

## Parental controls - overview

### Computer operating systems – parental controls

- Windows: [bit.ly/windows\\_safety](https://bit.ly/windows_safety)
- MAC OS: [bit.ly/OSX\\_controls](https://bit.ly/OSX_controls)

### Home Broadband

- BT: [bit.ly/BTParentalControls](https://bit.ly/BTParentalControls)
- Virgin: [bit.ly/VM\\_security](https://bit.ly/VM_security)
- Sky: [bit.ly/skybroadbandshield](https://bit.ly/skybroadbandshield)
- TalkTalk: [bit.ly/TTprotect\\_your\\_family](https://bit.ly/TTprotect_your_family)
- Vodafone: [bit.ly/VF\\_safety](https://bit.ly/VF_safety)

### Extra support:

- <https://screentimelabs.com/>
- Net Nanny: <https://www.netnanny.com/>
- Norton Family: [bit.ly/nortonfamily](https://bit.ly/nortonfamily)
- McAfee Family Protection: [bit.ly/mcafee\\_controls](https://bit.ly/mcafee_controls)

### Phones/tablets

Parental Control on iPhone, iPad, and iPod touch: <https://support.apple.com/en-mz/HT201304>

Android: <http://www.geeksquad.co.uk/articles/set-up-parental-controls-android>

### Games consoles:

Many children and teenagers enjoy playing on games consoles. As well as being fun, some experts say gaming helps to improve their reflexes and keep their brains active.

But it also has its risks. Young people sometimes spend too long in front of the screen or access inappropriate content. And if they take part in multiplayer gaming they might be contacted by strangers.

If your child is a keen gamer, you'll be pleased to know that the main games consoles include parental controls to help you manage which games they play, how long they can play for and whether they can play against other people.

For example, safety features on Xbox One let you restrict games, apps and films by age rating. And on PlayStation 4 (PS4) you can also disable video and voice chat. For more information and step-by- step guides to setting up parental controls for gaming, go to your search engine and type in the name of your child's games console (eg "PlayStation", "Nintendo", "Wii" or "Xbox") + "parental controls UK".