

## Managing your media

A consumer guide to protecting your children in a digital world



your internet service provider to learn how to block sites you don't want children to see. It's also possible to buy off the shelf filtering software from electrical retailers or online.

- Work with your children to understand how search engines work so that they don't stumble across unsuitable content and are able to find the information they need quickly and efficiently.
- Help can also be found on websites such as Think You Know and the Internet Watch Foundation. Schools can order free Know IT All CD-ROMs for parents and the Next Generation Learning website has activity cards that you can download to work through with your child.

## Useful contact details

[www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk)

[www.getsafeonline.co.uk](http://www.getsafeonline.co.uk)

[www.freesatfromsky.co.uk](http://www.freesatfromsky.co.uk)

[www.iwf.org.uk](http://www.iwf.org.uk)

[www.nextgenerationlearning.org.uk](http://www.nextgenerationlearning.org.uk)

[www.topuptv.com](http://www.topuptv.com)

[www.sky.com](http://www.sky.com)

[www.virginmedia.com](http://www.virginmedia.com)

[www.bt.com/vision](http://www.bt.com/vision)

[www.freesat.co.uk](http://www.freesat.co.uk)

[www.tiscali.co.uk](http://www.tiscali.co.uk)

Know IT All 0845 6022260



### Ofcom Advisory Team

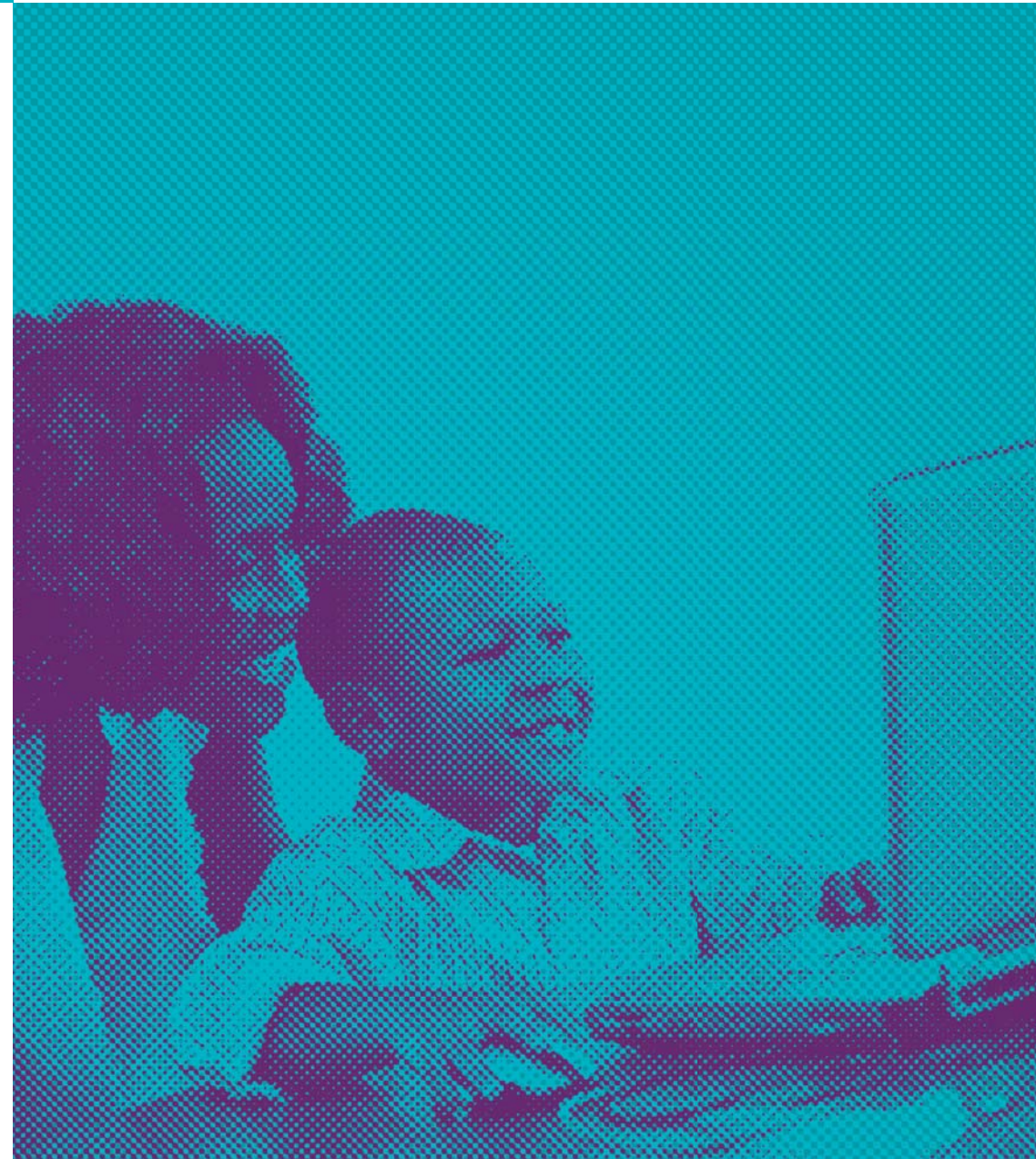
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The digital age has transformed the way we live. Multi-channel TV and the internet means we can now get a wealth of entertainment and information at the touch of a button. But not all of this is going to be suitable for your children. There will be programmes you don't want them to watch, and web sites which are not suitable for them.

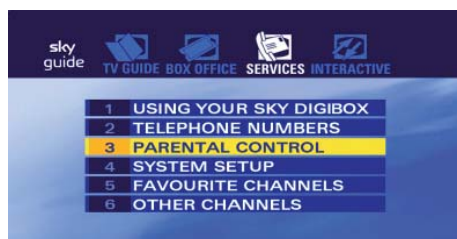
Children often learn about new technology first. Parents will want to help their children get the most from new technology while at the same time helping them to avoid potential pitfalls.

## Parental Control functions

With digital TV you can set controls on your TV to restrict specific channels or programmes. In this guide we use Sky as an example but other providers also have their own parental control systems.

With Sky, you first press the services button on your remote control. Using the up and down arrows, highlight Parental Control, press select and enter your Sky viewing card PIN.

You can then choose to restrict specific channels or, restrict programmes by age.



If a restricted channel is selected in future, your viewing card PIN will be required before you view the channel.

Other digital TV services such as Virgin Media, BT Vision, Tiscali, Top Up TV and Freesat services also have parental controls, as do some Freeview digital boxes and TVs.

If you are unsure how to activate your parental control features – or if you want to see whether your system has such a facility – check the instructions booklet. You can also phone your service provider, check their website or check with the original retailer.

## Protecting children online

When it comes to surfing the net, one of the best ways of protecting children is to educate yourself so that you can educate your children.

- Get to know how your children use the internet. Ask them to show you some of their favourite sites and talk about them. Make them aware that there are things on the internet which may upset them and that they can always talk to you – or another trusted adult. Be aware of any changes in the way they use the internet, such as the amount of time they spend online.
- Make sure your children realise they should never give out personal details – such as name, address, school and telephone numbers – to online friends they do not know in the real world, and tell them never to respond to junk email or open attachments that are from people they don't know.
- Look for local computer or internet classes which will teach you how to use the online services your children are using. Try your local library for information on courses in your area or talk to your child's school about what they are teaching children about staying safe online. Learn how the history feature on your computer can help you monitor the websites that your children are using.
- If you are using a recent edition of Windows or you have a reasonably recent Mac you will find within the operating system or available as a download lots of tools which you can use at no cost. Many of these work with or through the browser. Check with