

Find the Right Words



Implementing parental controls for online safety

Keeping your child safe online means combining parental controls, teaching them about online risks, and having open communication. Here's a handy guide to the best parental control measures to keep kids and teens safe online.

1 Broadband and mobile network controls

- **Broadband filters:** Most providers offer **tools** to block inappropriate content. Set these controls at the router level to cover all devices connected to your home network.
- **Mobile network controls:** Check with your **provider** to activate similar controls on your child's mobile devices.
- **Network parental controls:** Many networks also offer additional cyber security software such as parental controls, Virtual Private Networks (VPNs) and other ways to enhance your child's safety online.

Virgin Media customers can access **Essential Security**, which has parental controls settings that let you block inappropriate sites. These can be managed via a **My Virgin Media account**.

And with **Advanced Security**, you can block specific content you don't want your child to see, and protect family time by setting screentime limits on kids' devices.

If you're with O2, use **Parental Controls** to restrict children's web access to suitable sites.



2 Operating system parental controls

- **Windows family safety:** Set up **child accounts** with content restrictions, screen time limits, and activity reports.
- **Apple Screen Time:** Use this on **iOS devices** to set daily time limits, restrict specific apps, and schedule downtime.
- **Google Family Link:** Manage your child's devices on **Android and iOS**, set screen time limits, approve app downloads, and monitor their usage.

3 Social media and search controls

- **Privacy settings:** Adjust these **settings** on social media platforms to limit who can contact your child and view their content.
- **SafeSearch and content filters:** Use SafeSearch on search engines like **Google** and **Bing** to filter out explicit content.
- **YouTube restricted mode:** **Activate this** to help hide potentially mature videos.



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4 Content filtering and monitoring

- **Age filters:** **Age-appropriate filters** can block content unsuitable for your child's age on streaming services, app stores, and web browsers.
- **Activity reports:** You can regularly review activity reports provided by tools like **Google Family Link** and **Windows Family Safety** to monitor your child's online behaviour.

5 Managing screentime

- **Screen time limits:** Set daily limits for overall device usage and specific apps through tools like **Apple Screen Time** and **Google Family Link**.
- **Downtime scheduling:** Schedule device-free periods, such as during homework or bedtime, to ensure your child isn't online.

6 Gaming and entertainment controls

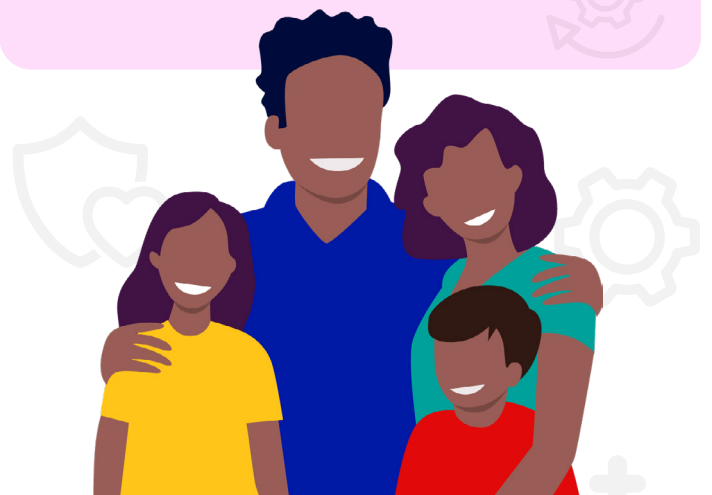
- **Console parental controls:** Use the **built-in parental controls** on gaming consoles to set playtime limits and restrict online interactions.
- **Streaming services:** Parental controls can also be set up on **streaming sites** like Netflix, Disney+, and Amazon Prime Video to restrict access to age-inappropriate content.

7 Reporting and support

- **Teach reporting:** Make sure your child knows how to report inappropriate content or behaviour on various platforms, and other tools such as blocking, muting and restricting. Most social media and gaming platforms have these tools built-in.
- **Support resources:** Familiarise yourself with resources like **Childline** and **CEOP** for additional support and guidance on dealing with more serious online issues.

8 Regular review and updates

- **Update controls:** It's important to review and update **parental control settings** as your child grows and their online activities change.
- **Stay informed:** **Keep up-to-date** with the latest online trends and potential risks to ensure your protective measures remain effective.



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