

Buckinghamshire



**Safeguarding  
Children Board**

# **e-Safety Guide for Parents**

**Hints and Tips for  
safeguarding your children  
when using computers**

# **BT Parental Controls**

BT Parental Controls is a new service that allows you to stay in control of what your family accesses on the internet and it's FREE for all BT Broadband and BT Infinity customers. Just log in to My BT to get started.

## **No software – easy to set up!**

Simple log into My BT and click 'Get started' on the BT Parental Controls tile. Then follow the instructions (no more than 4 or 5 clicks) and in up to two hours your activation will be complete and you are set up.



### **Protection anywhere in the home**

BT Parental Controls applies to any device connecting to your home hub – giving you peace of mind that no matter where the children are in your home, they are protected by the filters you have set up.



### **Peace of mind on the go**

BT Parental Controls also applies if you connect to any of **BT's 5 million UK wi-fi hotspots using your BT**

**ID.**

### **Completely customisable**



Set your filter level so it suits your family. To get you started BT has created 3 pre-defined filter levels – strict, moderate and light. You can also personalise the categories that are blocked and even add individual sites to your blocked and allowed lists. There are no reasonable limits to the amount you can add. Meaning you are always in control.

### **Set filter times**



As the Account Holder, you are able to set your filters to automatically turn off at the time you set. They will then automatically turn on again at the end of the time period you set.

## Setting Parental Controls on Sky Broadband

Sky Broadband Shield is a brand new tool that helps you decide which websites can be seen in your home.

It's free for all Sky Broadband customers, and includes additional security features to help protect your family from sites that collect private information or disrupt your device.

### **Simple set up**

Selecting the type of content that gets through to your home is easy with our clear age categories.

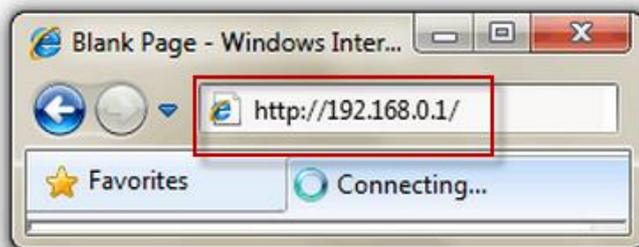
Choose between PG, 13 or 18, or even customise protection into your own categories, and take charge of the websites your household can access.

The level of protection you choose automatically helps protect your connected devices.

### **Works on all devices**

Sky Broadband Shield works on all devices in your home when they're connected to your Sky Broadband. This includes smartphones, tablets and games consoles.

The following will give step by step instructions on how to set up Parental Control option in your Sky Broadband Router.



### **STEP 1**

First, open a web browser, type 192.168.0.1 in the address bar and then press ENTER.



## STEP 2

In the new login screen, enter admin in the User name box, sky in the Password box, and then click OK.

Result: The Sagem router's home page is displayed.



## STEP 3

Click the Security tab.



## STEP 4

Click BLOCK SITES.

Result: The BLOCK SITES page is displayed.

LOGS | BLOCK SITES | FIREWALL RULES | SERVICES | SCHEDULE |

## BROADBAND SETUP

### BLOCK SITES

**Keyword Blocking**

Never  
 Per Schedule  
 Always

**Type Keyword or Domain Name Here:**

facebook.com

**Block Sites Containing these Keywords or Domain Names:**

facebook.com

**Allow Trusted IP Addresses**

Allow Trusted IP Address to Visit Blocked Sites

Trusted IP Address: 0 . 0 . 0 . 0

## STEP 5

In this page, do the following:

- Under Keyword Blocking, click Always.
- In the Type Keyword or Domain Name Here box, enter the domain of the site you need to block (for example, facebook.com).
- Click ADD KEYWORD.
- Click APPLY.

# Sky McAfee Parental Controls

McAfee Parental Controls has been replaced by Sky Broadband Shield which provides a simple way to control how types of websites can be accessed through your Sky Broadband connection and works with all the devices in your home. Find out more about [Sky Broadband Shield](#).

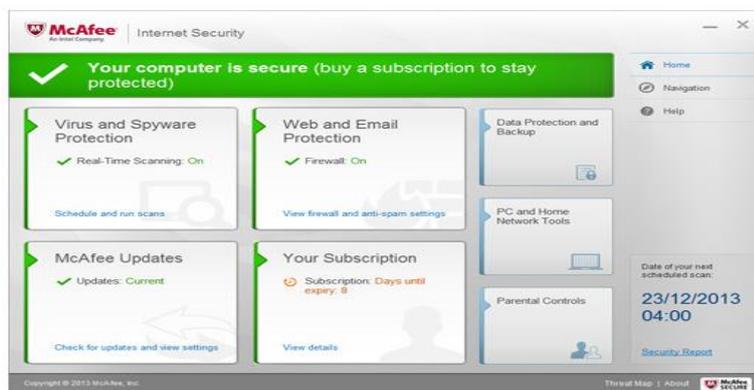
Customers who have previously downloaded McAfee Parental Controls can continue to use the software and the instructions below are on how to set up your Parental Controls.

To set up McAfee Parental Controls you'll need to be signed in to your computer with "Administrator rights". You'll also need to create non-Administrator user accounts for each child who uses the computer. These can be Windows or McAfee user accounts.

## **Create a McAfee Administrator password**

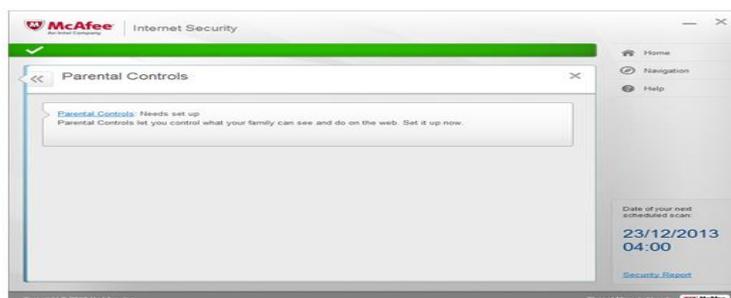
### **Step 1**

Open McAfee Security Centre and select Parental Controls.



### **Step 2**

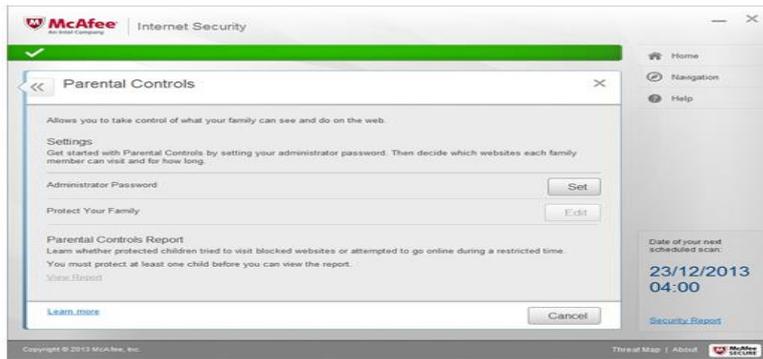
Select Parental Controls.



## Step 3

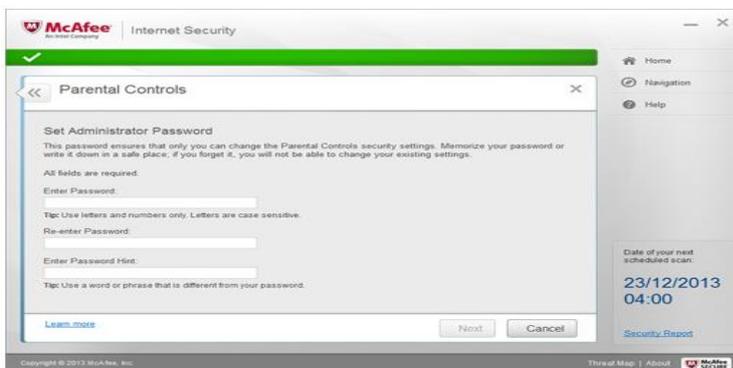
You need to set up an Administrator Password for McAfee. This will stop your children from being able to change the Parental Controls settings you set up within the software.

On the Parental Controls screen next to Administrator Password, select Set.



## Step 4

Create a password, re-enter the password and then enter a password hint. Use a word or phrase for the hint that is different from your password.



Make sure you have memorised your password and/or written it down and put it in a safe place as you'll need this to make any changes to the settings in the future.

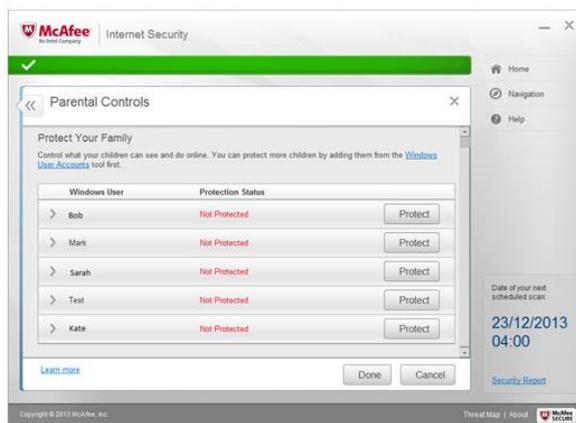
# Blocking websites

To block particular websites for different users, you will need to create non-Administrator user accounts for each user who uses the computer. To learn how to create these types of accounts for a user, please visit the Microsoft Windows support website.

Once these accounts have been created, follow the steps below to help you block particular websites for the accounts created.

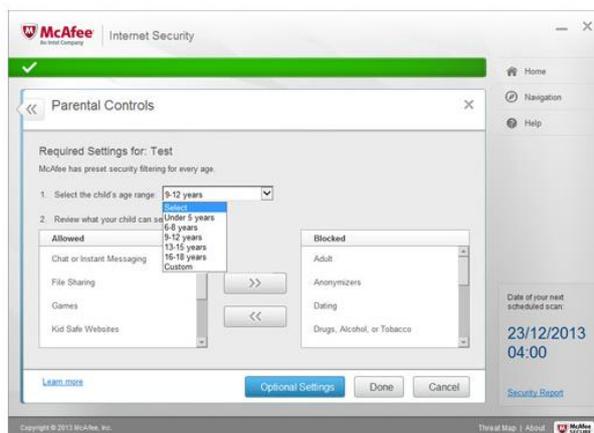
## Step 1

In the McAfee Parental Controls software, select the user account on Windows that you wish to protect and select Protect.



## Step 2

Select the child's age range you want to set up Parental Controls for.



## Step 3

The categories of website that will be blocked and allowed are selected based on the age category you selected. If you want to alter

the preselected categories just click on the arrows to move them to and from the allowed or blocked section.

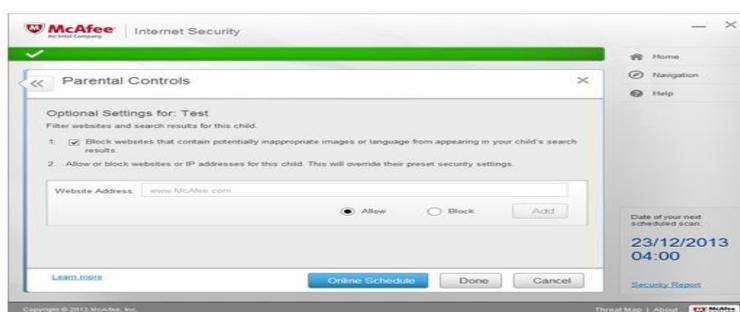
If that's all you wish to set up you can select Done. Selecting Optional Settings at this stage will allow you to enable some advanced features like block specific websites (called Safesearch) and/or set what time the user can go online.

## Blocking specific websites/Enable Safesearch

In addition to the preselected categories of websites that are blocked and allowed based on the age category of the user you selected, you can also block any particular websites you do not want them to have access to. To do this:

Once you have selected Optional Settings to turn on the SafeSearch feature, make sure the box is ticked next to Block websites that contain potentially inappropriate images or language from appearing in your child's search results.

If you want to block or allow a specific web site, type the web site address in the box and select either Allow or Block as appropriate and then click Add.



By default, keyword filtering is enabled, which means that a default list of keywords and corresponding rules is used to rate content for users according to their content rating group. This means that when a user searches for these keywords, related content will either appear or be blocked.

## Set time limits for internet use

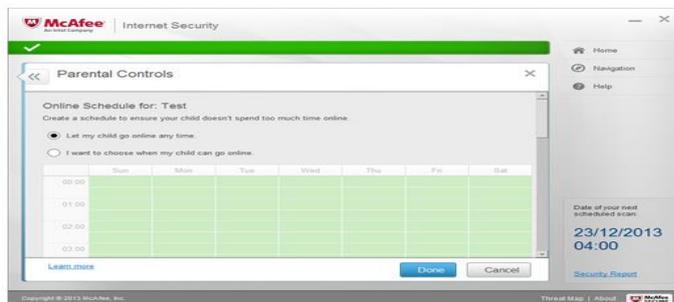
You can also set limitations on the times that each user can go on the internet. To do this:

### Step 1

Within Optional Settings, select Online Schedule.

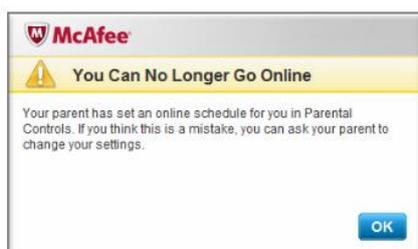
### Step 2

Select I want to choose when my child can go online and then choose the times on the grid to specify when that user can access the internet.



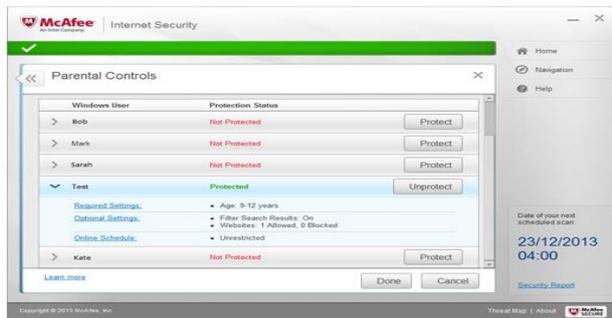
The grid uses 30 minute intervals with green portions representing periods during which the user can access the internet and white portions represent days and times during which access is denied.

If a user tries to log onto the internet during a prohibited period, they'll see a notification that their access is blocked and will not be able to view any websites. It's also possible to use this feature to prohibit a user from accessing the internet entirely (i.e. at all times) - that user can use the computer to access their files, play games and work, but won't be able to view websites or use email at any time.



## Step 3

Once you have chosen your time periods, click OK. You'll see a confirmation screen showing an overview of the settings you have selected. For example:



# How To Setup Parental Controls On The iPad

Here is a step-by-step guide to setup parental control restrictions on the Apple iPad. iPhone and iPod Touch users can find a similar tutorial here. A video version of this tutorial is available on Mobicip's YouTube channel.

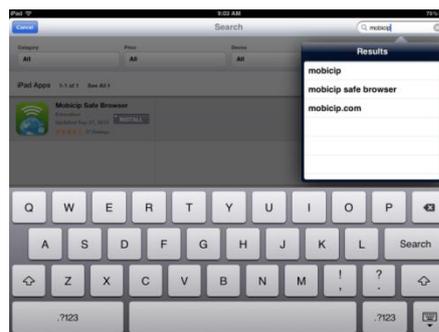
## **Mobicip Safe Browser Setup**

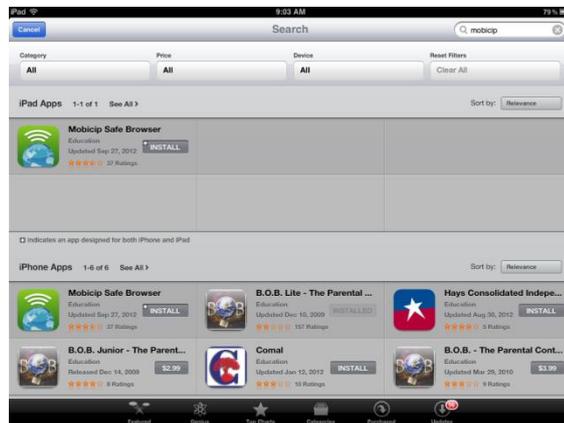
Mobicip offers an alternate browser for Safari that enables parental controls on your child's iPad. It is simple to setup and works anytime anywhere! The Mobicip Safe Browser is protected by a mobicip.com account setup by the parent.

From the home screen on the device, touch the App Store icon.

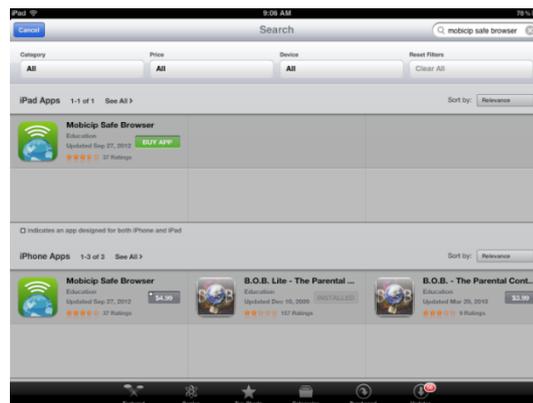


Touch the search tab, and search for "mobicip"





Select the Mobicip Safe Browser from the search results.



Touch the price button, it will turn into BUY APP. Touch this button and enter the iTunes username and password. Once purchased, the app will be installed on your screen. When installation is done, touch the Mobicip icon to launch the app.



If you don't have a Mobicip.com account already, touch the Create New Account button.



Once the account is created, login into the app. You should see the browser open up like this. Tap the URL bar at the top of the browser, and enter the website you wish to access. The browser should open the website accessed.



Visit [www.mobicip.com](http://www.mobicip.com) from your PC to **upgrade to Mobicip Premium** (get 10% off using this discount code: MOBICIPFAQ). Mobicip Premium is a web-based parental control application that can be used from any browser. The Premium application allows you to setup custom Internet filtering settings and policy, and monitor Internet usage on the iPad.

## General Parental Control Restrictions Setup

From the home screen, select Settings > General.



Select Restrictions. If you haven't done this before, select Enable Restrictions.



Enter a 4-digit passcode. Make sure you remember this passcode, in case you need to change these settings.



You will see the restrictions screen. Set Safari, YouTube, Installing Apps and Deleting Apps to OFF on this screen.

NOTE: Some parents may choose to allow apps to be installed with age restrictions setup, but be aware that there are still issues with the **age-based ratings** and **browsing the App Store** itself.



You may also restrict email accounts from being setup. Whether you have setup a child-friendly email service like Zilladog or Zoobuh, or you simply want to turn off email access altogether, this gives you the ability to lock email accounts from being setup or modified.



Scroll down the screen to the Allowed Content area.



Set In-App Purchases to OFF.



Select Music & Podcasts. Set Explicit to OFF.



Select Movies. Select the rating you would like to allow.



Select TV Shows. Select the rating you would like to allow.



Select Apps. Select age-based filtering for apps you would like to allow.



Hit the Home button to return the home screen.

## Links to other resources

There are an enormous number of resources available on the topic of e-Safety. It can be a challenge to identify those which are fit for purpose and up to date. The following resources have been found to be useful in working with professionals, parents and carers and with young people (please note, this is not an exhaustive list):

### **ThinkUKnow (TUK)** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

The CEOP educational resource, which provides information on having fun, staying in control and being safer online, also has information on websites, mobile phones and new technology. The site is made up of sections tailored for different age ranges (5-7, 8-10, 11-16, parents & carers and teachers) which include information, advice and games.

**Childnet International** has developed an extensive range of online e-Safety resources, which cover the whole area of e-Safety, and reinforces the SMART messages. These include:

- The **Know It All** suite is available at [www.childnet.com/KIA](http://www.childnet.com/KIA)
- **KidSmart** [www.kidsmart.org.uk](http://www.kidsmart.org.uk) provides a fun interactive environment for children to learn how to stay safe online. The Skills School has a video explaining Facebook privacy settings.
- **Chat Danger** [www.chatdanger.com](http://www.chatdanger.com) provides information about the potential dangers of interactive services online, including true stories and guidance on how to chat safely,
- **Digizen** [www.digizen.org](http://www.digizen.org) promotes digital citizenship and encourages responsible online behaviour with specific advice and resources on social networking and cyberbullying.
- Childnet resources can be downloaded at [www.childnet.com/publications](http://www.childnet.com/publications)

**ConnectSafely.org** Parents Guide to Facebook - [www.connectsafely.org/pdfs/fbparents.pdf](http://www.connectsafely.org/pdfs/fbparents.pdf)

**Orange** e-Safety website - [www.orange.co.uk/safety](http://www.orange.co.uk/safety)

Including a 'Parents Need to Know' guide at -

[www.orange.co.uk/safety/images/guide\\_for\\_parents.pdf](http://www.orange.co.uk/safety/images/guide_for_parents.pdf)

## **BBC / CBBC**

The CBBC Safer Surfing Interactive website [www.bcc.co.uk/cbbc](http://www.bcc.co.uk/cbbc)

## **Buckinghamshire County Council – Grid for Learning -** [www.bucksgfl.org.uk](http://www.bucksgfl.org.uk)

The e-safety section of the ‘Buckinghamshire Grid for Learning’ (BucksGfL) website contains a range of resources and links to agencies such as CEOP, to help schools think about how to ensure that all pupils and staff access the internet safely and responsibly. The BucksGfL e-safety guidance document encourages schools to recognise e-safety issues and plan accordingly, to ensure appropriate, effective and safe use of the internet and other forms of electronic communications. The site also contains information and guidance about data security.

**For more information about the Buckinghamshire Safeguarding Children Board, or to learn more about safeguarding children and young people, please visit [www.bucks-lscb.org.uk](http://www.bucks-lscb.org.uk)**