How to protect your children at home?

A guide to parental controls on wireless signals, computers, games machines and mobile phones

In today's fast moving technological world parents can easily feel outpaced by their children's knowledge and use of technology.

All the technology devices in the home have settings that can help in protecting children from accessing content that might be inappropriate.

Internet Provider

You can prevent age inappropriate materials being received through your internet connection, including any wireless access.

Companies provide extra software supported with excellent video guides which can be found on the UK Safer Internet Site at:

*http://**bit.ly/13tkep0***

You can normally set the age range of what can be seen, time limits and see a history of what people have been trying to see.

As well as protecting your children with controls you should also involve them in a discussion.

A family agreement like this one (which can be found at the Digizen site at: *http:// bit.ly/17w517L*) could be used.

Whatever methods you use you should create an atmosphere where the children can feel that they can share the things they find on the internet!

Mobile Phones

Mobile phone companies support the use of parental controls on their phones. Their advice can be found be visiting these websites.
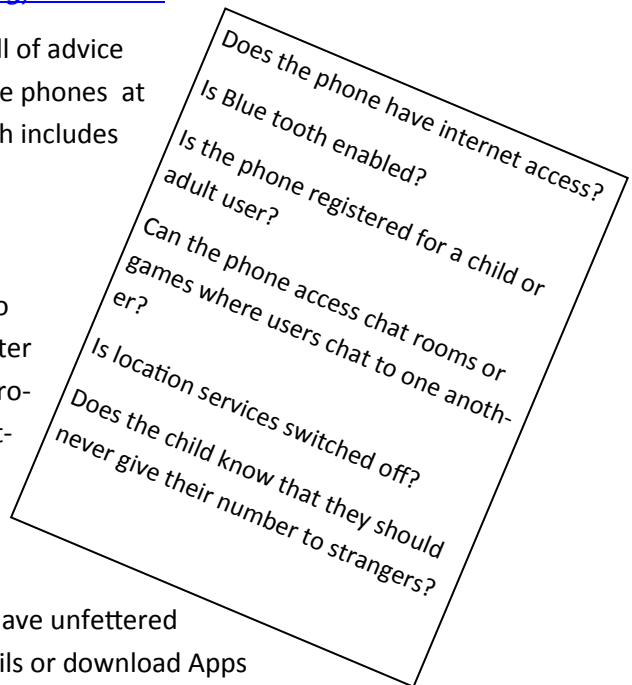
Tesco Mobile   *http://**bit.ly/17w6VVY***

O2   *http://**bit.ly/174CgvC***

ee   *http://**bit.ly/1fLgZ3u***

Vodafone   *http://**bit.ly/1fLhkDn***

Virgin   *http://**bit.ly/GAKFAW***

Mumsnet have a good page full of advice about Internet safety on mobile phones at *http://**bit.ly/15KsOm3*** which includes this checklist.

Apps

Many Smart phones are able to download Apps—small computer programs. Sometimes these pro-grammes are provided free, alt-hough in a lot of cases they cost money and extras can be purchased.

Does the phone have internet access?

Is Blue tooth enabled?

Is the phone registered for a child or adult user?

Can the phone access chat rooms or games where users chat to one anoth-er?

Is location services switched off?

Does the child know that they should never give their number to strangers?

Never allow your children to have unfettered access to your credit card details or download Apps without your permission as there have been many instances where they have been 'over enthusiastic' with their purchases. Hopefully guidelines from Ofcom will come into operation soon but until then you will need to keep a close eye on your child's use of Smart phones and tablets.

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Games Devices

Children and young people are always playing games.

The place to start is in buying the games device in the first place. The UK Safer Internet Centre have provided a list of questions you might like to ask in the shop.

This can be found at: *http://bit.ly/1fLksyS*

The main advice from this centre is at: *http://bit.ly/1aO2SEl*

They also provide information on how parental settings can be set for the:

Nintendo: *http://bit.ly/GAMsGd*

PlayStation: *http://bit.ly/16kabUp*

Xbox: *http://bit.ly/19jRbYI*

E-Safety for Parents

There are many aspects to being a parent and they include educating your children about the creative and safe use of technology.

Our website at: *http://bit.ly/somersetsafeparents* provides plenty of support.

You might also like to look at these websites

http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers

http://www.digizen.org/parents/

https://www.thinkuknow.co.uk/parents/

http://www.childnet.com/parents-and-carers