



Empower with Parental Controls

Introduction:

As our kids navigate the digital world, parental controls act as the lifebuoy that keeps them safe from the deep waters of the internet. This guide aims to simplify the process, ensuring you're equipped to provide a safe online environment.

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- 1. Why Parental Controls?**
 - Safety: Shield your child from harmful content.
 - Screen Time: Limit the number of hours on the device.
 - Privacy: Prevent unintentional sharing of personal information.
 - Monitoring: Keep track of your child's online activities.
- 2. Parental Controls for Devices:**
 - a. Computers & Laptops:
 - Windows:
 - Go to 'Settings'.
 - Select 'Family & other users'.
 - Follow the prompts to set up a child account.
 - Customise the restrictions.
 - MacOS:
 - Open 'System Preferences'.
 - Click on 'Parental Controls'.

- Choose a user account to set up.
 - Adjust the settings.
- b. Smartphones & Tablets:
 - iOS (Apple):
 - Open 'Settings'.
 - Tap on 'Screen Time'.
 - Click on 'Content & Privacy Restrictions'.
 - Enable and adjust settings.
 - Android:
 - Open 'Settings'.
 - Navigate to 'Digital Wellbeing & Parental Controls'.
 - Set up or link a child's account.
 - Customise restrictions.

3. Parental Controls for Online Accounts:

- a. Social Media:
 - Facebook: Go to 'Settings' > 'Privacy' > Adjust the privacy settings and controls.
 - Instagram: Navigate to 'Settings' > 'Privacy' > Customise settings.
- b. Streaming Services:
 - Netflix: Profile > Account > Parental Controls.
 - YouTube: Open settings > Restricted Mode.

4. Setting Controls on Popular Online Platforms:

- Google:
 - Go to Google Family Link.
 - Follow the steps to set up accounts and restrictions.
- Amazon:
 - Navigate to Amazon Household.
 - Customise parental control settings.

5. Frequently Asked Questions:

- Can I control third-party apps?
 - Most major apps offer in-app parental controls. Check each app's settings.
- How often should I review the settings?
 - As children grow, their online needs change. Review every 6 months.

Remember: Setting up parental controls is just the first step. It's essential to maintain an open dialogue with your child about online safety.