

# Internet Safety



## What are parental controls?

Parental controls help you to block or filter upsetting or inappropriate content and control purchases within apps. You can install parental control software on your family's phones or tablets, games consoles, laptops and your home internet.

Parental controls help you to:

- Plan what time of day your child can go online and how long for
- Create content filters to block apps that might have inappropriate content
- Manage the content different family members can see

Whilst parental controls are a helpful tool there are limitations. So they shouldn't be seen as a whole solution. Even if you've put things in place on your home broadband and your child's device, they won't help if your child connects to a different WiFi with no controls in place. Parental controls are just part of the way you can help keep your child safe online.

More tips include:

- Talking to your child. Explain you are setting parental controls to keep them safe but let them know that they can talk to you to discuss why certain settings are in place.
- Set good, strong passwords where you are able. On some parental controls you can set a password which prevents settings and features from being changed.
- As children get older, restrictions and controls you use will change, but only at a pace that is appropriate for your child, not pressure from your child "because everyone else is allowed"
- Content filters are never 100% effective, it is likely at some point that your child will see inappropriate or upsetting content and it is important that you are able to talk to them about this.

For more tips and information about parental controls visit

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls>