

## Advice from our ICT Consultant

**“The key is to be aware that there is such a thing as Parental Controls and they are easy to set up.”**

Take advantage of the filters and controls which you can use to reduce the chance that children will come across inappropriate or offensive content.

Do remember, however, that parental control tools are just there to help, and are not a fail safe answer. Nor are they an online 'babysitter' ... you still need to know what your child is doing online.

### **Parental Controls on Your Computer or Mobile Device**

Almost without exception, computers and mobile devices sold for use by the public are equipped as standard with the means for you, as a parent, to filter content which you do not want your child to access. These tools can be simply accessed via the computer's control panel or other devices' settings screen. If in doubt about how to access and set these up, refer to online help or ask your retailer.

### **Internet Service Provider Parental Controls**

Many internet service providers (ISPs) also provide parental control software which can block offensive content.

Customers of the 'big four' ISPs (BT, Sky, Virgin Media, TalkTalk) have access to this facility free of charge. New customers are asked whether they want to use it or not.

The mobile networks also provide parental control software free of charge. With some, this is set up by default. If you are not sure if this is the case, or you have any other questions or concerns, contact your mobile operator to be on the safe side.

Other internet-connected devices such as games consoles normally feature parental control software that as a parent, you can set up and use.

The television channels' on demand services such as BBC iPlayer, 4oD Player, ITV Player and Demand 5 all offer password-protected parental locks to help you to protect your child against viewing programmes that are unsuitable for their age group.

Putting "setting parental controls" into Google comes up with a lot of guides for Windows (XP, XP SP1, XP SP2, 7, 7 SP1, 8, 8.1, 10), Android (Gingerbread, Honeycomb, Ice Cream Sandwich, Jelly Bean, KitKat, Lollipop, Marshmallow), iOS (7, 8, 9), OS X (Leopard, Snow Leopard, Lion, Mountain Lion, Mavericks, Yosemite, El Capitan) and more.

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