

Setting up Parent Controls (Windows 7)

You can use Parental Controls to help manage how your children use the computer. For example, you can set limits on the hours that your children can use the computer, the games they can play, and the programs they can run.

When Parental Controls blocks access to a game or program, a notification is displayed that the program has been blocked. Your child can click a link in the notification to request permission for access to that game or program. You can allow access by entering your account information

To set up Parental Controls for your child, you'll need your own administrator user account. Before you get started, make sure each child that you want to set up parental Controls for has a standard user account. Parental Controls can be applied only to standard user accounts.

In addition to the controls that Windows provides, you can install additional controls, such as web filtering and activity reporting, from a separate provider.

To turn on Parental Controls for a standard user account

1. Open parental Controls by clicking the **Start** button, clicking **Control panel**, and then, under **User Accounts and Family Safety**, clicking **Set up parental controls for any user**. If you're prompted for an administrator password or confirmation, type the password or provide confirmation.
2. Click the standard user account that you want to set Parental Controls for. If the standard user account isn't set up yet, click **Create a new user account** to set up a new account.
3. Under **Parental Controls**, click **On, enforce current settings**.
4. Once you've turned on Parental Controls for your child's standard user account, you can adjust the following individual settings that you want to control.
 - **Time limits**
 - **Games**
 - **Allow or block specific programs**

How to set up Internet controls with different providers e.g. Talk talk, BT

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>

Setting up Parent Controls (Windows Vista)

You can use Parental Controls to help manage how your children use the computer. For example, you can set limits on the hours that your children can use the computer, the games they can play, and the programs they can run.

When Parental Controls blocks access to a game or program, a notification is displayed that the program has been blocked. Your child can click a link in the notification to request permission for access to that game or program. You can allow access by entering your account information

To set up Parental Controls for your child, you'll need your own administrator user account. Before you get started, make sure each child that you want to set up parental Controls for has a standard user account. Parental Controls can be applied only to standard user accounts.

To turn on Parental Controls for a standard user account

1. Open Parental Controls by clicking the **Start** button, clicking **Control Panel**, and then, under **User Accounts**, clicking **Set up Parental Controls**. If you are prompted for an administrator password or confirmation, type the password or provide confirmation.
2. Click the standard user account for which you want to set Parental Controls.
3. Under **Parental Controls**, click **On**.
4. Once you've turned on parental Controls for your child's standard user account, you can adjust the individual settings that you want to control. You can control the following areas:
 - **Web restrictions**
 - **Time limits**
 - **Game s**
 - **Allow or block specific programs**

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