



PARENTAL CONTROLS:

All parents and carers need to have controls on all devices and networks that their children have access to. This helps to ensure that the children don't have access to unsafe, inappropriate, confusing or frightening material or influences.



As part of O2's partnership with NSPCC they have a free helpline 0808 800 5002 for parents/carers/professionals or you can book a free appoint in an O2 store with one of their gurus to face to face support in setting up parental controls on devices. You don't need to be an O2 customer to use these services they are free to all - <https://guru.secure.force.com/O2DeskStoreLocator>

Another useful website to help you with setting up parental controls is:

<https://www.thinkuknow.co.uk/parents/articles/Parental-controls/>

This gives lots of information about parental controls, there is an additional link:

<https://www.internetmatters.org/parental-controls/interactive-guide/>

or

<https://www.internetmatters.org/parental-controls/smartphones-and-other-devices>

This allows you to go through each individual device or provider and then tells you how to restrict different types of content specific to that device. i.e. how to block pornography and gambling on BT internet broadband or an apple I-phone. It is very clear and easy to follow as there is a step by step guide.

Putting controls on a device can stop anything being viewed / downloaded, even if the child is away from home and using other WiFi or their own data. The one on the i-phone allows you to put a passcode on this to stop the child from getting on and changing the settings. You should restrict via the network the child is on as well. So restricting on the internet at home, mobile network and the device would be a 'belt and braces' approach.

