

To help manage how your children use the computer and stay safe online you can set up Parental Controls on your PC and also install a free 'Family Safety' program from Microsoft. This means you can set limits on your children's access to the web, the hours that children can use the computer, the types of games they can play, and the programs they can run.

**Note: If your computer is connected to a domain, Parental Controls are not available.**

**Restrict website access.** Limit the content that children can view on the web by restricting websites (block or allow) that they visit for example, ensuring the site is age-appropriate. You can also restrict file downloads and set up content that you want the content filters to block and allow.

**Set time limits.** Control when children are allowed to log on to the computer, including setting different logon hours for each day of the week. If a user is logged on when their time ends, they are automatically logged off.

**Prevent your children from playing certain games.** To control access to games, choose an age-rating level, block certain types of games, and allow or block specific games.

**Keep your children from running specific programs.** Use this option to prevent children from running programs that you do not want them to 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.



### Restrict web access

To help keep your children safe online you can download a free program called 'Windows Live Family Safety' via <http://windows.microsoft.com/en-gb/windows-live/essentials-other-programs>

This will run on the following operating systems: Windows XP with Service Pack 2 (32-bit edition only), or Windows Vista (32-bit or 64-bit editions), or Windows 7 (32-bit or 64-bit editions), or Windows Server 2008. This free program helps you manage which websites your children see and who they can talk to online. It also provides helpful, easy-to-read reports of their online activity.

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## Set parental controls

1. To open the Parental Controls, click Start, and type Parental controls in the Search box. In the search results, click **Parental Controls**.

**Note: To Set up Parental Controls for any user, you'll need your own administrator user account.**

Figure 1: Setting up Parental Controls

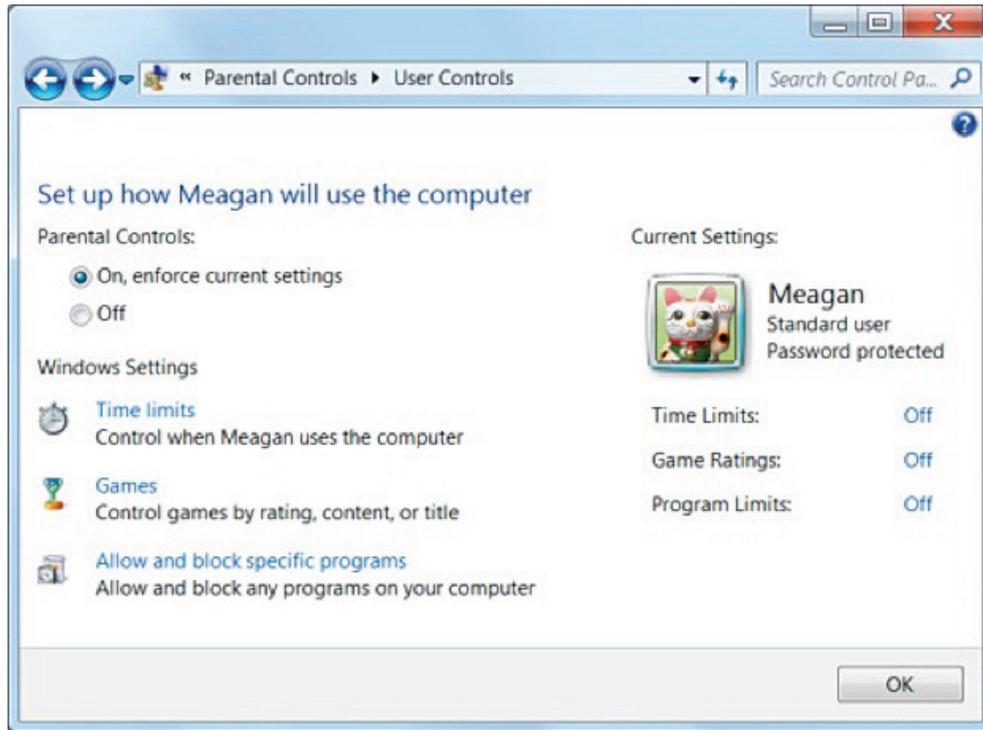


2. Click the user for which you want to set the controls.

**Note: If the user does not have a user account, click Create a new user account, and follow the instructions to create an account.**

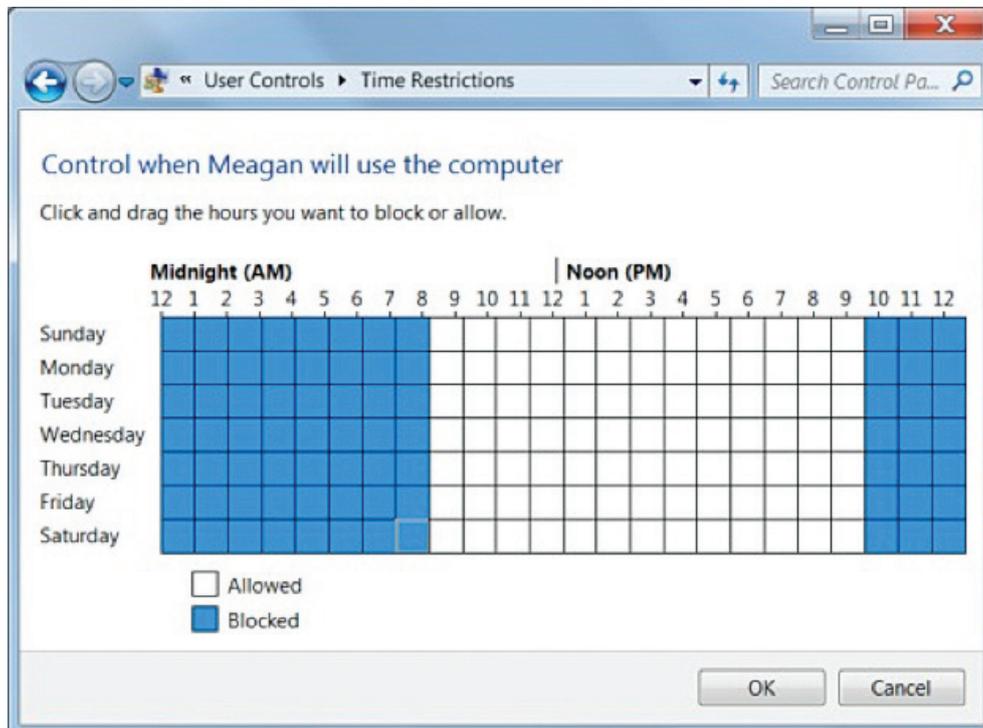
3. In the User Controls page, click On, **enforce current settings**, in the Parental Controls area.

**Figure 2: Setting controls**



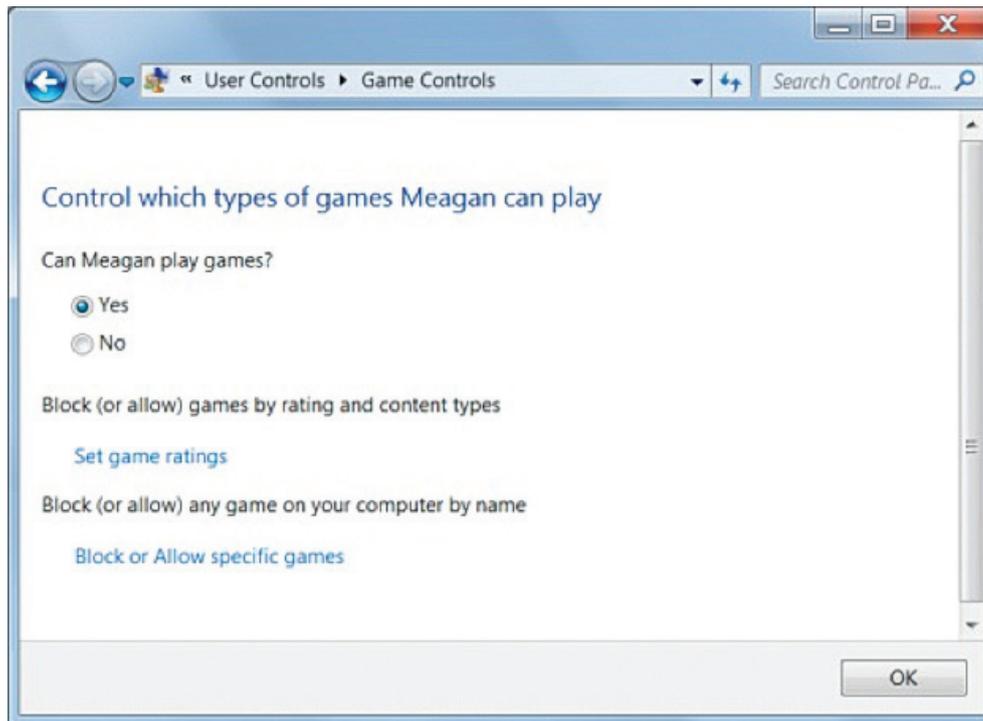
4. In the **Windows Settings** area, click **Time limits**. In the Time Restrictions page, click and drag the hours you want to block or allow, and then click **OK** to return to the User Controls page.

**Figure 3: Setting time restrictions**



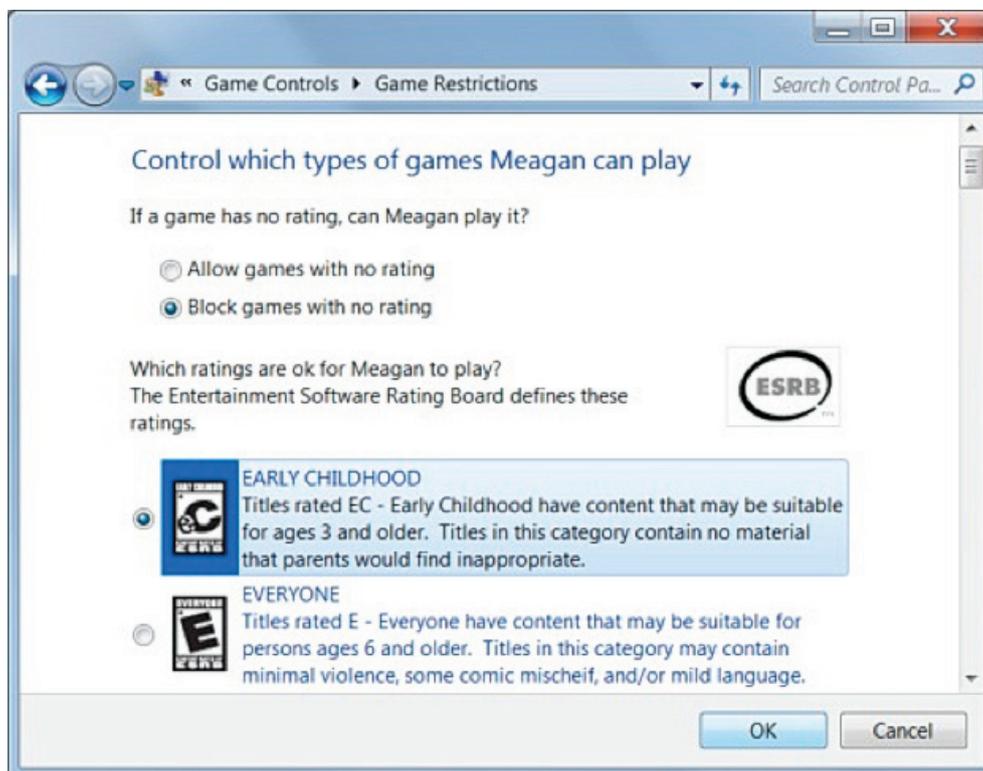
5. In the **Windows Settings** area, click **Games** to control the types of game this user can play. Click **Yes** to allow this user to play games.

**Figure 4: Controlling games**



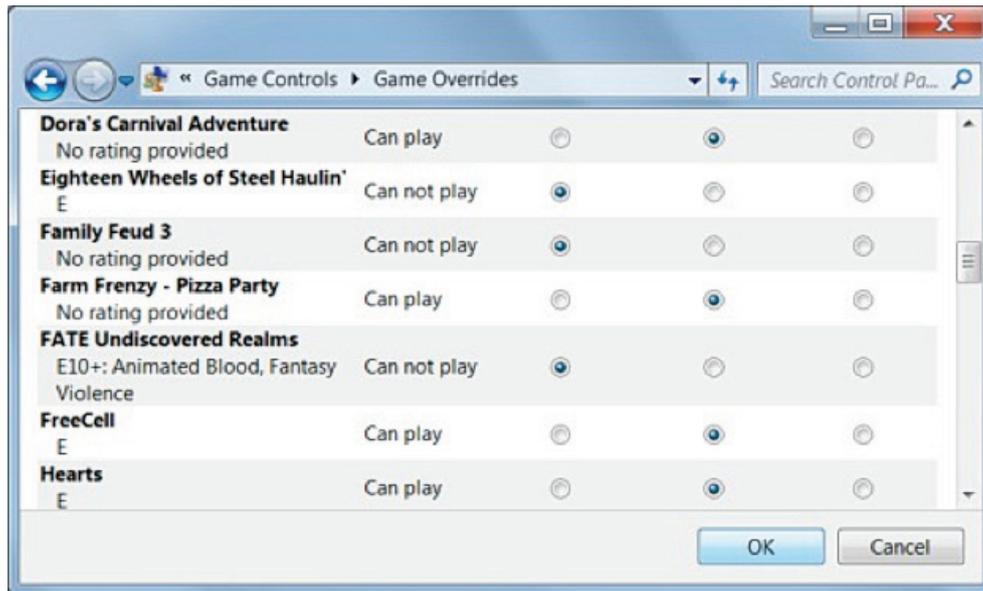
6. Click **Set game ratings**. Select the ratings that are appropriate for this user to play, and then click **OK**.

**Figure 5: Setting game ratings**



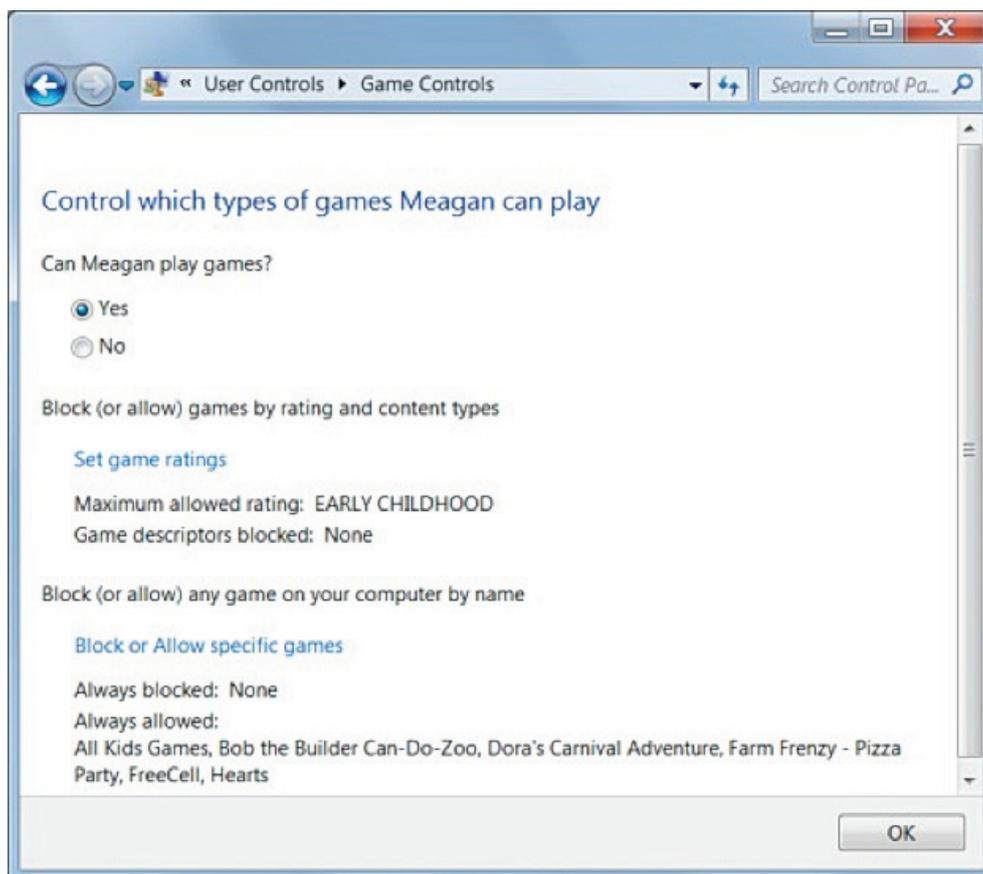
7. Click **Block or Allow specific games** . In the Game Overrides, make selections, and then click **OK**.

**Figure 6: Setting game overrides**



8. Review the game settings on the Game Controls page, and then click **OK**.

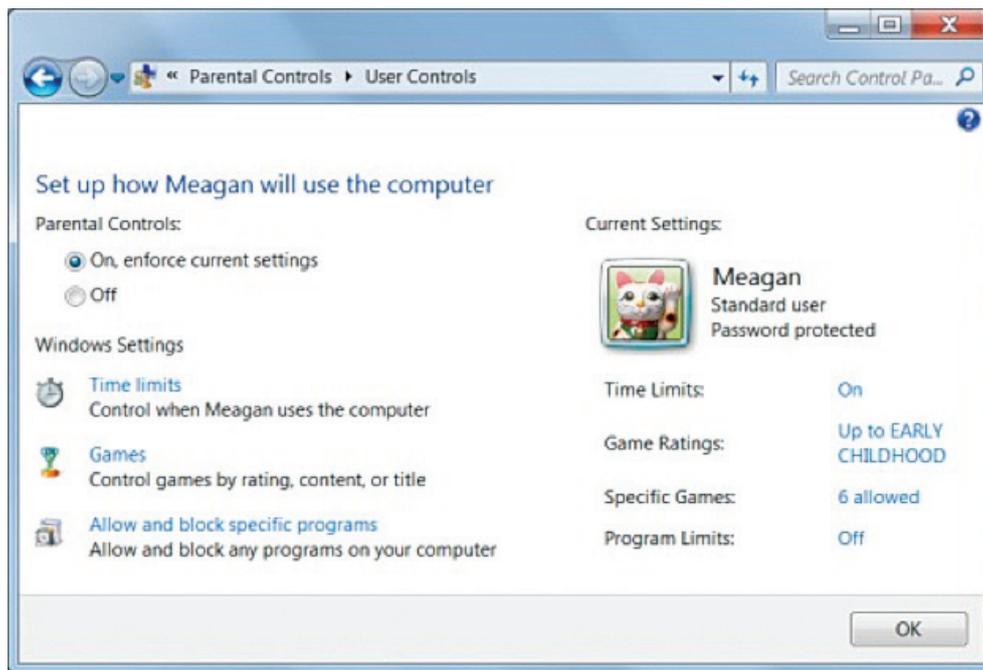
**Figure 7: Game controls**



9. If you want to block specific programs on the computer from this user, in the **Windows Settings** area, click **Allow and Block specific programs**. Make your selections and click **OK**.

10. Review the settings on the User Controls page, and then make any changes or click **OK** to return to the Parental Controls page.

**Figure 8: Reviewing your settings**



**Figure 9: Parental controls on**



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