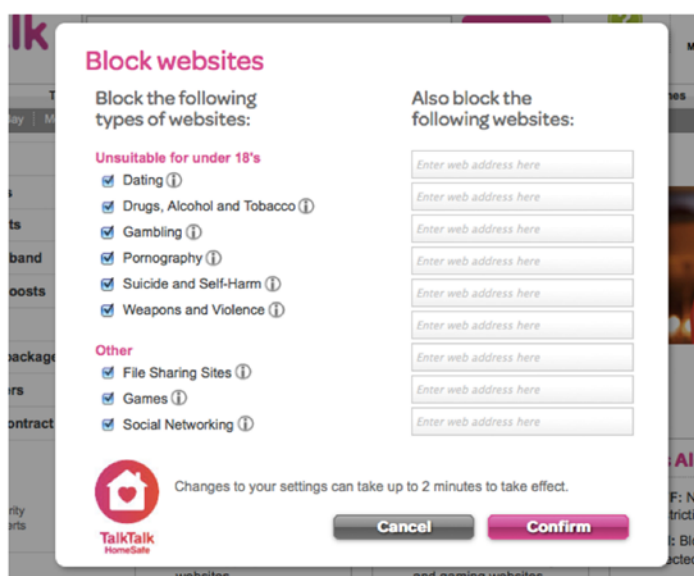




## Step Three

**HomeSafe™** has three features that you might want to use.

**Kids Safe** helps you to protect your children from websites that you define as unsuitable for your home. When you turn it on, a list of nine different categories will pop up that you can choose to restrict access to. You can also choose up to nine specific websites you want to block.



**Homework Time** lets you set a time limit to filter social networking and gaming websites to help prevent distractions while your children are studying.

Finally, **Virus Alerts** lets you block access to websites infected with malware.

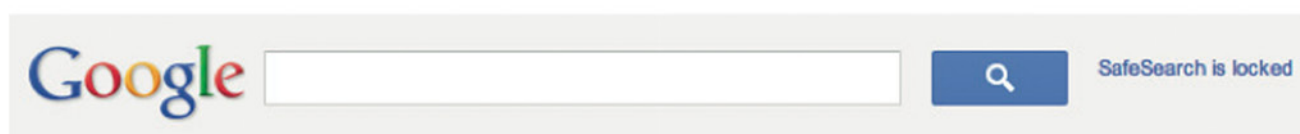
Once you've chosen your settings it takes around two minutes for them to be applied to your broadband connection. You'll automatically get an email notification any time the settings are changed and you can also choose to get text message alerts.



## 2. Device Level Control

### Setting safe internet searches with Google SafeSearch


Searching the internet is a popular activity and Google™ is often the first port of call. You should be aware that you, or your children, might come across inappropriate content during a search, even if searching the most seemingly harmless of topics.

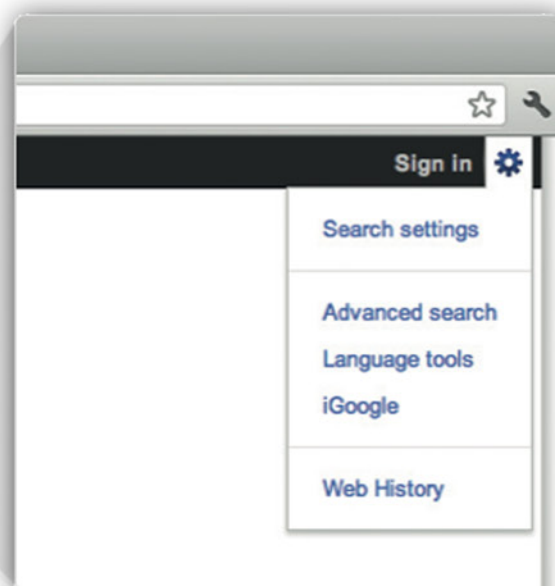


Google SafeSearch is a feature which helps you keep adult content out of search results. While no filter is 100% accurate, SafeSearch helps you, and your children, avoid inappropriate content.

The following shows you how to modify your computers search settings and set up Google SafeSearch.

#### 1 Open Search settings

- 1 Go to [www.google.co.uk](http://www.google.co.uk) and click on the  icon at the top right of the page.
- 2 Then click on 'Search settings' in the drop-down menu that appears.





## 2 Choose your SafeSearch filter level

- 1 On the 'Search Settings' page, go to the section called 'SafeSearch filters'.



- 2 Choose the level of SafeSearch filter you'd like to use in Google on your family's computer:
  - 'Strict' filters both explicit text and explicit images whilst 'Moderate' filters explicit images only.
- 3 Click **Save** at the bottom of the page to save your SafeSearch settings.

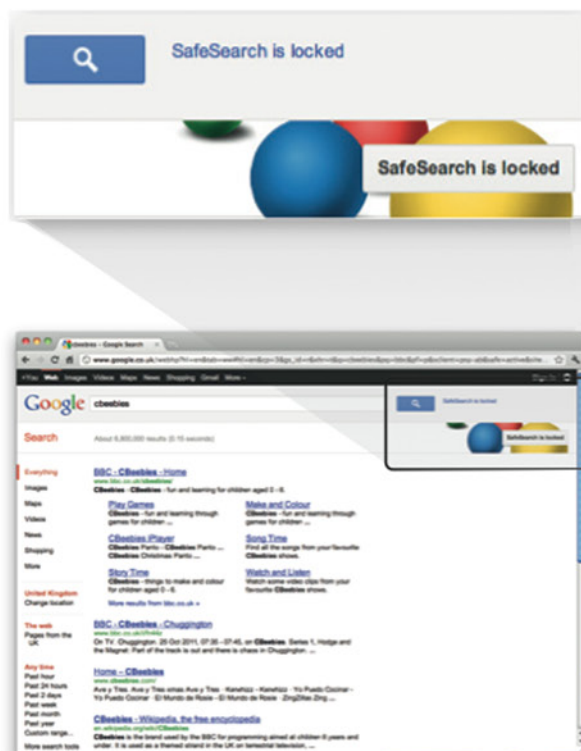
Please note: 'Moderate' is the default filter setting on Google.

## 3 Locking your SafeSearch filter level

If you have a Google account, you can lock SafeSearch on your family's computer so that 'strict filtering' is always in place and no-one except you can change the settings.

- 1 After setting the SafeSearch filter to 'Strict' on the Search settings page (as above), click on 'Lock SafeSearch'. If you're not already signed in to your Google account, you'll be asked to sign in.
- 2 Once you're signed in, click on 'Lock SafeSearch'. It might take a moment for the filters to be applied to all Google domains. You'll see a confirmation page once the lock is engaged.
- 3 When SafeSearch is locked in place, you'll see a set of coloured balls at the top of all search pages. If the coloured balls aren't there, SafeSearch is no longer locked.

Please note: if you have more than one browser on your computer or if your family computer has more than one user profile, you'll need to set the lock on each one.





# Setting parental controls in Microsoft Windows 7

Many families have Microsoft Windows operating system on their home computer. Windows 7 offers some built in parental controls and the following brief guide takes you through functions available to you.

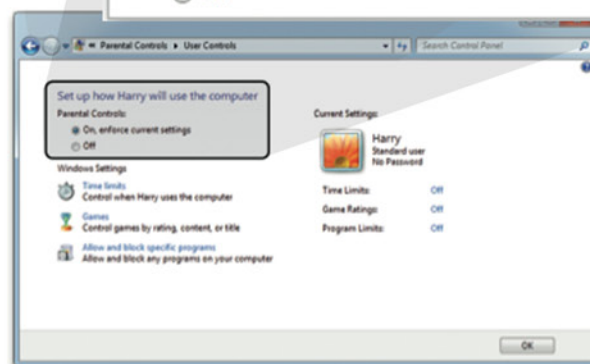
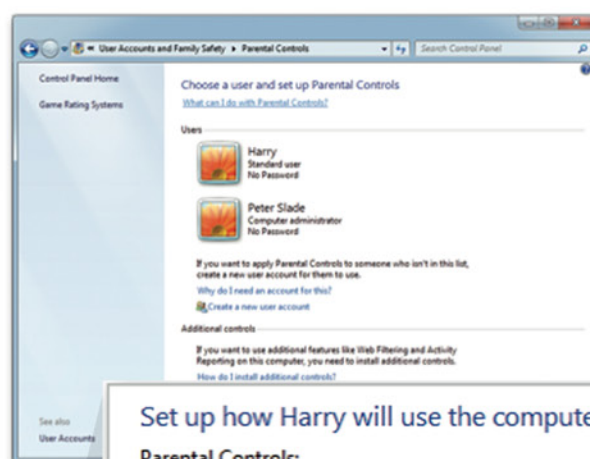
## 1 Turn on Parental Controls

- 1 First, make sure that your child has a standard Windows 7 user account (not an administrator account).
- 2 Open **Parental Controls** by clicking the **Start** button, click **Control Panel** and then under **User Accounts and Family Safety**, click **Set up Parental Controls for any user**.
- 3 If you're prompted for an administrator password or confirmation, type the password or provide confirmation.
- 4 Click the user account that you want to set Parental Controls for.

If the account is not a **Standard** user account you will be prompted to set one up. Click 'Create a new user account' and follow the instructions.

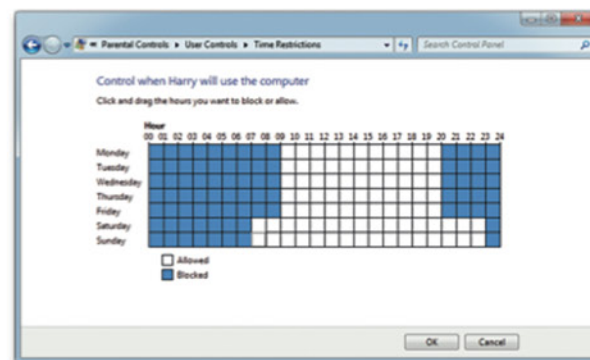
- 5 Under **Parental Controls**, click **On, enforce current settings**. Then follow steps on the next page.

If Windows Live Family Safety is installed on your computer, you will see a sign-in page and there is no need to continue with Steps 2-4 of this tutorial.



## 2 Set time limits

- 1 Click **Time limits**.
- 2 In the grid, click and drag the hours you want to block or allow.
- 3 Click **OK**.





### 3 Choose which games children can play

- Click **Games**, then choose one (or a combination of) the following four options.
  - To block ALL games**  
Under **Can [person's name] play games** – click **No**.
  - To block games by age ratings**  
Under **Can [person's name] play games** – click **Yes**.  
Under **Block (or allow) games by rating and content types** – click **Set game ratings**.  
Under **Which ratings are OK for [person's name] to play** – click a ratings level.
  - To block games by content**  
Under **Can [person's name] play games** – click **Yes**.  
Under **Block (or allow) games by rating and content types** – click **Set game ratings**.  
Under **Block these types of content**, select the content types that you want to block.
  - To block specific games**  
Under **Can [person's name] play games** – click **Yes**.  
Under **Block (or allow) any game on your computer by name**, click **Block or allow specific games**.  
In the alphabetical list of games, find the game that you want to block, and then select **Always block**.

#### Control which types of games Harry can play

Can Harry play games?

- Yes  
 No

Block (or allow) games by rating and content types

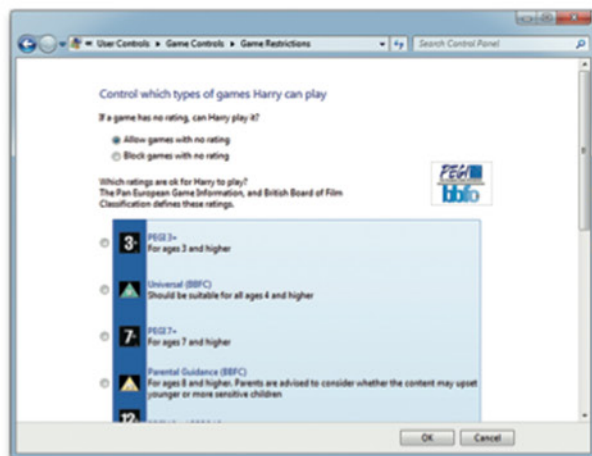
[Set game ratings](#)

Maximum allowed rating: BBFC R18+, including unrated games  
Game descriptors blocked: None

Block (or allow) any game on your computer by name

[Block or Allow specific games](#)

Always blocked: None  
Always allowed: None

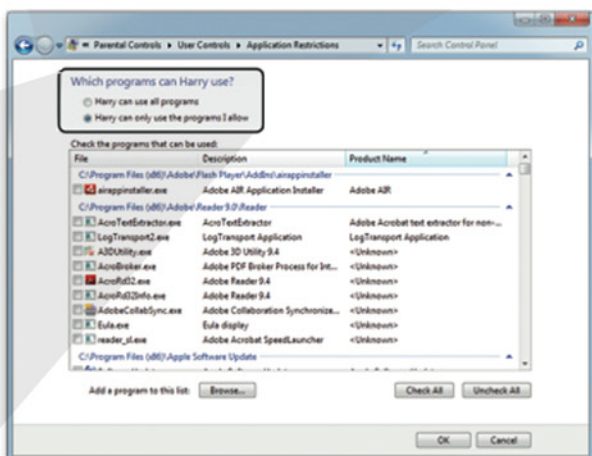


### 4 Allow or block specific programs

- Click **Allow and block specific programs**.
- Click **[person's name] can only use the programs I allow**. Select the programs that you want to allow.
- If the program you want doesn't appear in the list, click **Browse** to locate the program.

#### Which programs can Harry use?

- Harry can use all programs  
 Harry can only use the programs I allow





## More information

### Windows 7 Parental Controls

<http://windows.microsoft.com/en-us/windows7/products/features/parental-controls>

### Windows Live Family Safety

<http://explore.live.com/windows-live-family-safety>

### Microsoft Safety & Security Centre

<http://www.microsoft.com/en-gb/security/>

### General information about safer gaming

[www.playsmartplaysafe.eu](http://www.playsmartplaysafe.eu)

### Microsoft Xbox Parental Controls

<http://support.xbox.com/en-GB/xbox-live/how-to/parental-control>

### Microsoft Xbox Live online safety

<http://support.xbox.com/en-GB/xbox-live/how-to/online-safety>

For any further information, queries or questions please email us on [help@theparentzone.co.uk](mailto:help@theparentzone.co.uk)

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