



Parental Controls

Home Internet

One of the best and easiest ways to prevent harmful content being accessed on computers and tablets in the home is to enable *parental controls* on the hub/router that provides your internet access.

BT

To enable go to <http://my.bt.com> and login. BT offers 3 levels, light, moderate and strict. Light will block age inappropriate content, moderate is the same plus blocking Social Media, and strict will block games and file sharing too.

Sky

To enable go to <http://broadbandshield.sky.com>. The options are similar to above and allows you to setup age restrictions and a watershed (a time of day where the filter is disabled).

Both options will affect every device connected to your internet including: PCs, Tablets & Games Consoles

Mobile phones

While any mobile phone is connected to the home internet, the above restrictions will also apply, however if you or your child disconnect from the wifi, then you will be accessing the internet via the cellular network bypassing any filters/controls setup at home.

General

Never allow **microphone** or **camera** access to an app or game unless that app is specifically for videoing or recording (skype, facetime etc..)

Likewise **never** allow **location** services on any application unless it is for maps.

You can check and change which apps have been allowed to use these features in the Settings program.

Mobiles and Tablets from Apple and Android have their own built in controls that work on the device itself.

iOS (iPhones and iPads)

Go to settings->Screen Time and choose “this is my child's [iphone/ipad]” and setup a pin that only you know. You can then set age restrictions on films and games, as well as inappropriate content on the internet (Content Restrictions then Web Content).

Android

Android works a bit differently in that it requires a child account to be setup with google using a parents existing account. This only applies to films and games though, as *Android* doesn't provide a built-in content filter for websites.

