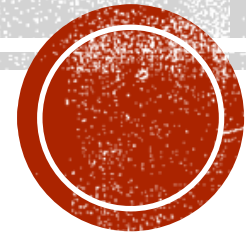


E-Safety

How to use parental controls



WHAT APPS SHOULD YOUR CHILD **NOT** BE USING?



WhatsApp – Age 16+



Discord – 13 +



Spotify – 13 +



Snapchat – 13 +



Instagram – Age 13+



Tik Tok – Age 13+



Twitter – 13 +



Facebook – 13 +

WHAT GAMES SHOULD YOUR CHILD **NOT** BE USING? (MOST COMMON PLAYED)



Fortnite – Age 13+

CALL^{OF}DUTY.

Call of Duty – Age 18+

grand theft auto

Grand theft auto – Age 18+

GAMES AND APPS YOU MAY NOW CONSIDER HARMFUL?

ROBLOX

Official rating 7+ PEGI

Due to user generated content – Parent guidance is **recommended**

YouTube Kids

YouTube

Official rating 13 (create and upload videos)

Monitor what your child watches

Use YouTube Kids can help – You still need to monitor



Official rating 7+ PEGI

Online game
Players discover dead body

Cartoon graphics when player dies


May not be suitable for all children

WHAT ARE PARENTAL CONTROLS?

- 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.
- Limit screen time



WHAT DEVICES AND SERVICES CAN BE CONTROLLED?

- Home broadband/ Wi-Fi (filtering)
 - Phone Data (4g/ 5g etc.)
 - Games consoles
 - Phones, tablets and computers
 - Apps
 - Search engines
- 

HOME BROADBAND/ WI-FI FILTERING

- Use Internet filtering from your internet provider to control the content that you and your family see
- set up any device connected to your home broadband.
- You can ask your internet provider for help setting this up.
- The filter will only work when on Wi-Fi not 4g/ 5g

PROVIDERS WHO SUPPORT CONTROLS



BT



sky broadband



TalkTalk



HOME BROADBAND/ WI-FI – HOW TO SET UP FILTERING

- Depends on provider
- Following guide will help, <https://saferinternet.org.uk/guide-and-resource/parental-controls-offered-by-your-home-internet-provider>
- Talk to internet provider – They have support teams who will assist



How to set up the parental controls offered by BT

Video guide from BT about how to set up parental controls.



How to set up the parental controls offered by Sky

Video guide from Sky about how to set up parental controls.



How to set up the parental controls offered by TalkTalk

Video guide from TalkTalk about how to set up parental controls.



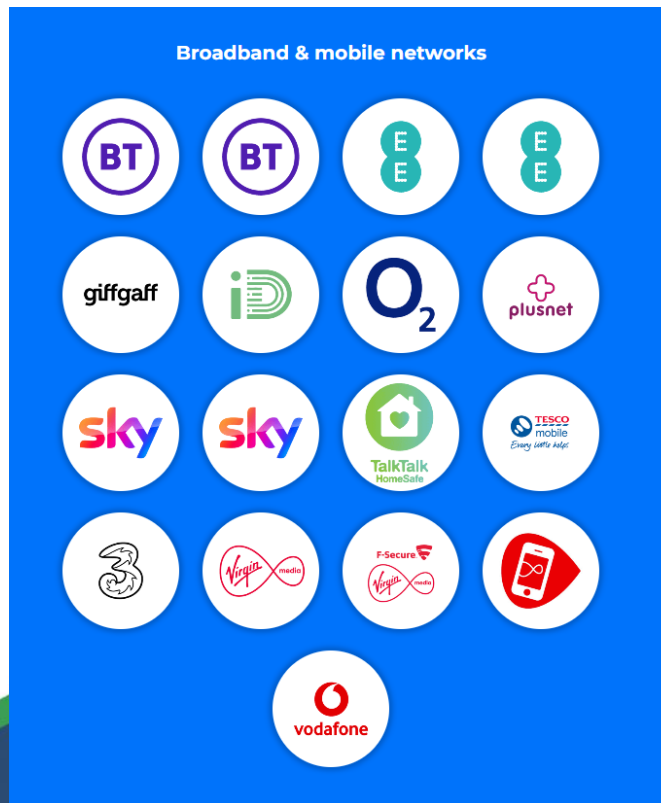
How to set up the parental controls offered by Virgin Media

Video guide from Virgin Media about how to set up parental controls.



PHONE DATA (4G/ 5G ETC.)

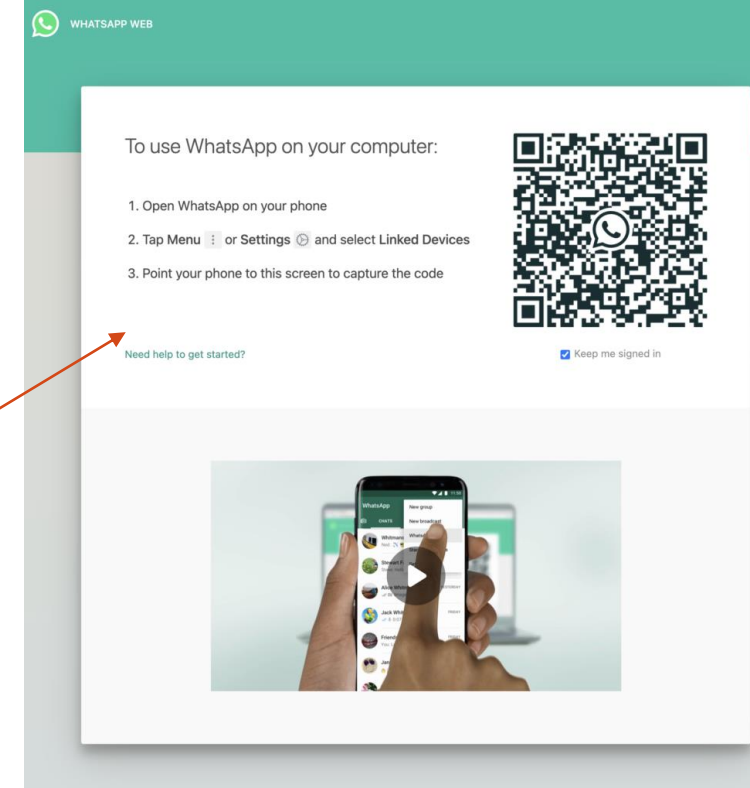
- The controls you've set up on your home broadband won't work if they use 4G or 5G, public Wi-Fi or log onto a friend's connection instead.
- Talk with your child and agree what they can and can't do online. - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>



- Most mobile providers offer services to help restrict adult content when using mobile data
- This varies across providers
- Use this guide to find specific information regarding your provider: <https://www.internetmatters.org/parental-controls/broadband-mobile/>

WHATSAPP

- WhatsApp has an age limit of 16
- No primary student should be using WhatsApp
- This will be helpful if you have older children
 - You can see your child's WhatsApp messages by doing the following,
 - Add WhatsApp access on your computer
 - [Guide: https://parentshield.co.uk/monitoring-whatsapp/](https://parentshield.co.uk/monitoring-whatsapp/)



MESSAGING

ParentShield

The Child-Safe Mobile Network

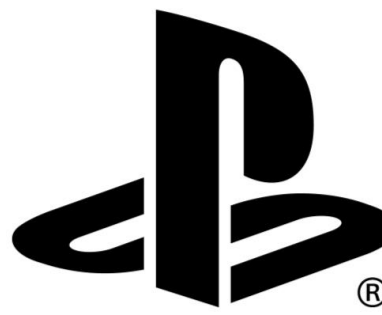
CALLS TEXT DATA SETTINGS BILLING FILTER

Credit Balance £1.00 TOP UP BY CARD REMAINING: 4 h 10 min 00 sec | 249 messages | 0 MB. data

DATE		FROM	TO	MESSAGE
2021-04-15 10:02:44	→	Alex	07700 900286	BLOCKED MESSAGE (In School hours) No, Sam is in detention
2021-04-06 19:48:18	←	07700 900286	Alex	Are you bringing anyone with you?
2021-04-06 19:47:08	→	Alex	07700 900286	Okay I'll be 5 minutes

- Sim provider
- Know exactly what conversations are being had by reviewing your child's call and SMS history
- Use ParentShield Parent Portal to say exactly when the Phone can call or be called, and when it can send and receive SMS, or use mobile data.
 - Home and family members can be allowed at all times
- Word Alert list. Should any of the words used be potentially concerning, an SMS is sent immediately to YOUR mobile phone,

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
- 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.
- Create child account which is connected to a parent account

MOST COMMON GAMES CONSOLES

PLAYSTATION



PS4: <https://youtu.be/d3dfwcvvcJPA>

PS5: <https://youtu.be/sjTXcME9OtQ>

▪ What can you do?



Set age restrictions for games, Blu-ray Discs and DVDs

Every child account can be set up to only allow age-appropriate content.

On PS5, parents and guardians also have the ability to allow or deny exception requests from their children to override age restrictions for specific games as they see necessary.



Manage how long child family members can play each day

Use Playtime Settings to customize the duration your child can play each day and even award extra time on the weekends.



Control chat, messaging and content sharing

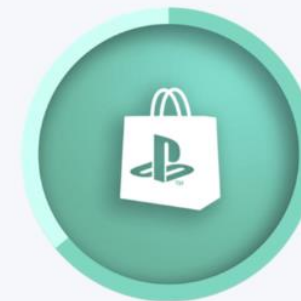
Choose whether to allow your child to communicate with other players via PlayStation Network, share content or view content created by other players.

Parents and guardians also have the ability to approve or deny communication exceptions requested by their children to allow the use of the feature in specified games.



Restrict child access to the PS4 and PS5 web browsers

Disable access to the web browser and restrict your child's ability to view unsuitable websites and social media.



Set monthly spending limits for digital purchases

Purchases made by your child's account will be charged to the Family Manager's wallet. Control how much they can spend by setting a monthly limit.



Set up multiple layers of passcode protection

Create a [system restriction passcode](#) to disable guest login and prevent changes to the parental control settings or account creation, and set up a [log-in passcode](#) so only you can access your account.



NINTENDO SWITCH
Parental Controls

See Video >



NINTENDO SWITCH

Information about app:

<https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>

How to set up:

<https://www.nintendo.co.uk/Support/Nintendo-Switch/How-to-Set-Up-or-Adjust-Nintendo-Switch-Parental-Controls-1494771.html>

- **Prevent children from playing games that are inappropriate for their age**
 - You can set which games can be played based on the PEGI age rating.
- **Restrict communication with other users**
 - You can restrict your child's ability to exchange messages and images with other users. This restriction can also be set for individual game
 - *The Nintendo Switch Parental Controls app does not include settings for the **Nintendo Switch Online app**. To set restrictions for the Nintendo Switch Online app, please refer to your smart device settings.*
- **Restrict the ability of posting screenshots to social network services**
 - You can restrict your child's ability to post screenshots captured on Nintendo Switch to social network services.

This app will allow you to see what games your child is playing

XBOX








Guide:

<https://www.internetmatters.org/parental-controls/gaming-consoles/xbox-one-and-xbox-one-s-guide/>

- What can you do?

Restrictions you can apply

 Browser Access	 Chatting
 Game Ratings	 Inappropriate content
 Purchasing	


OTHER POPULAR GAMES / CONSOLES

Here is a helpful guide on how to set up controls on other platforms:

<https://www.internetmatters.org/parental-controls/gaming-consoles/>



PHONES, 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.
- 

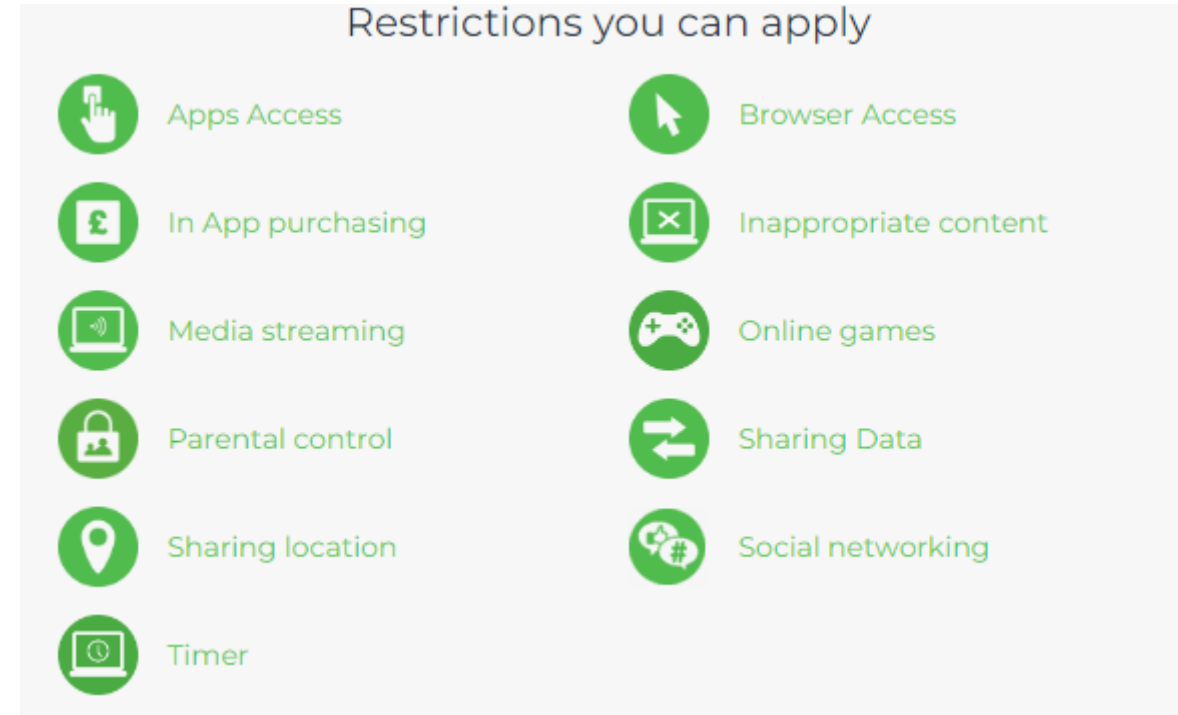
APPLE



- What can you restrict?

Here is a step by step guide on how to setup controls -

<https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-apple-iphone-and-ipad-parental-control-guide.pdf>



ANDROID



Family Link

- More dependant on device manufacturer
- Google play (App store)
 - Restrict apps available
- Google Family link can help to restrict device features (This older devices)
- Features explained here: <https://www.youtube.com/watch?v=XXCM3UYwAMw>
- Guide on setting up App store: <https://www.techradar.com/how-to/how-to-set-parental-controls-on-android>
- PDF step by step for family link: <https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-google-family-link.pdf>

KIDS MODE - ANDROID DEVICES – MOST COMMON BRANDS ONLY

SAMSUNG

Samsung kids mode:

<https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-samsung-kids-parental-controls.pdf>

Samsung guide:

<https://www.samsung.com/us/support/answer/ANS00086102/>

Lenovo

Lenovo kids mode:

<https://support.lenovo.com/gb/en/solutions/ht503135-how-to-manage-kids-mode-profiles-lenovo-tb-8703f>

amazon fire

Amazon fire Tablet – Kids mode

<https://www.lifewire.com/put-amazon-tablet-in-kid-mode-5322847>

WINDOWS DEVICES

Windows 10

Restrictions you can apply



Apps Access



Browser Access



Inappropriate content

<https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-windows-10.pdf>

Windows 11

Restrictions you can apply



Apps Access



Browser Access












Inappropriate content

<https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-windows-11-parental-controls.pdf>

CHROMEBOOKS — FAMILY LINK



Restrictions you can apply

-  Browser Access
-  Downloading file sharing
-  Inappropriate content
-  Media streaming
-  Phishing & Malware
-  Purchasing
-  Infected Sites
-  Sharing Data
-  Sharing location











Family Link

<https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-chromeos-safety-guide.pdf>

MAC OS




Restrictions you can apply

-  Browser Access
-  Downloading file sharing
-  Inappropriate content
-  Media streaming
-  Phishing & Malware
Infected Sites
-  Purchasing
-  Sharing Data
-  Sharing location

<https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-macos-ventura-13.pdf>

APPS

- App use can be controlled using the device tools above
 - Access to apps can be blocked
 - App specific settings can be changed within app
- 
- A decorative graphic at the bottom of the slide consisting of a dark blue wavy shape with a green border on top.

VIDEO AND STREAMING APPS (GAMING)

Primary age children should not be uploading footage to the website below or streaming their game play (uploading live game play)

Primary age children should also not be watching content posted on website below as this can be harmful <https://www.internetmatters.org/resources/apps-guide/social-gaming-and-live-streaming-apps/>

Twitch	+	Discord	+	YouTube Gaming	+
Facebook Gaming	+	PlayStation	+	Xbox Live	+
Steam	+	Nintendo	+		

ANONYMOUS APPS – NO PRIMARY AGE CHILD SHOULD BE USING THESE APPS

- Online risks
- Inappropriate content
- Cyber Bullying
- Sexting
- Under cover – Users are not identifiable.

Add logos

ASKfm	+	Whisper	+
Omegle	+	Tellonym App	+
SayAt.Me App	+	Psst! Anonymous	+

INTERNET BROWSERS

- Control content
- Help prevent harmful content
- Mainly controlled through broadband provided software



Google Safe search
Using family link Is recommended
for Chrome

<https://support.google.com/families/answer/7087030?hl=en>

Google safe search

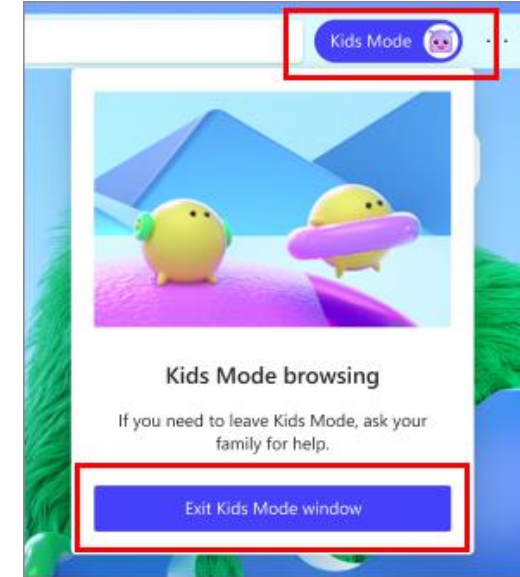
<https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-google-safesearch.pdf>



Microsoft Edge

Use Kids mode in Edge

Allow access
only to age
appropriate
websites



<https://support.microsoft.com/en-us/microsoft-edge/learn-more-about-kids-mode-in-microsoft-edge-4bf0273c-1cbd-47a9-a8f3-895bc1f95bdd#:~:text=Go%20to%20Settings%20and%20more,that's%20applied%20to%20Kids%20Mode.>

NOTHING IS 100%



- No filter, control, restriction or tool can make a device or app 100% safe
- Some content can still get through
- To be help improve this you can
 - Monitor your child's device
 - Monitor what they look at
 - Do not let them use devices alone

