

- Log into your internet provider account

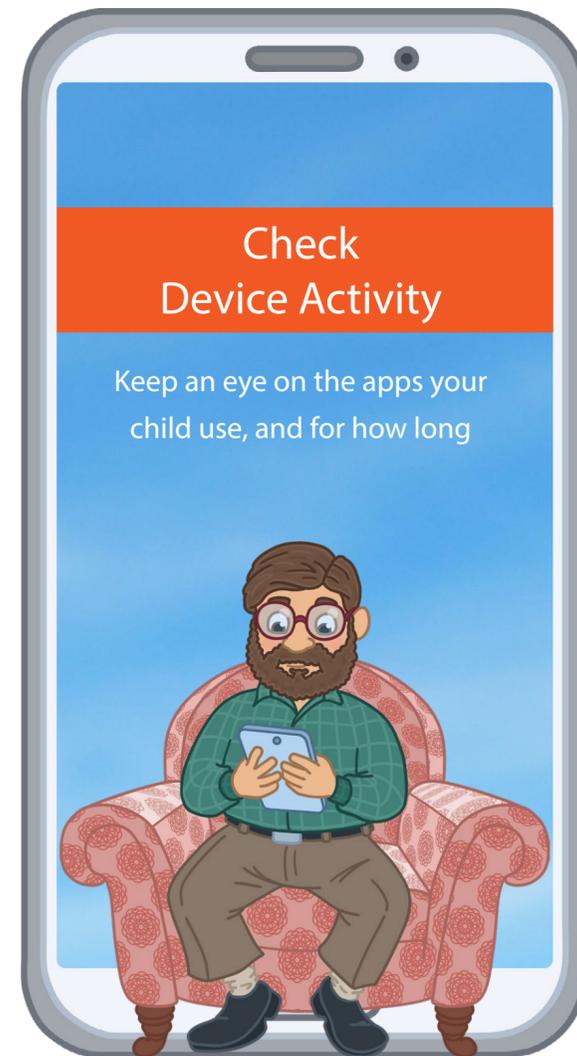
- Follow the link to parental controls

- Set the filter levels

- Allow or block any specific webpages

- Set any timings which suit your family





- Guide them to good content
- Set screen time and limits
- See where they are

- Lock their device
- Manage their apps
- Feed their curiosity

Solutions on a mobile device





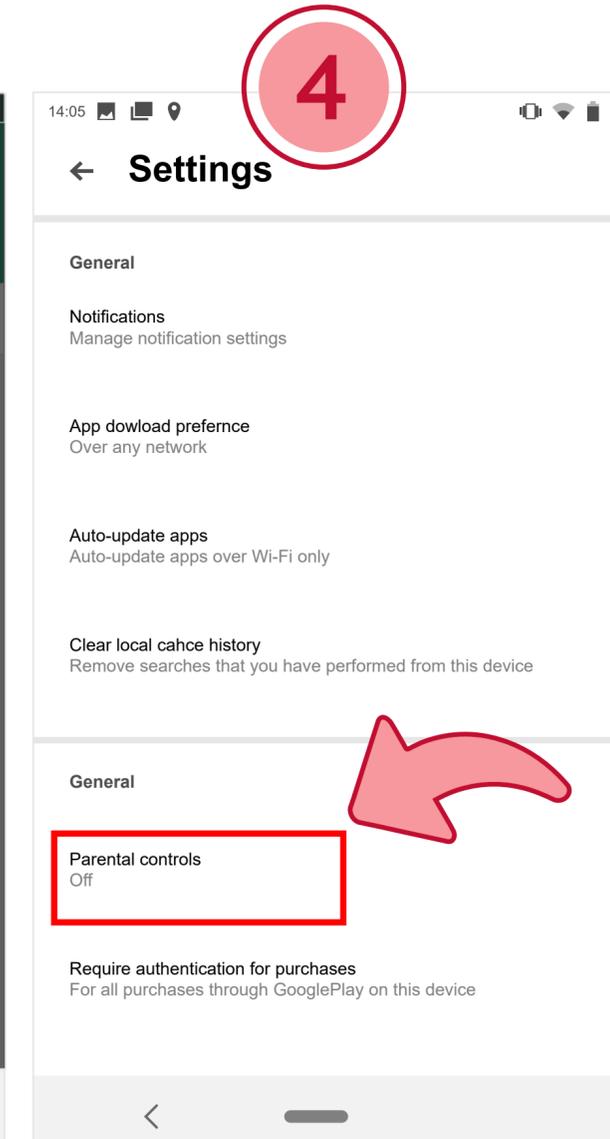
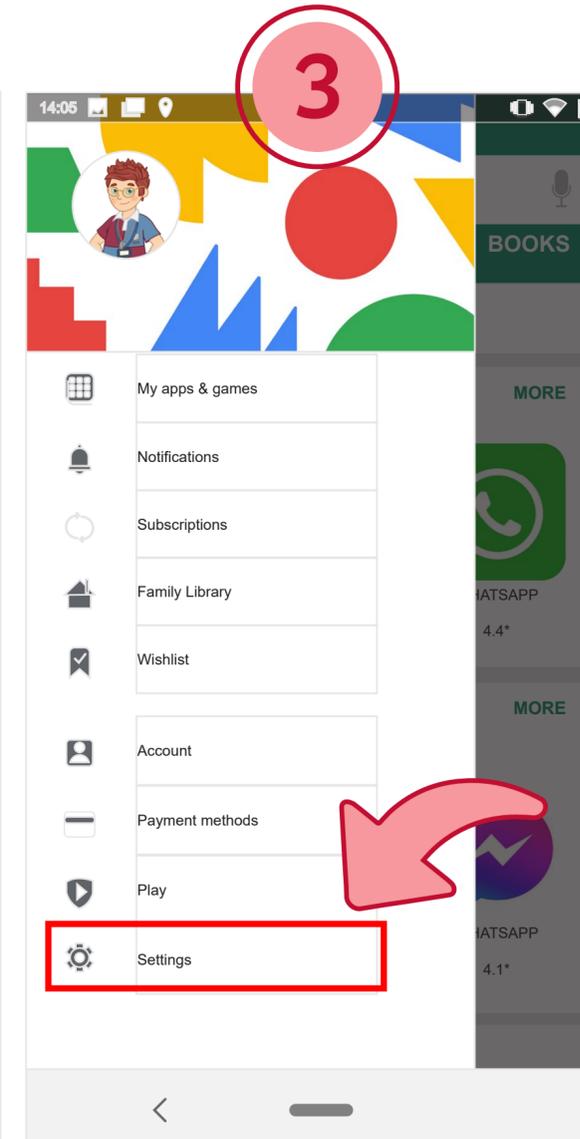
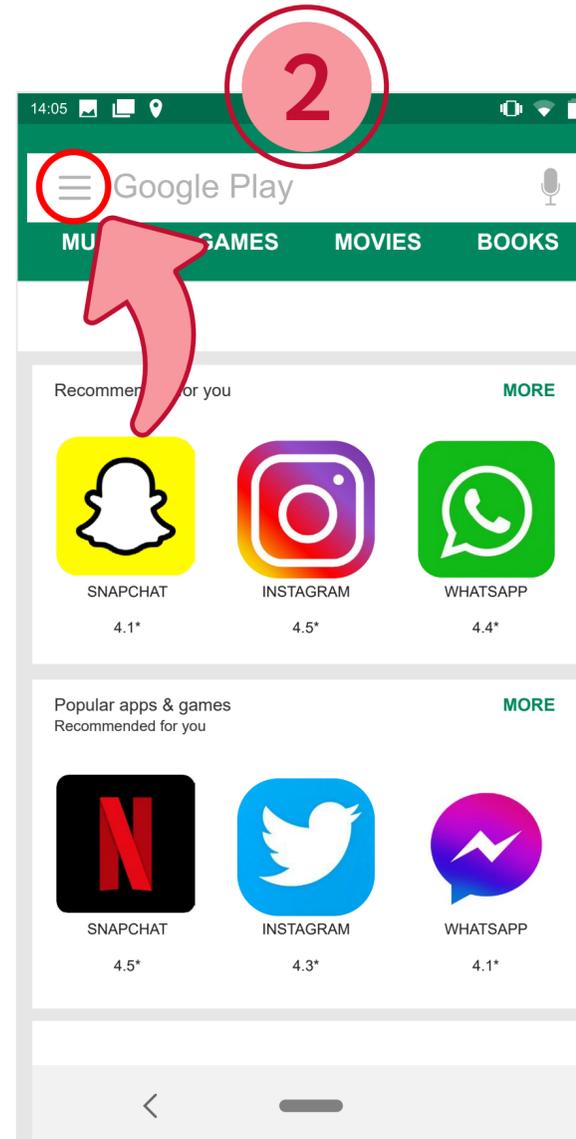
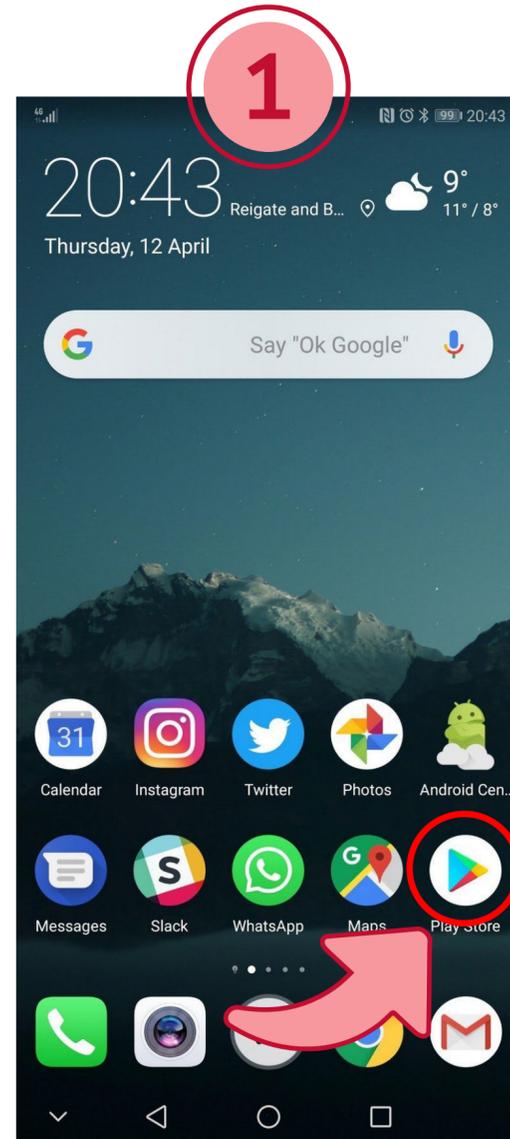
Android

1. Locate and tap
"Play Store"

2. Top right, tap "Burger
Menu"

3. Select "Settings"

4. Turn On "Parental
controls"





5. Turn Parental controls on

6. Create a "PIN"

7. Parental controls are on

5

6

7

Parental Controls

Parental controls are off

Set content restrictions
Set a restriction for each type of content

Apps & games
Allow all, including unrated

Films
Allow all, including unrated

TV
Allow all, including unrated

Books
Allow all

Settings

Create content PIN

You'll use this PIN to change settings for parental controls.

CANCEL OK

1 2 ABC 3 DEF

4 GHI 5 JKL 6 MNO

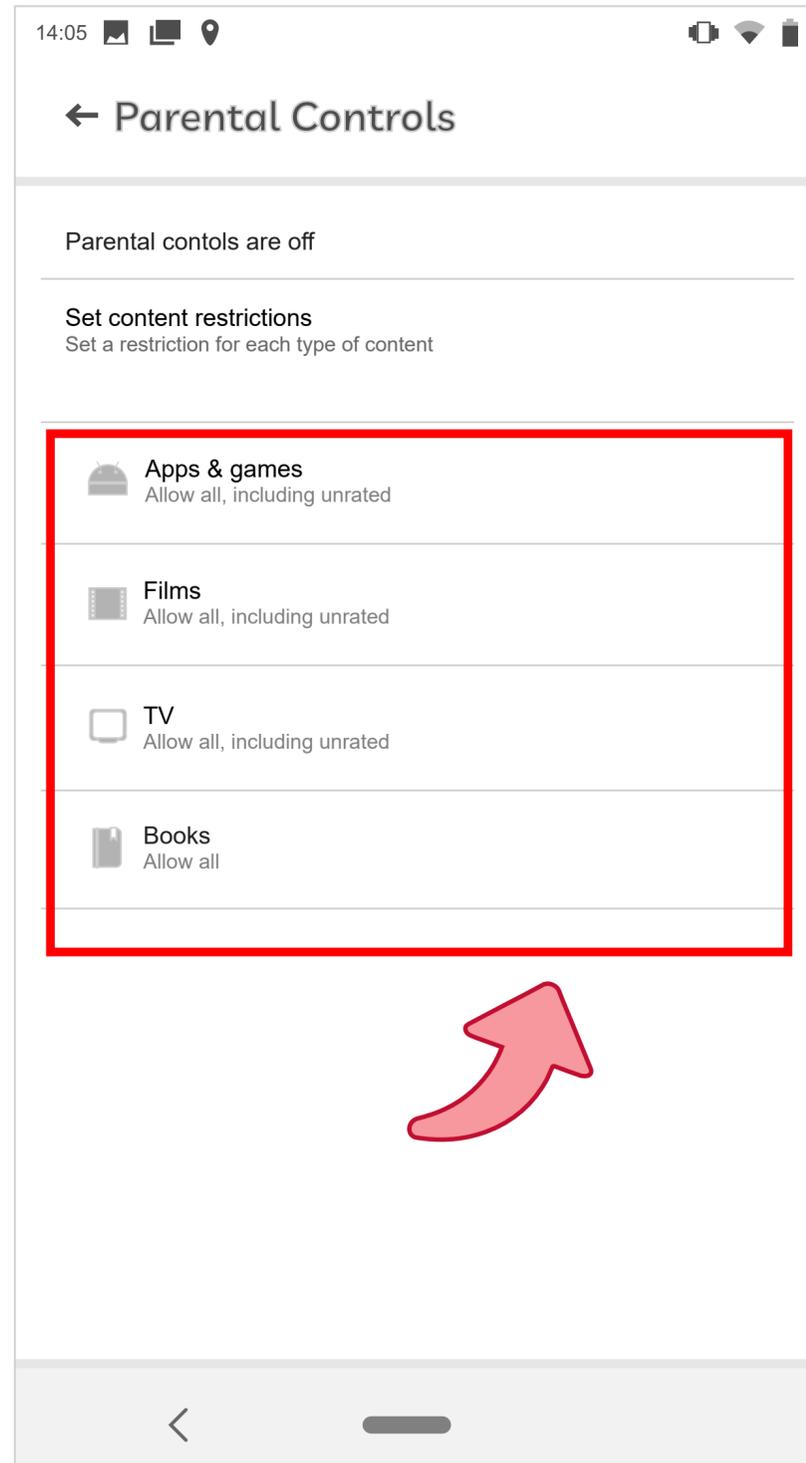
7 PQRS 8 TUV 9 WXYZ

X 0 ✓



8

8. Select desired option.



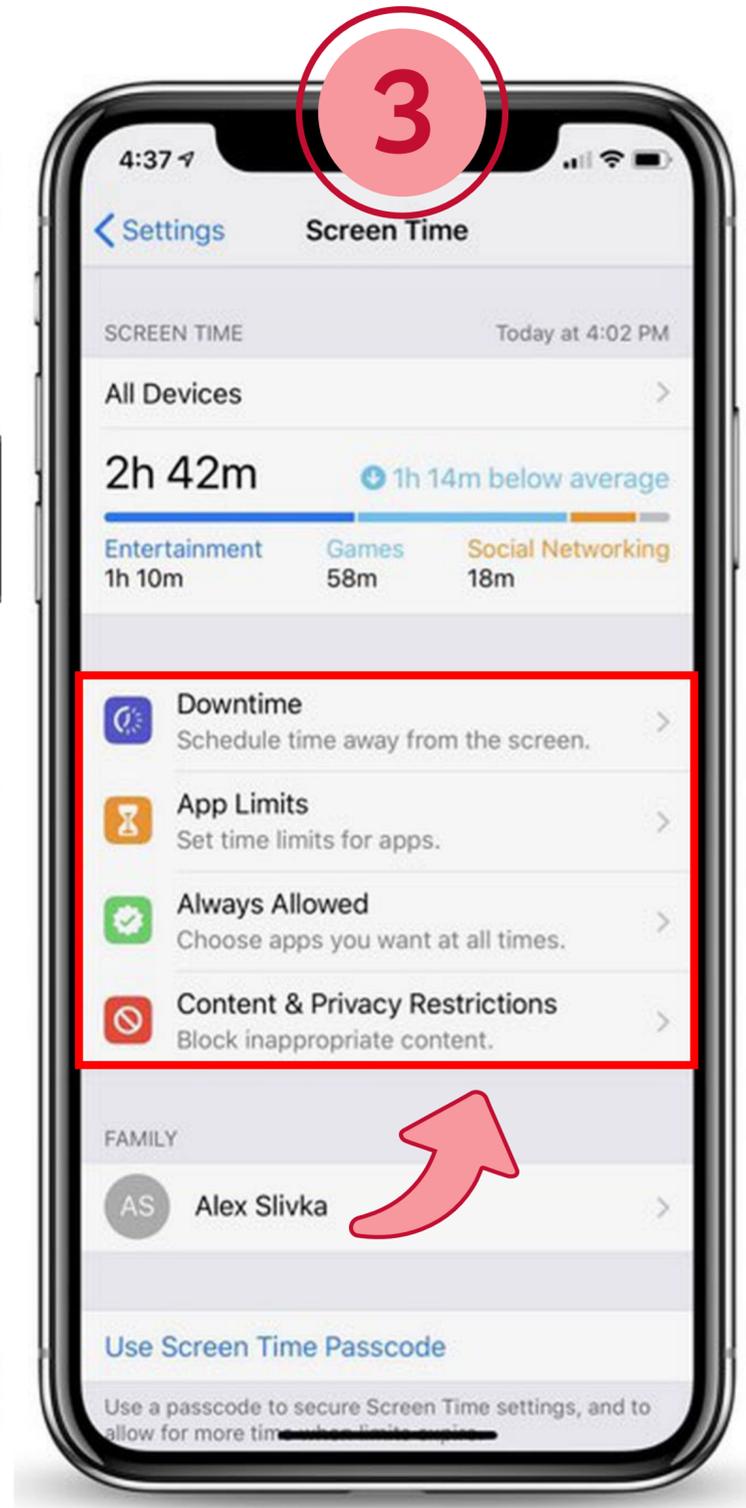
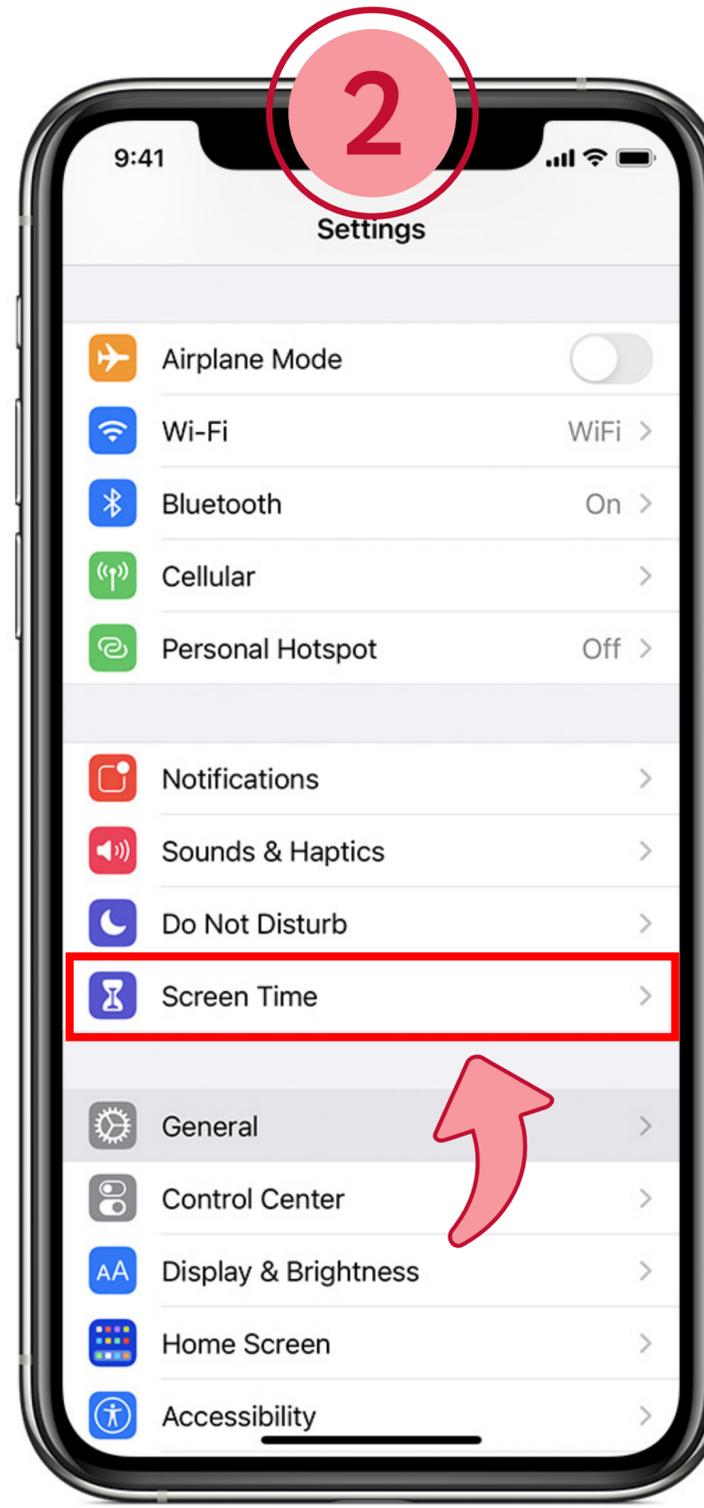
9

9. Set content restrictions on any of the five options, tap on one, then select the rating level you feel appropriate and tap "SAVE".





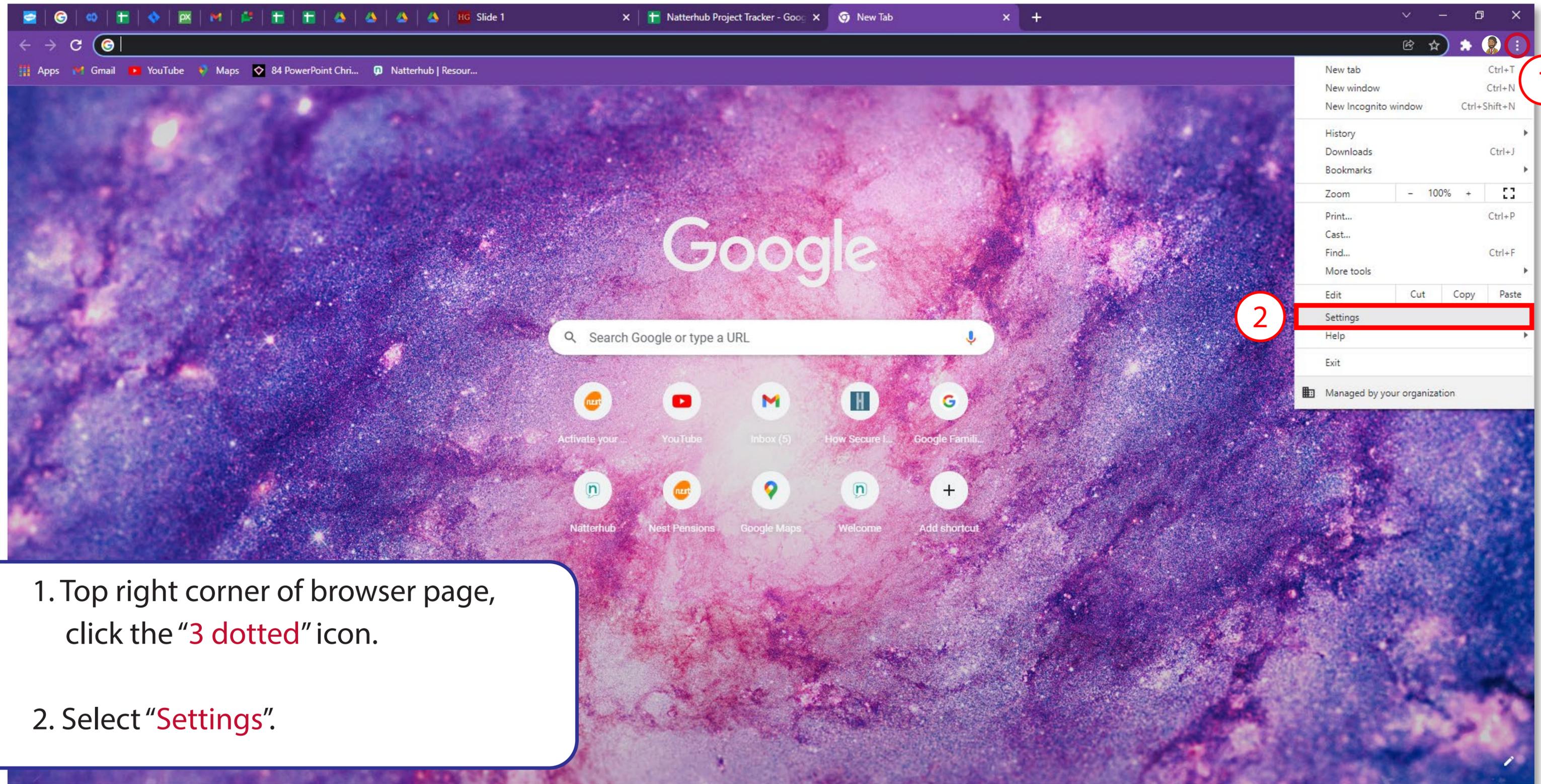
1. Home screen, tap "Settings Apps"
2. Locate and tap "Screen Time"
3. Select which option to set up



Solution - On a computer

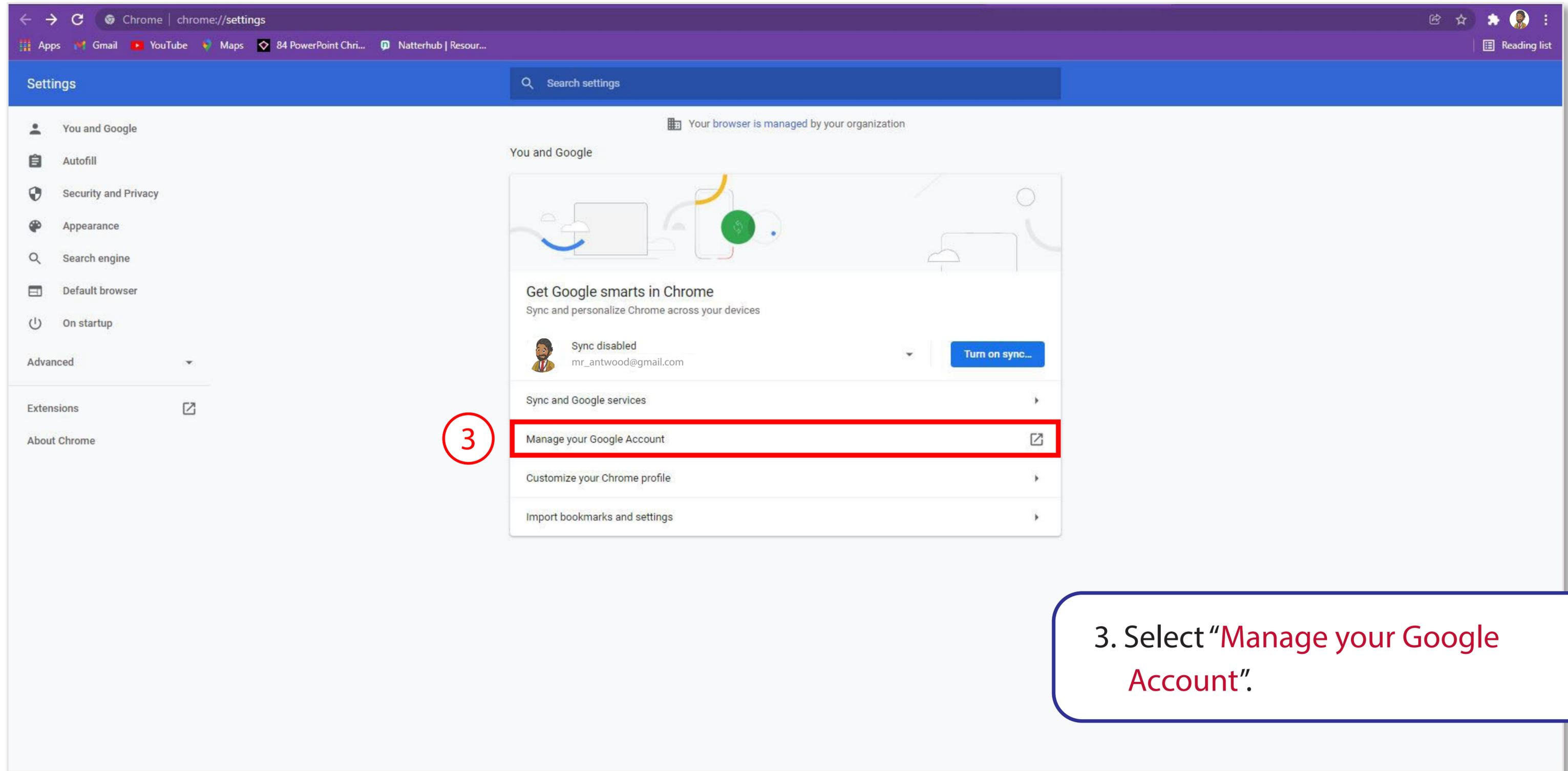


Solution - Safe Search



1. Top right corner of browser page, click the "3 dotted" icon.

2. Select "Settings".



The image shows a screenshot of the Chrome browser's settings page. The address bar at the top displays 'chrome://settings'. The left sidebar contains various settings categories: 'You and Google', 'Autofill', 'Security and Privacy', 'Appearance', 'Search engine', 'Default browser', 'On startup', 'Advanced', 'Extensions', and 'About Chrome'. The main content area is titled 'You and Google' and includes a notification 'Your browser is managed by your organization'. Below this, there is a section for 'Get Google smarts in Chrome' with a 'Turn on sync...' button. A list of options follows: 'Sync and Google services', 'Manage your Google Account' (highlighted with a red box), 'Customize your Chrome profile', and 'Import bookmarks and settings'. A red circle with the number '3' is positioned to the left of the 'Manage your Google Account' option.

3. Select "Manage your Google Account".

The screenshot shows the Google Account management page for 'Mr Antwood'. The left sidebar contains navigation options: Home, Personal info, Data and privacy, Security, People and sharing, Payments and subscriptions, and About. The main content area features a welcome message and two primary action cards. The 'Privacy & personalisation' card is highlighted with a red border and a circled '4' to its left. Below it is a 'Privacy suggestions available' section. At the bottom, there are links for 'Privacy', 'Terms', 'Help', and 'About'.

myaccount.google.com/?utm_source=chrome-settings

Apps Gmail YouTube Maps 84 PowerPoint Chri... Natterhub | Resour...

Reading list

Google Account Search Google Account

Home

Personal info

Data and privacy

Security

People and sharing

Payments and subscriptions

About

Welcome, Mr Antwood

Manage your info, privacy and security to make Google work better for you. [Find out more](#)

Privacy & personalisation
See the data in your Google Account and choose what activity is saved, to personalise your Google experience
[Manage your data and privacy](#)

You have security recommendations
Recommended actions found in the Security Check-Up
[Protect your account](#)

Privacy suggestions available
Take the Privacy Check-Up and choose the settings that are right for you
[Review suggestion \(1\)](#)

Looking for something else?

Privacy Terms Help About

4. Select "Privacy & personalisation".

The screenshot shows the Google Account 'Data and privacy' settings page. The left sidebar includes 'Home', 'Personal info', 'Data and privacy' (selected), 'Security', 'People and sharing', 'Payments and subscriptions', and 'About'. The main content area is titled 'Things that you've done and places where you've been' and includes a description: 'Your options for history, ads and personalisation. Rediscover the things that you've searched for, read and watched, and see the places where you've visited.' Below this is the 'History settings' section, which contains a list of settings: 'Web & App Activity' (Paused), 'YouTube History' (On), and 'See and delete your history at any time' with buttons for 'My Activity', 'Maps Timeline', and 'YouTube watch and search history'. Below the history settings are 'Ad settings' and 'Personal results in Search' sections. A red box highlights the 'Web & App Activity' setting, and a circled '5' is placed to its left. A callout box on the right contains the text: '5. Select "Web & App Activity".'

5. Select "Web & App Activity".

The screenshot shows the Google Account 'Activity controls' page. A red circle with the number '6' is positioned to the left of a red rectangular box that highlights the 'Safer with Google' and 'Web & App Activity' sections. The 'Safer with Google' section includes a sub-section for 'Web & App Activity' which is currently turned off. Below this, there is a message stating that the setting is not available for the account type and a 'Subsettings' section with two unchecked checkboxes: 'Include Chrome history and activity from sites, apps and devices that use Google services' and 'Include audio recordings'. A blue callout box on the right side of the page contains the text: '6. Scroll up and down to change required settings'.

6. Scroll up and down to change required settings

Solution - Safe Search



Camera & Microphone

What 3 Words

History Location

Find My Phone

Screen Time

Advertising

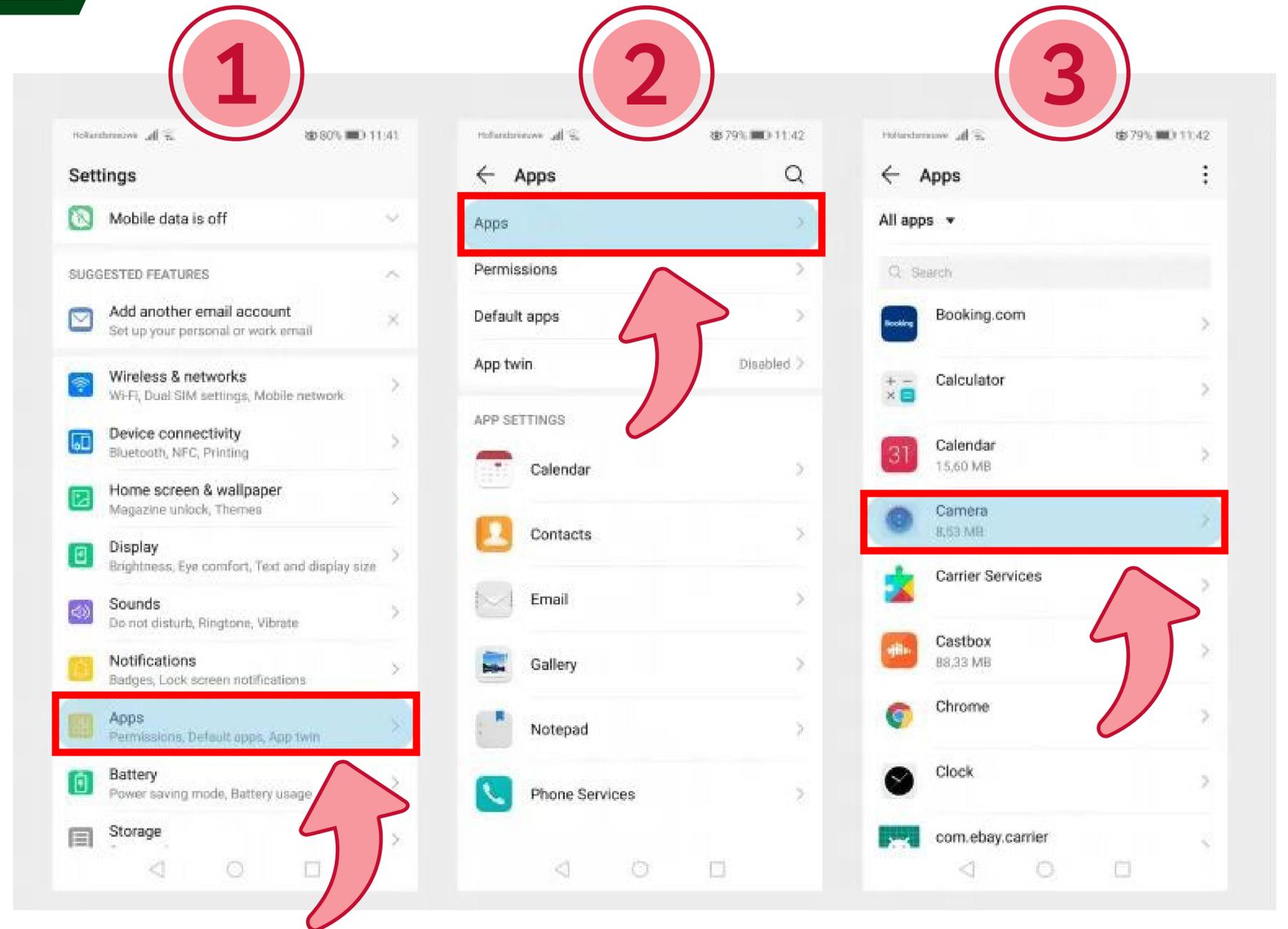
App permission

Change camera and microphone



Android

1. Go to "Settings".
2. Scroll to "App".
3. Tap "Apps" at top of menu.
4. Select "Camera".



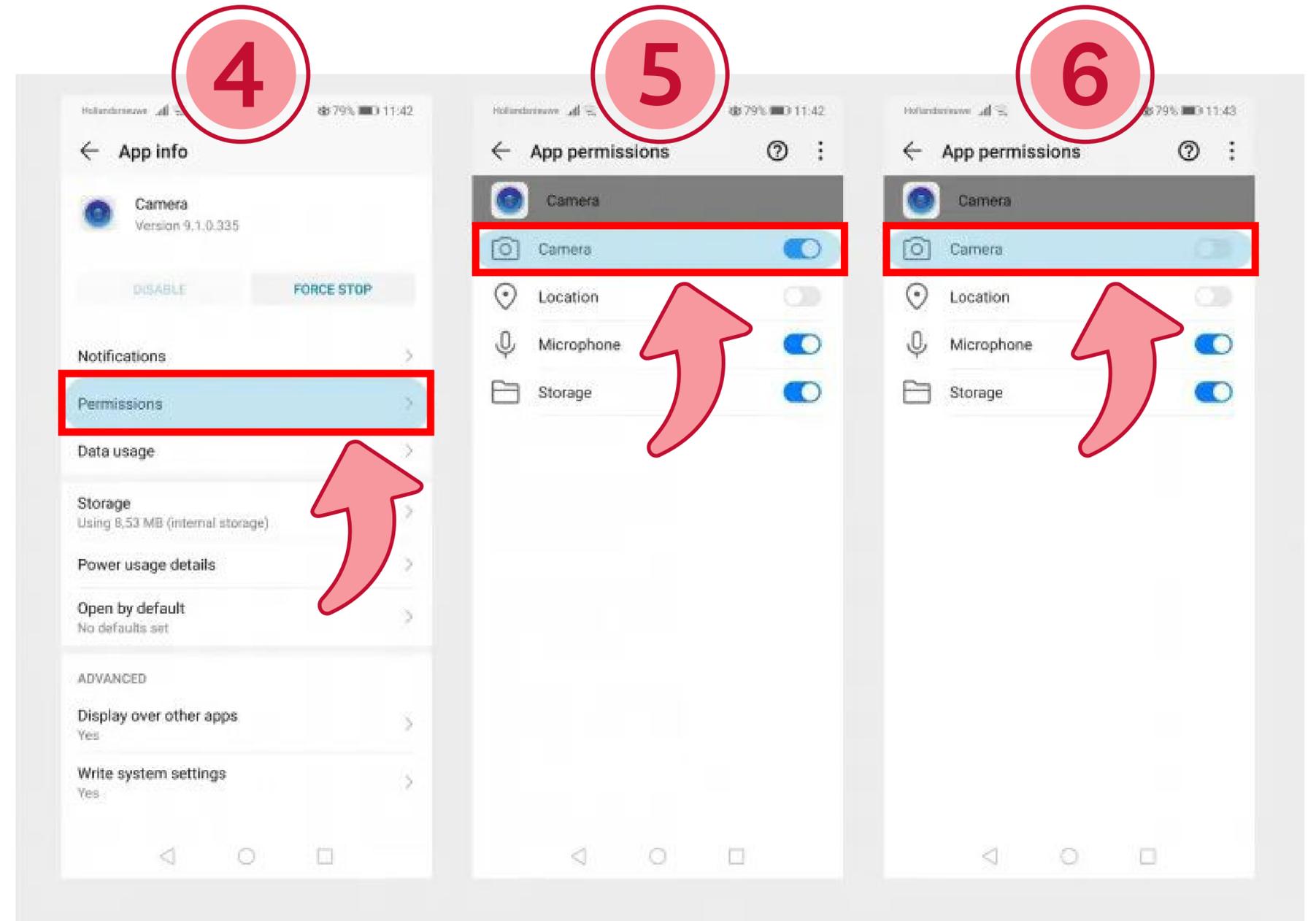


Android

4. Tap "Permissions".

5. Tap "Camera" toggle on position.

6. To "off" position.



Change camera and microphone

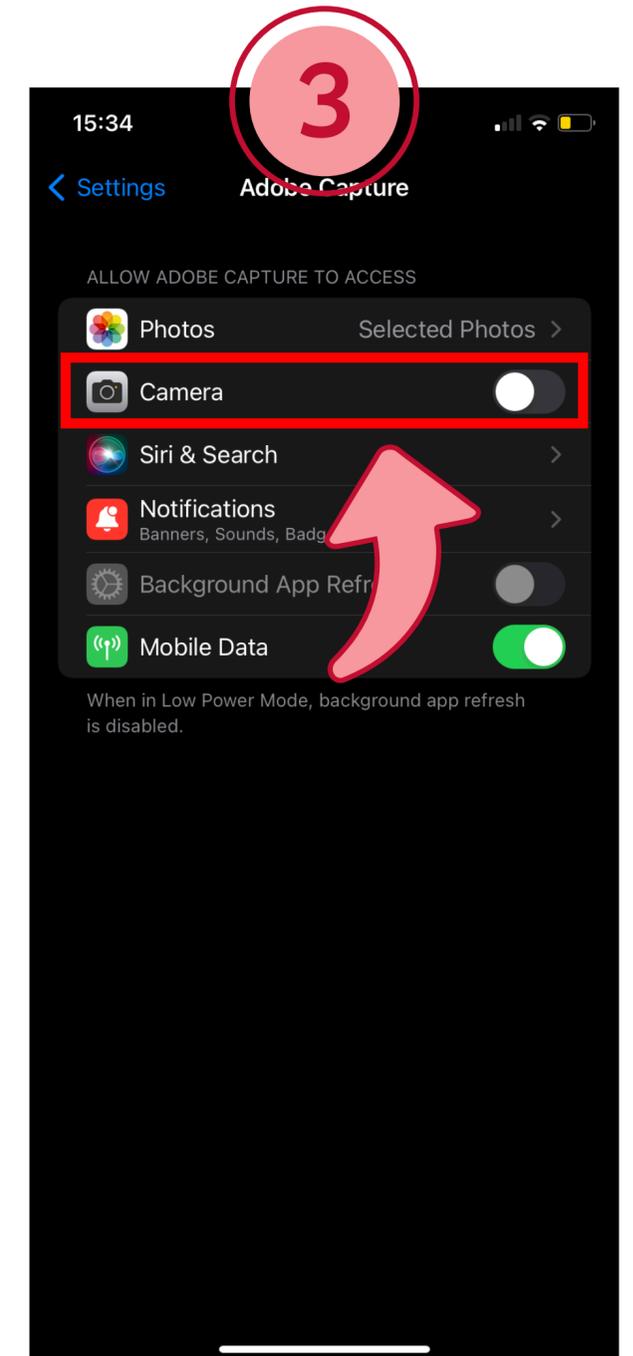
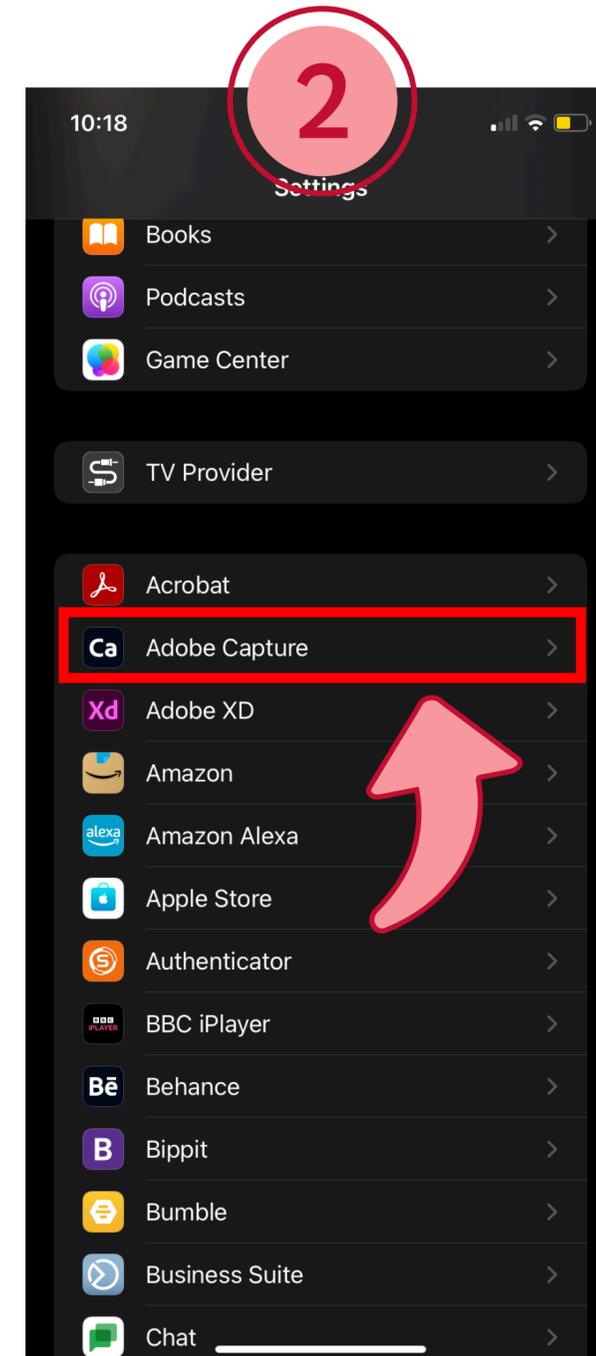
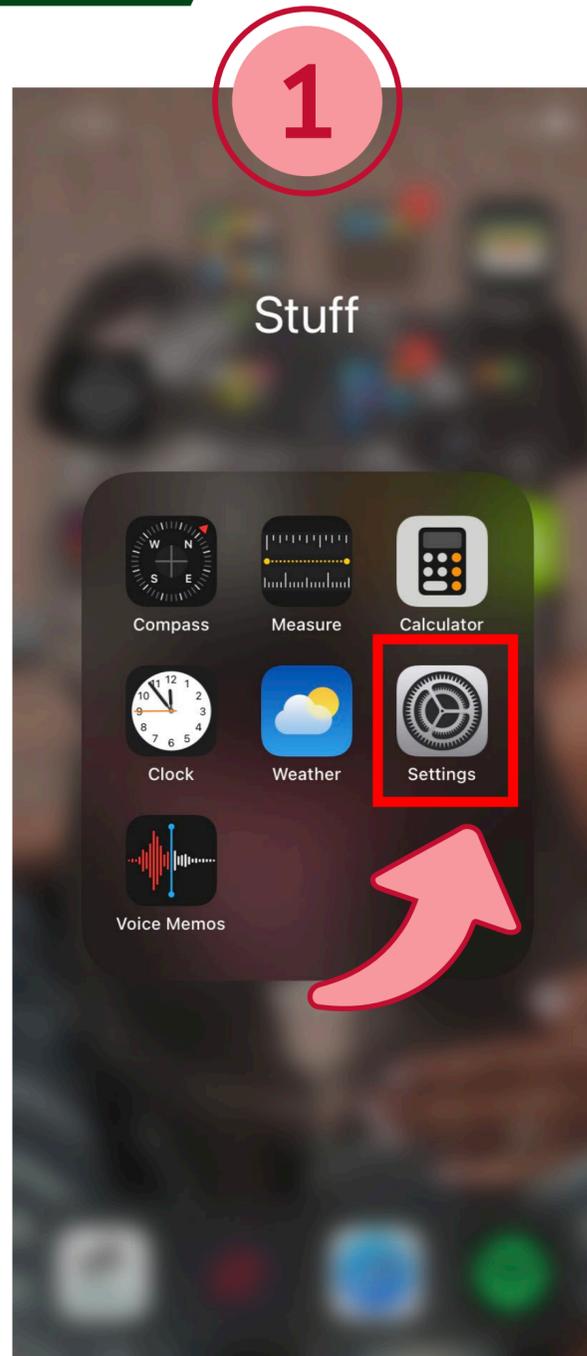


Apple

1. Tap "Settings".

2. Scroll down to your list of apps i.e. Adobe Capture.

3. Tap "Camera" toggle to the off position.

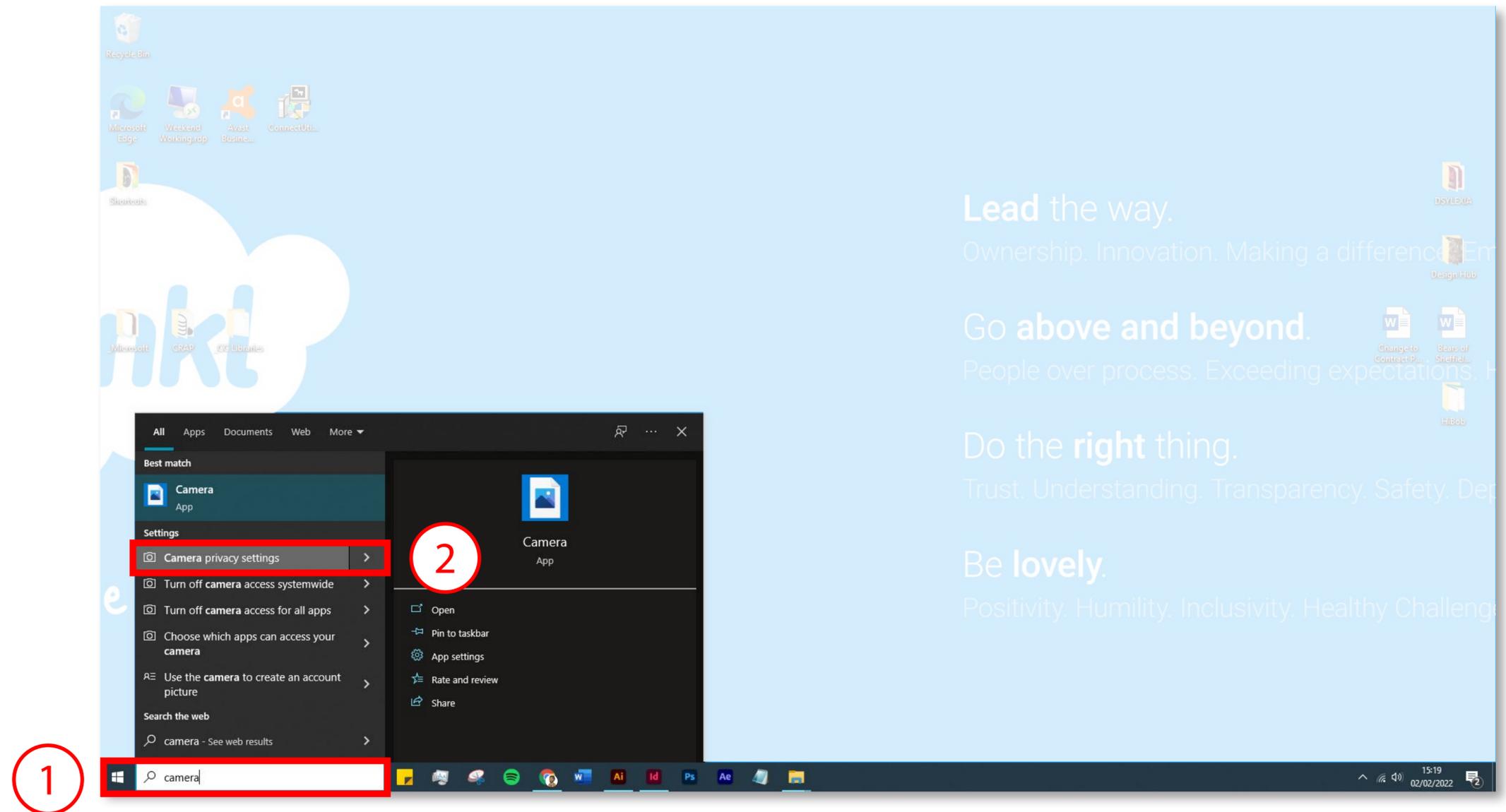


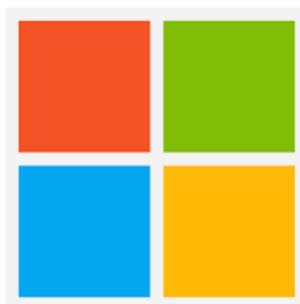
Change camera and microphone



Microsoft PC

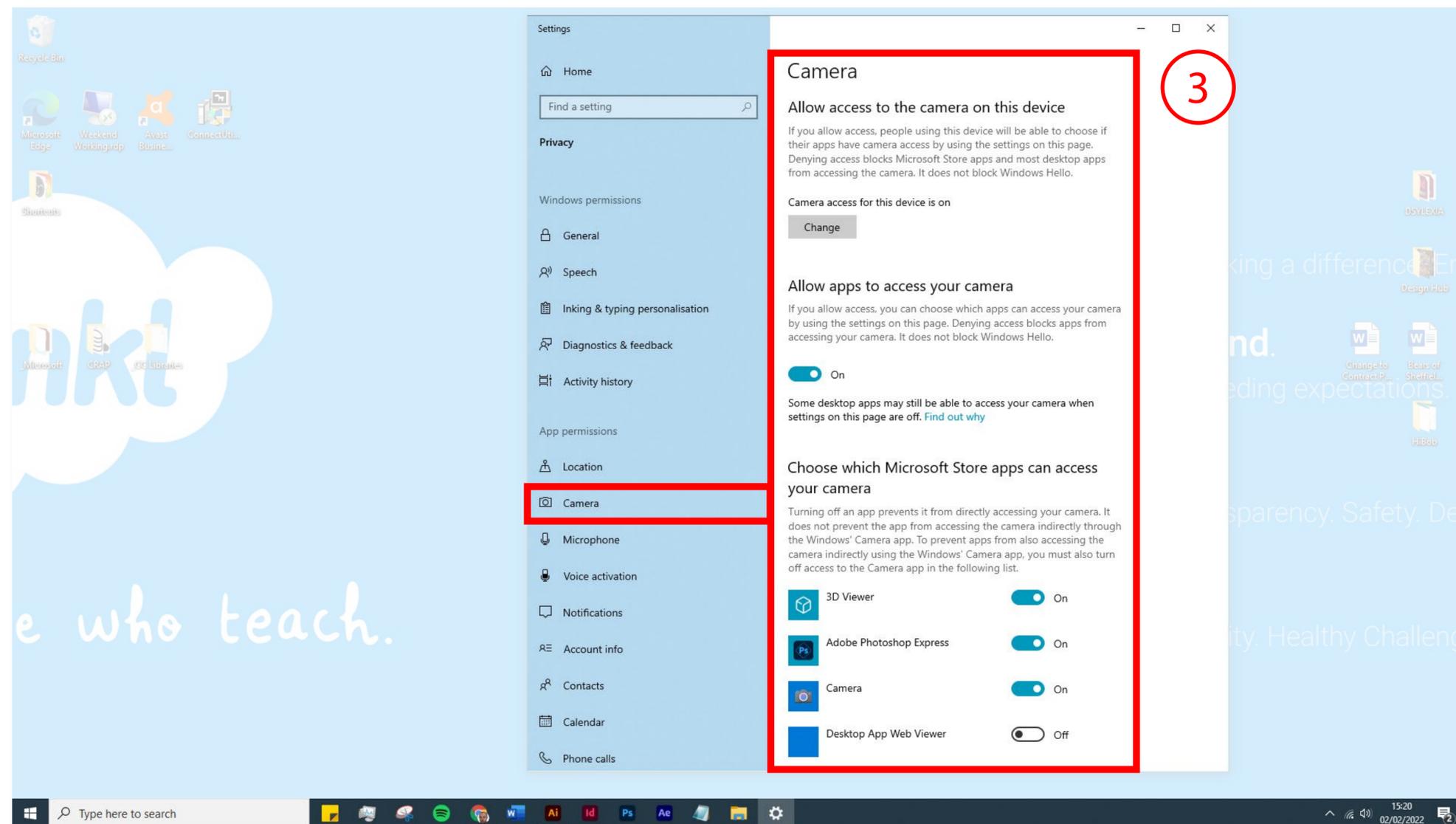
1. Type “**camera**” in the window search bar on the bottom right.
2. Select “**Camera privacy settings**”.

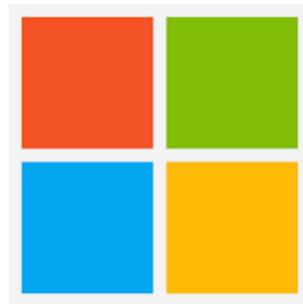




Microsoft PC

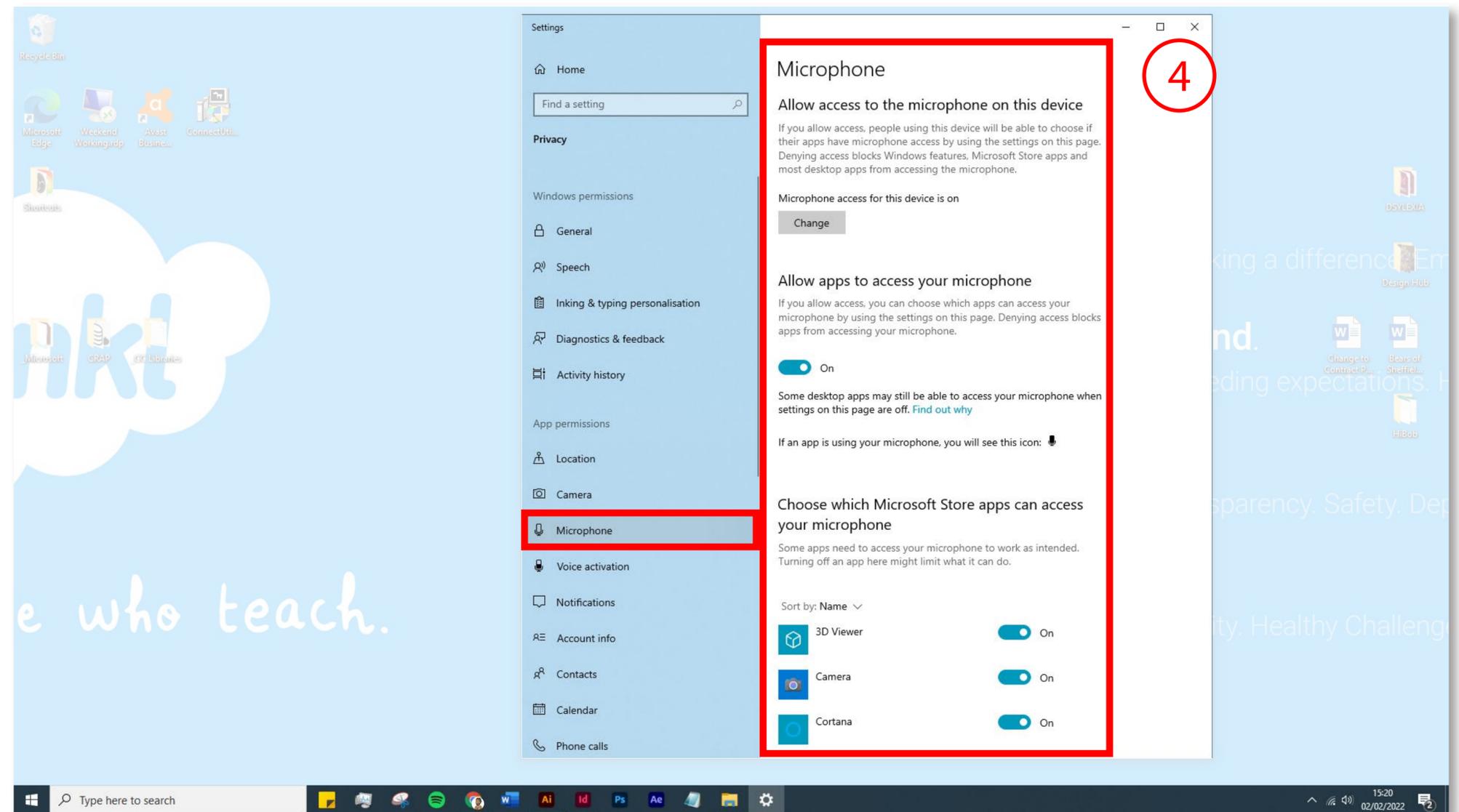
3. Scroll up or down to change required settings.





Microsoft PC

4. On the same panel go down to **"Microphone"** and scroll up or down to change required setting.

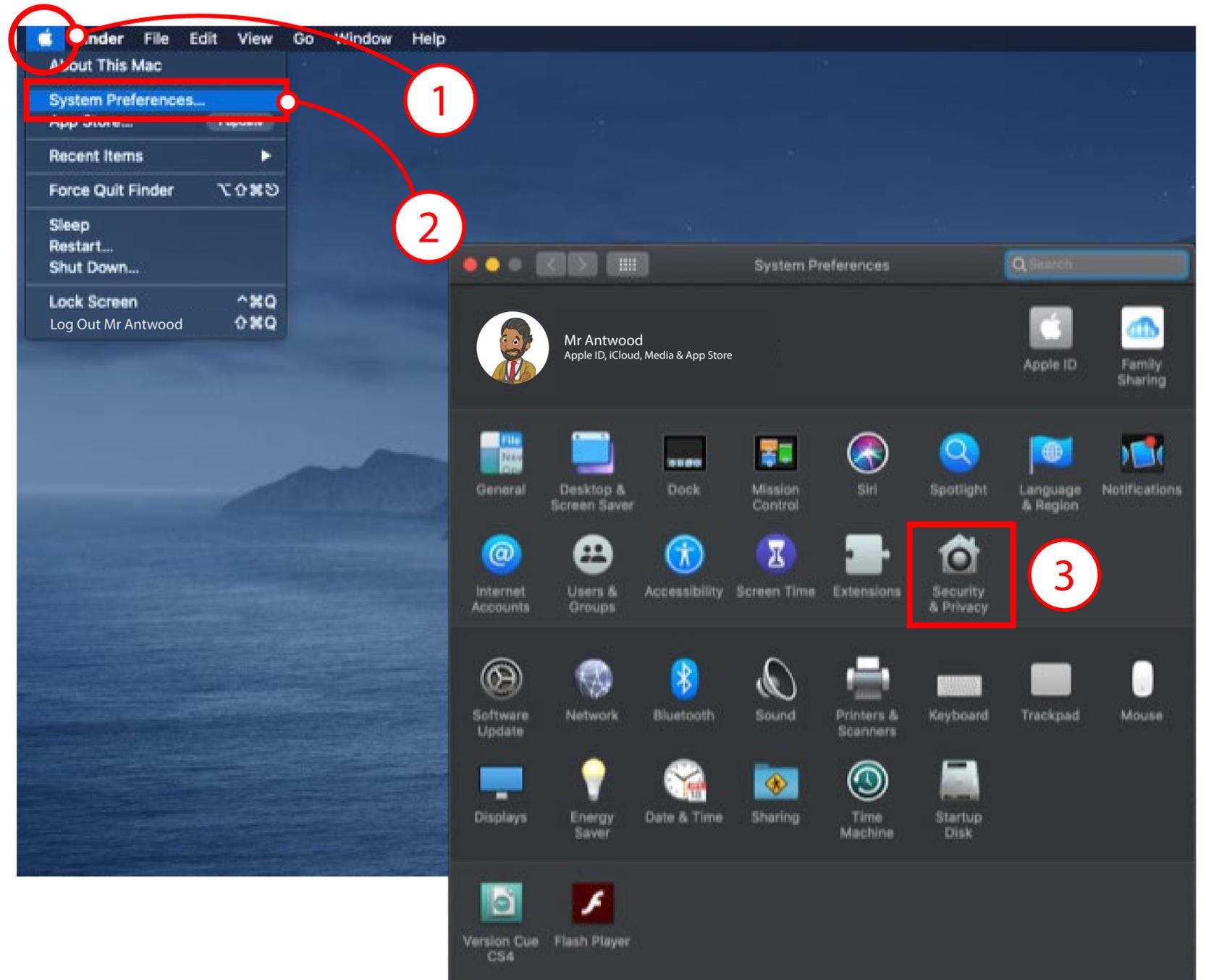


Change camera and microphone



iMAC Desktop

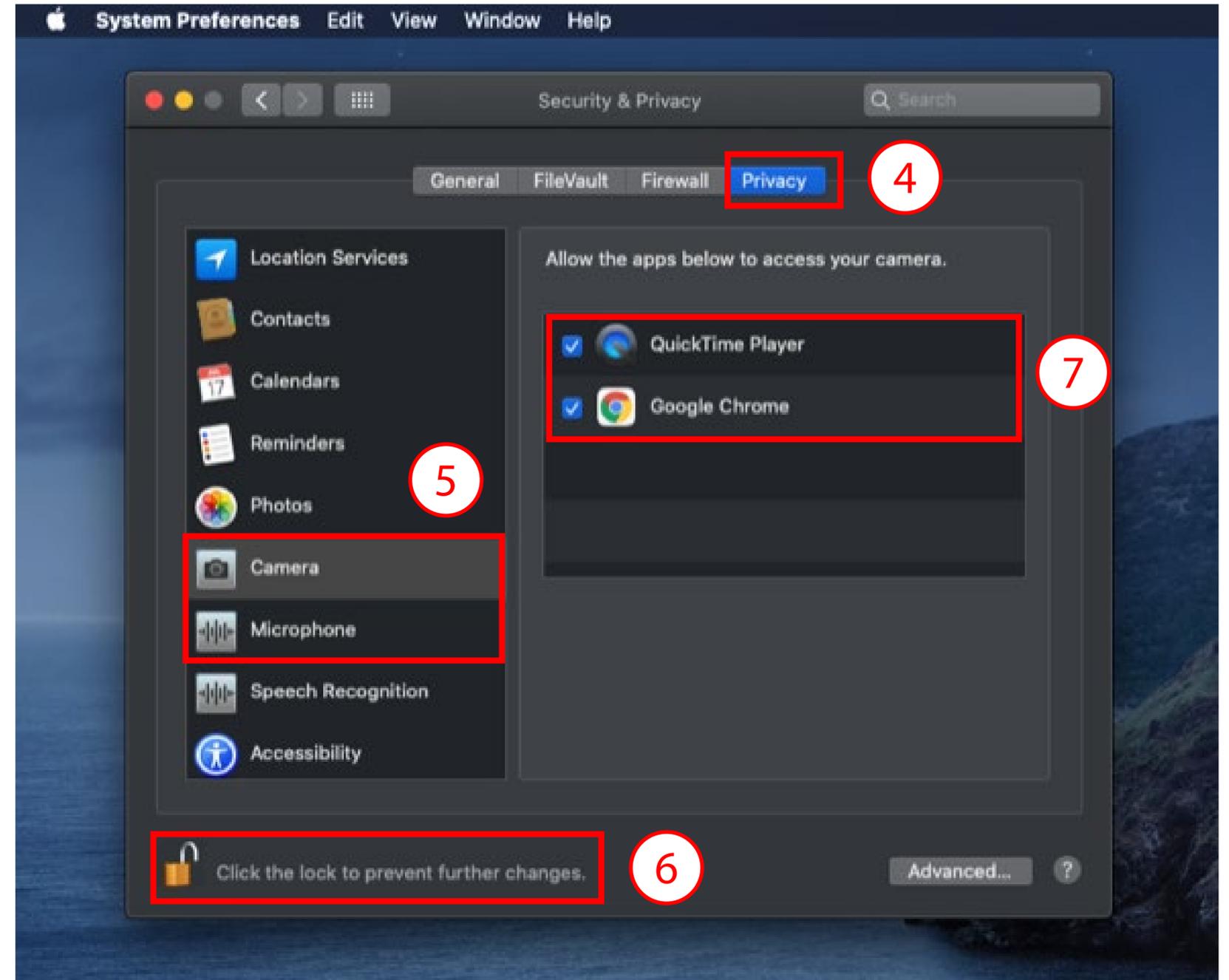
1. Left click on the “Apple” logo icon at the top left of the menu bar.
2. Click “System Preferences”.
3. Click “Security & Privacy”.





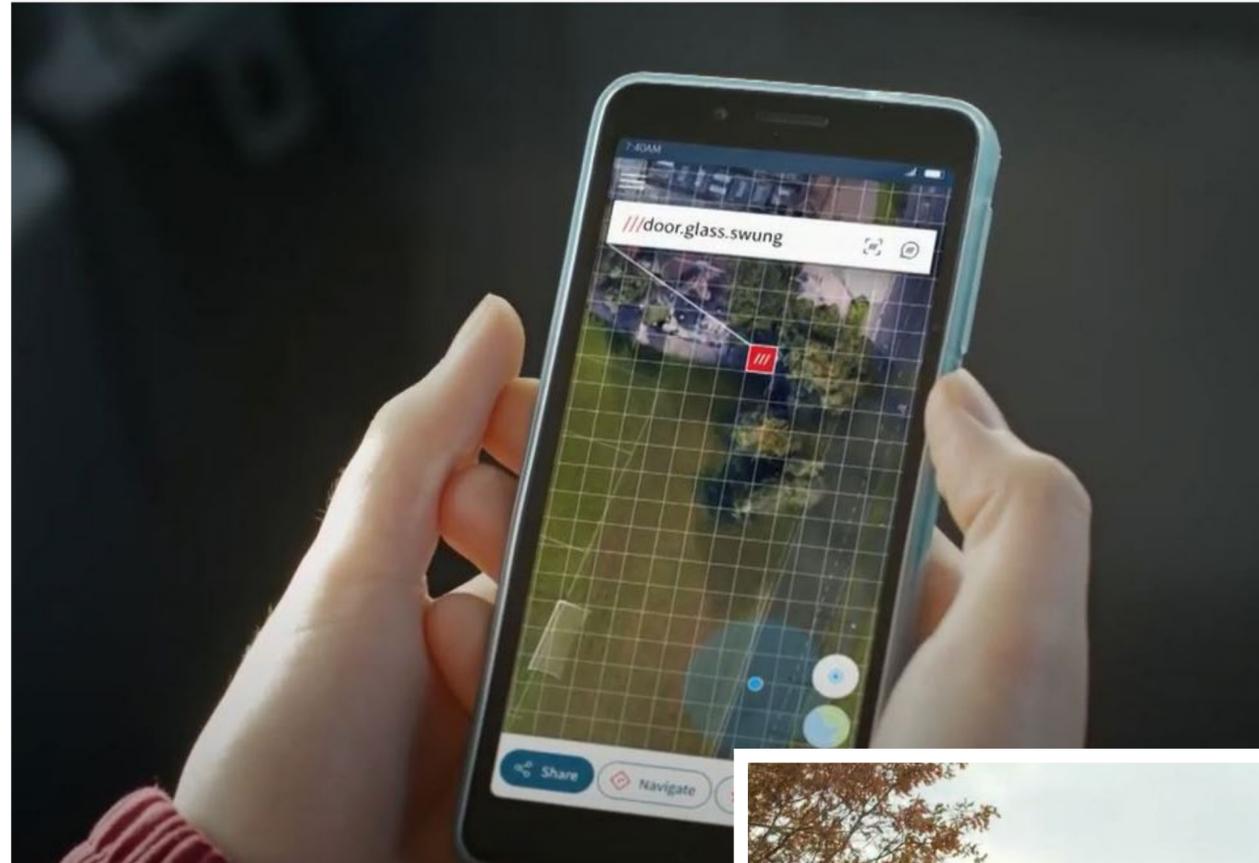
iMAC Desktop

4. Click the "Privacy" tab on the far right.
5. The left menu bar select "Camera" or "Microphone" to access the settings.
6. Click the lock to unlock position.
7. Select the app/device to change the access permission.



what3words

They divided the world into 3 metre squares and gave each square a unique combination of three words.



Watch the advert here:

<https://www.youtube.com/watch?v=tVOjB3qum8Y>

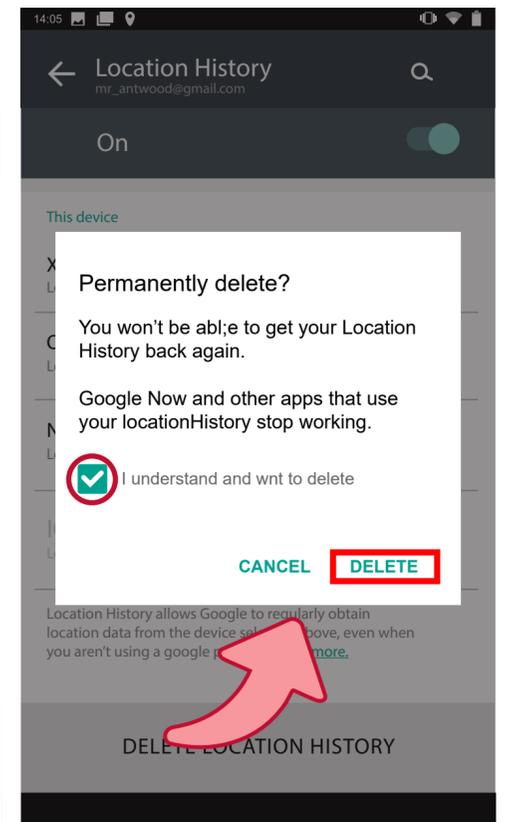
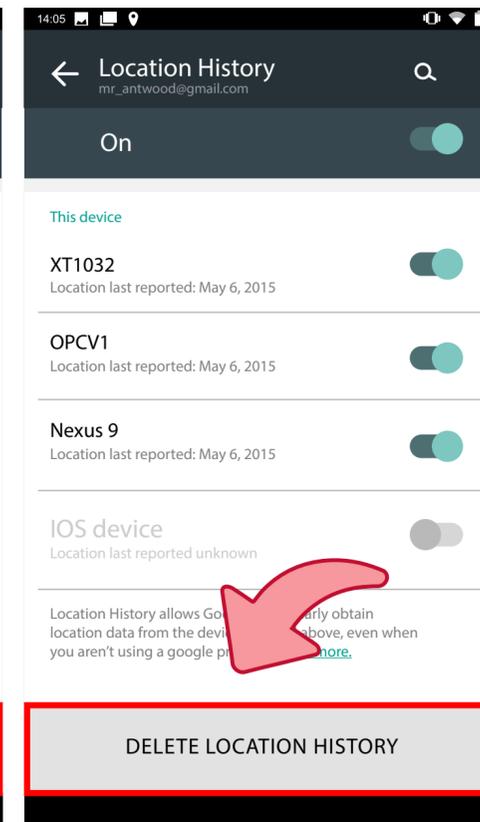
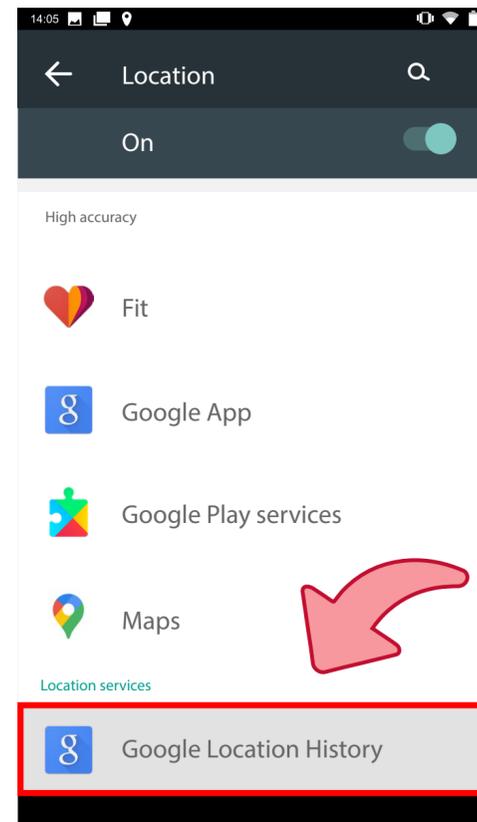
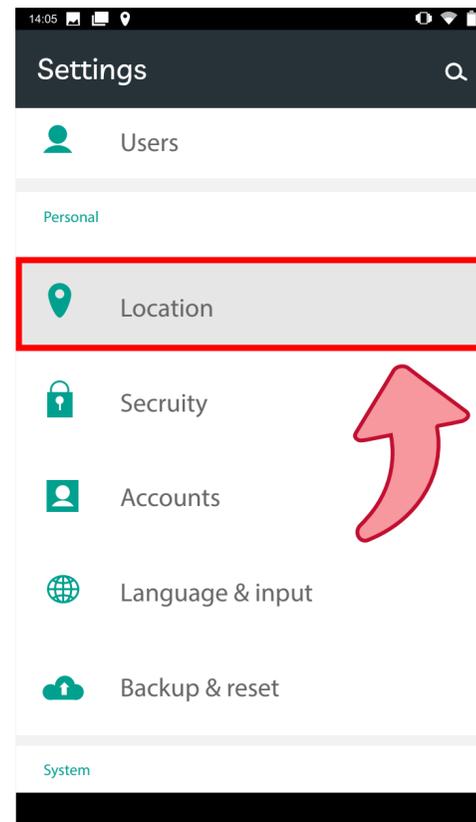


Location History



Go to your Settings app.

1. Tap **"Location"**.
2. Tap **"Google Location History"**
3. Tap **"DELETE LOCATION HISTORY"**.
4. Tap the **"tick box"** and press **"DELETE"**.



Location History



1

2

3

4

5

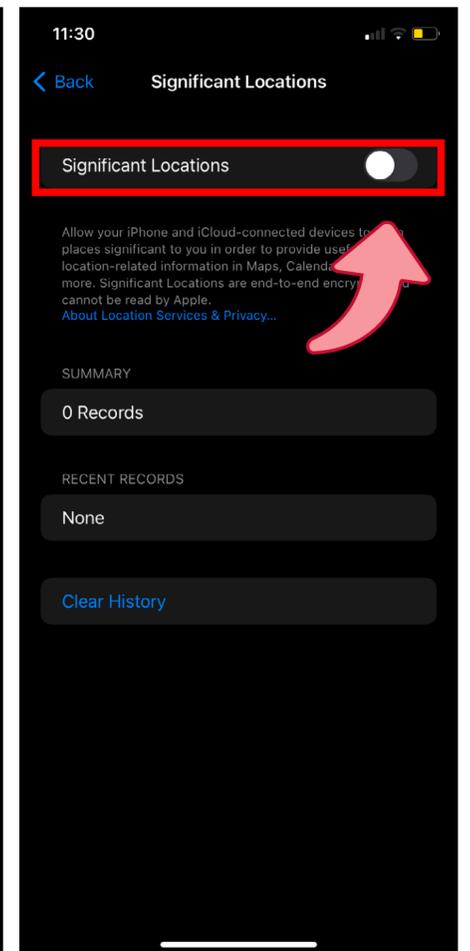
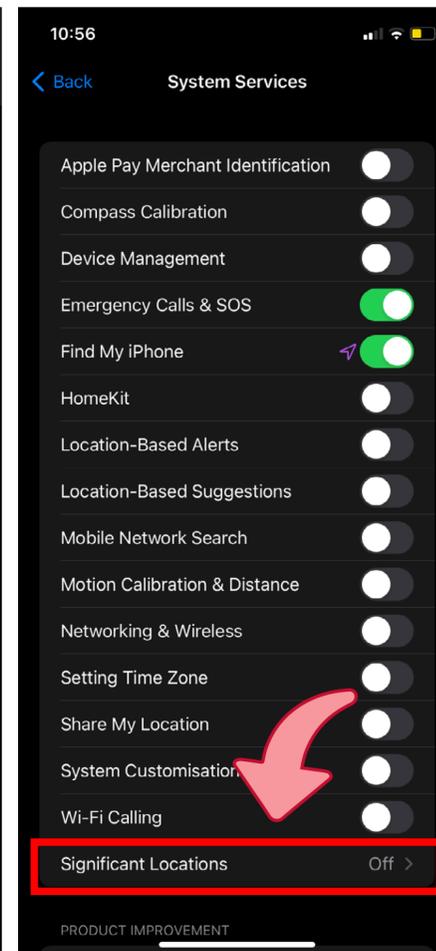
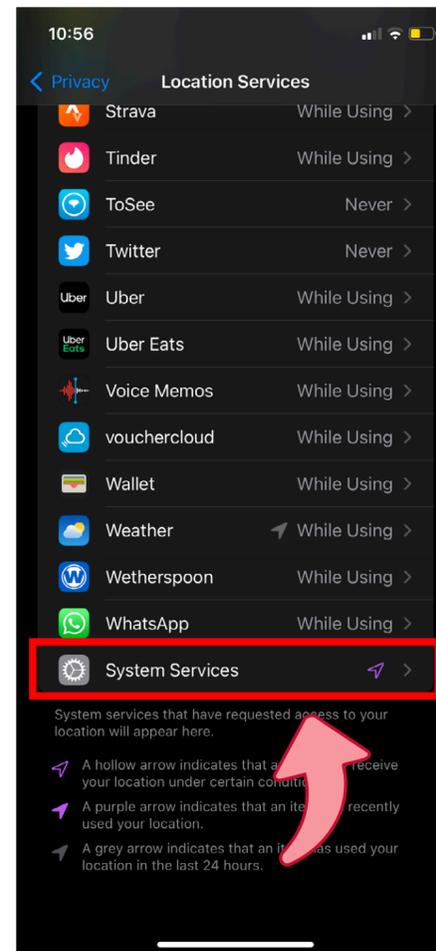
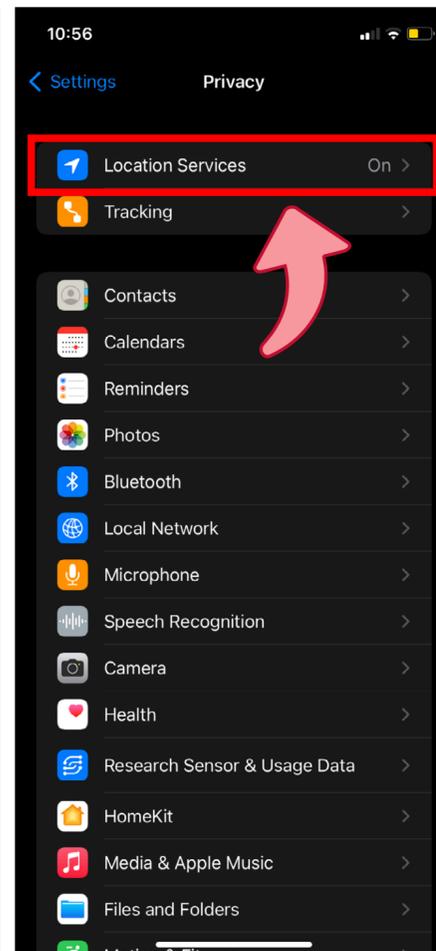
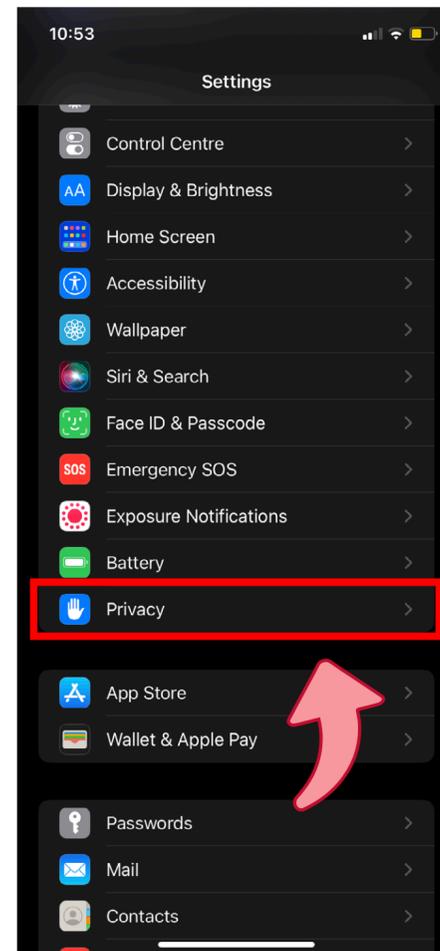
1. Privacy.

2. Location services.

3. System Services.

4. Significant Location

5. Tap "Significant Location"
toggle



Find my phone

1

2

3

4



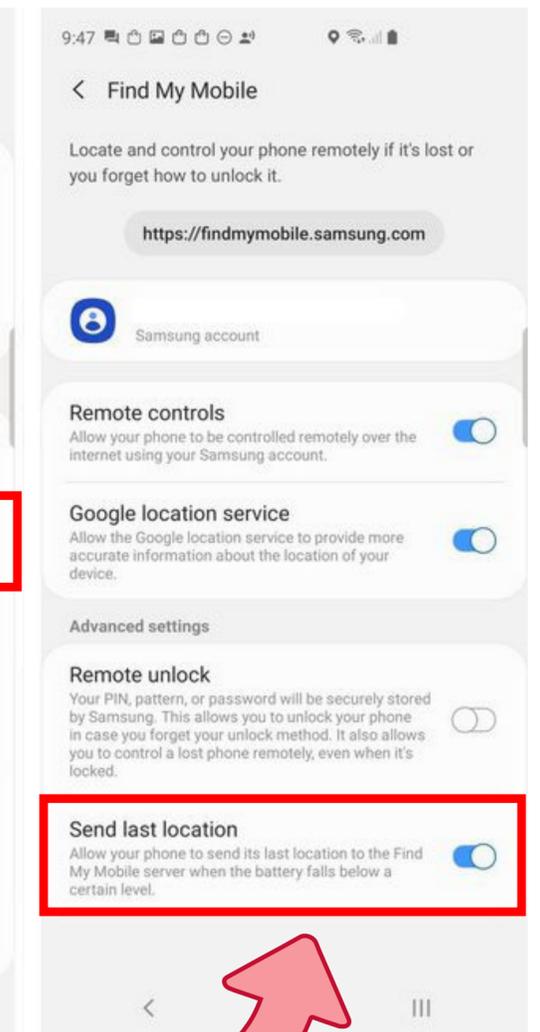
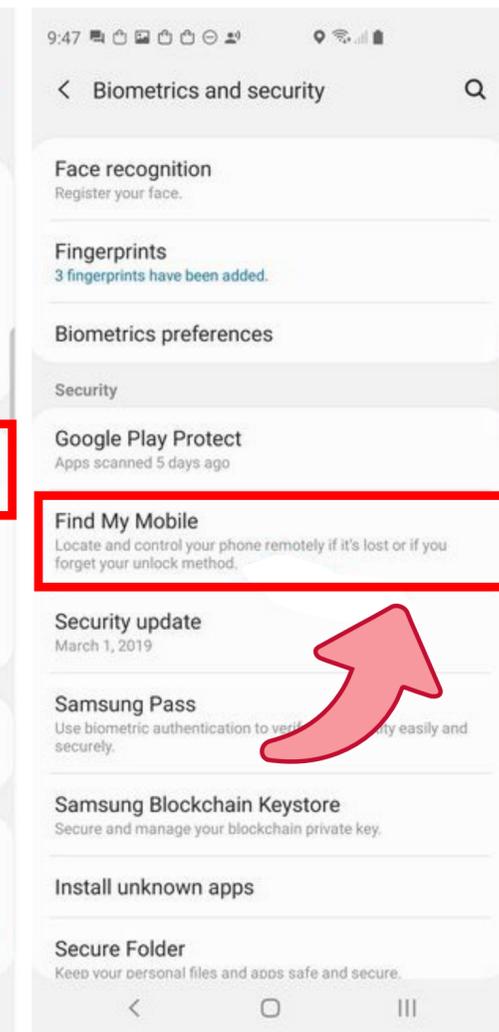
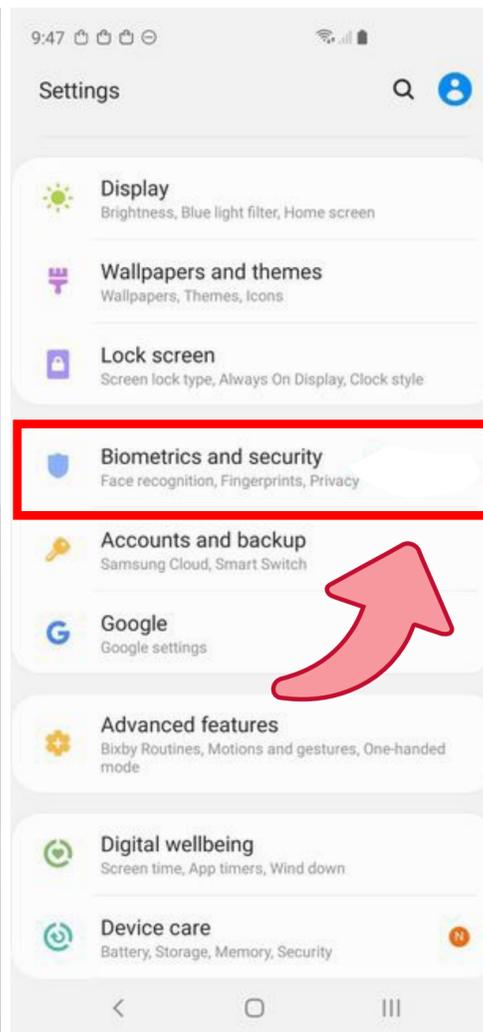
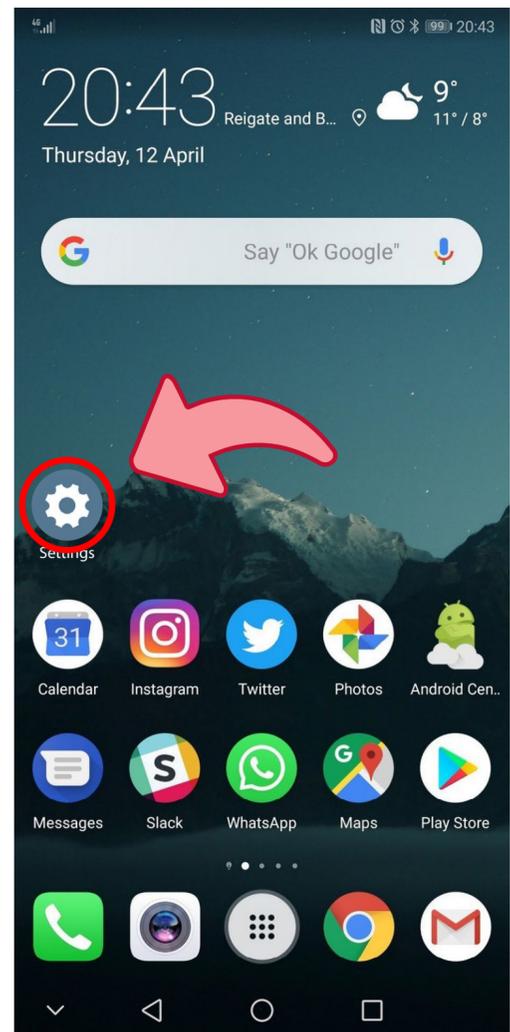
Android

1. Tap "Settings".

2. Select "Biometrics & Security".

3. Select "Find my phone".

4. Turn on "Send last location".



Find my phone



iPhone

1

2

3

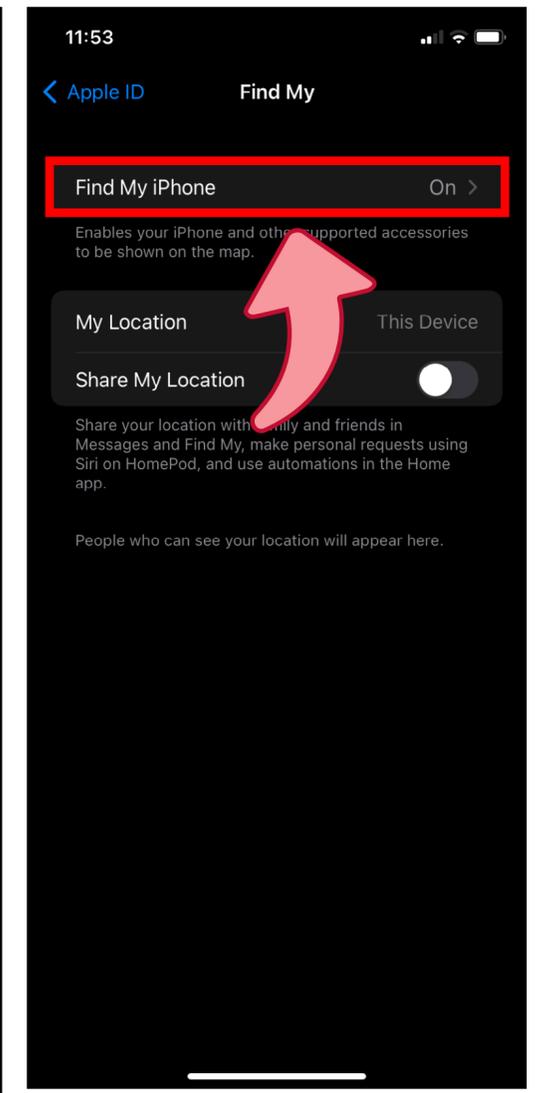
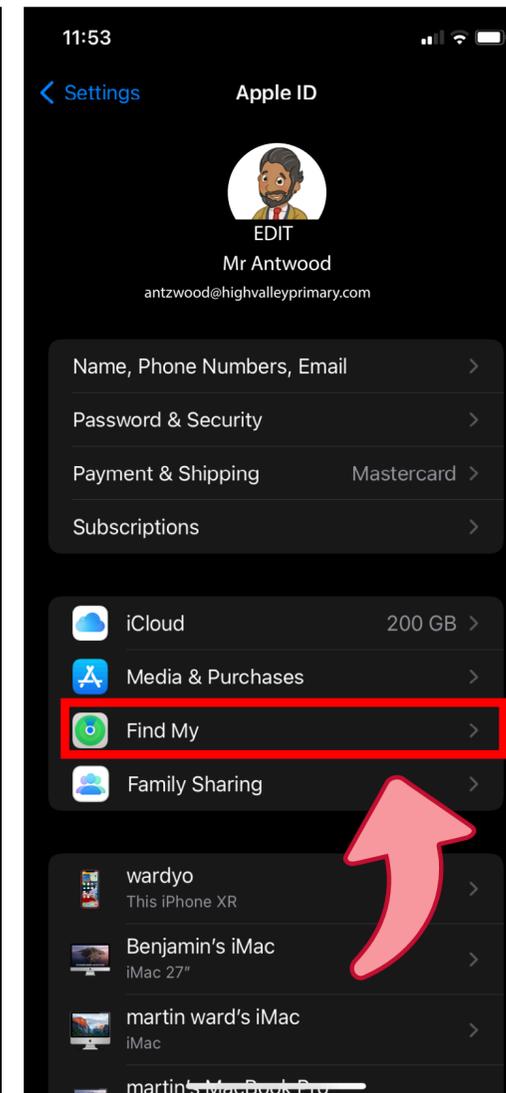
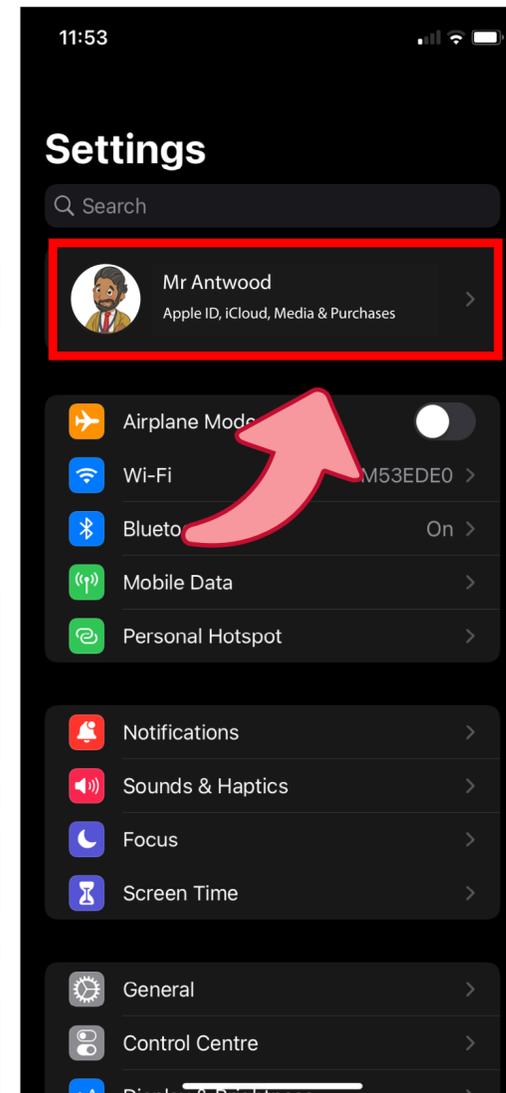
4

1. Tap "Settings".

2. Tap "Apple ID" at the top.

3. Select "Find My".

4. "Turn On" Find My Phone



Screen Time

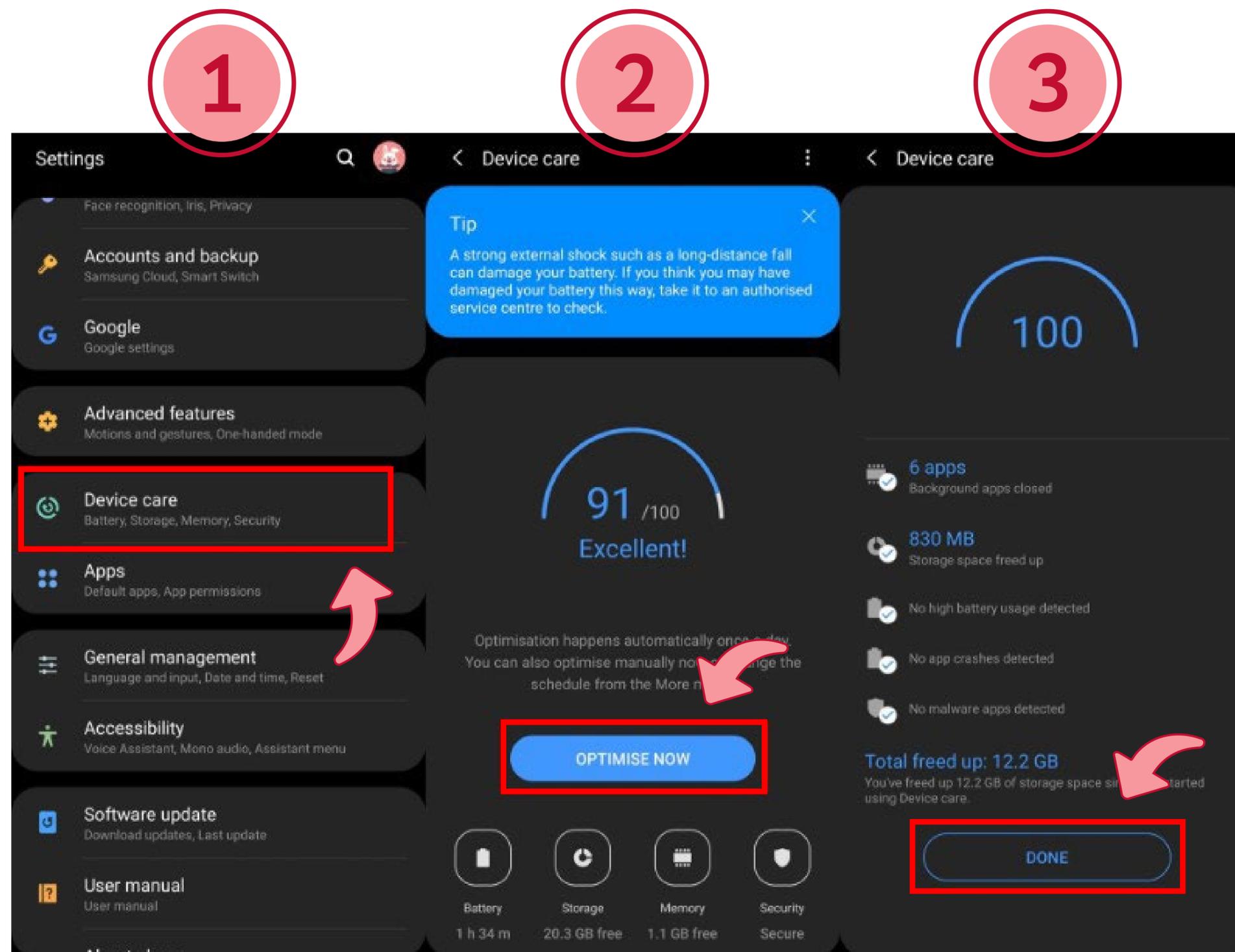


Go to "Settings".

1. Tap "Device care".

2. Tap "Optimise Now".

3. Select "Done".



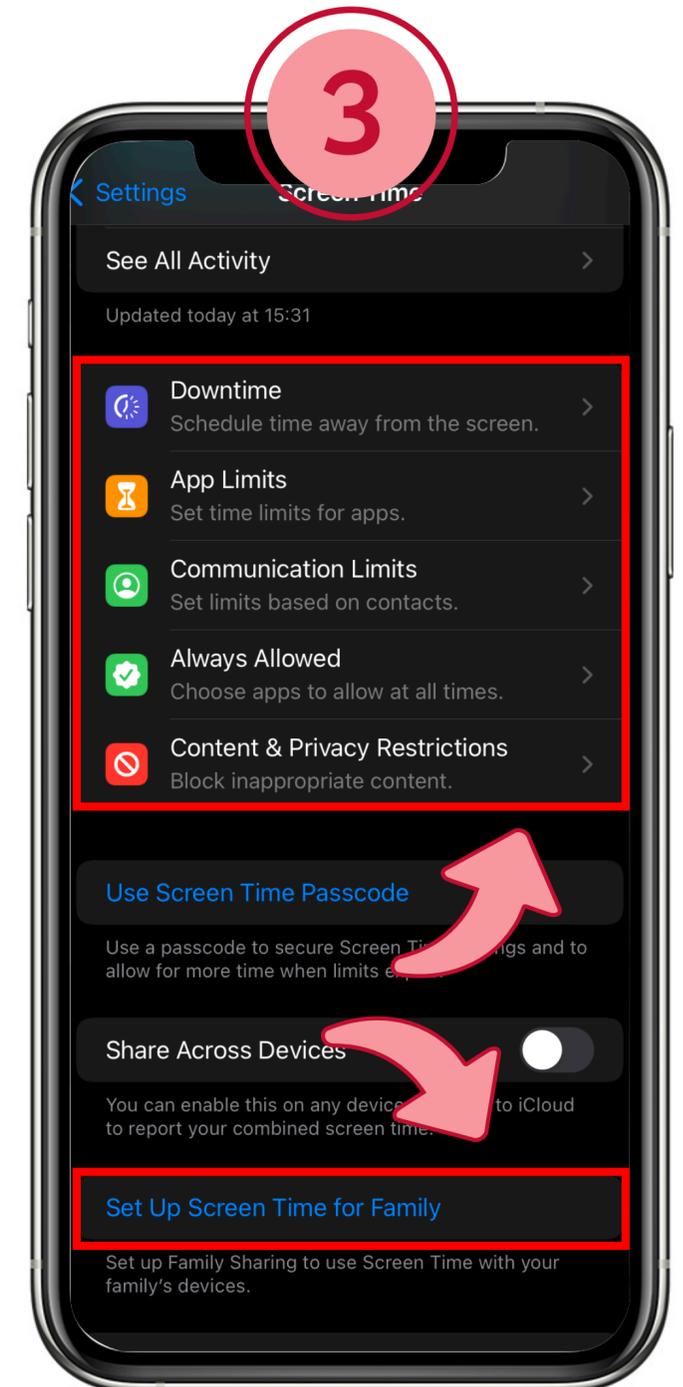
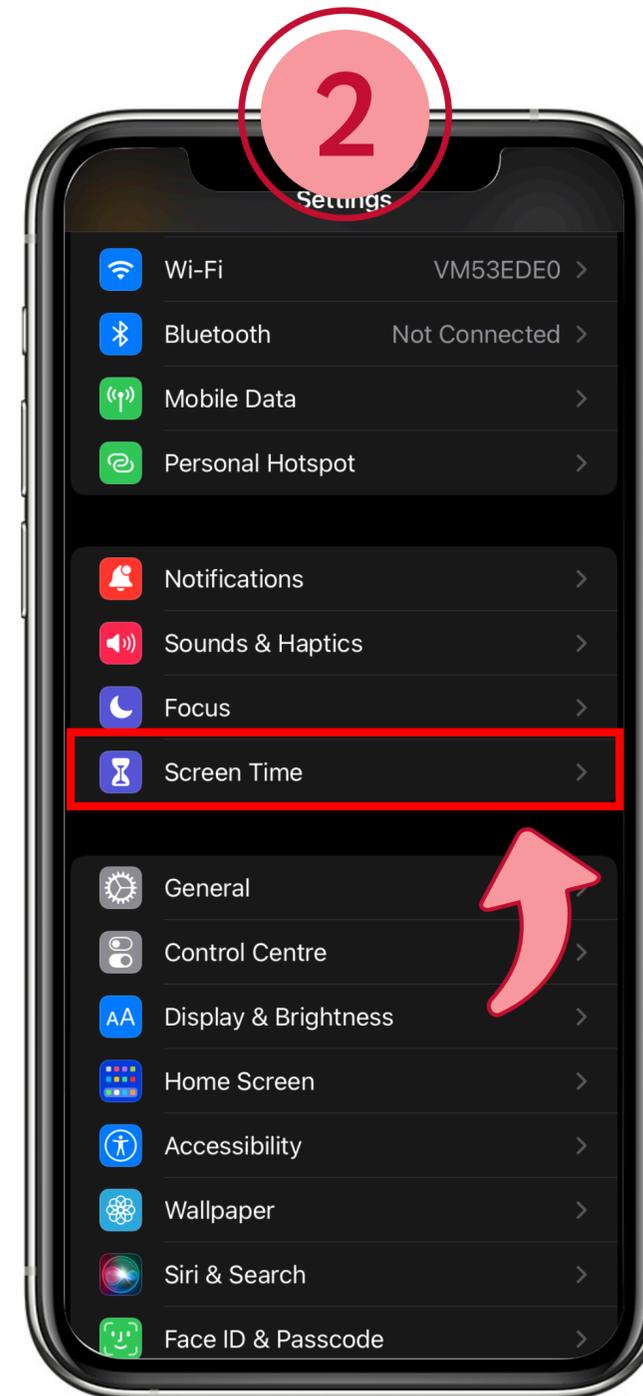
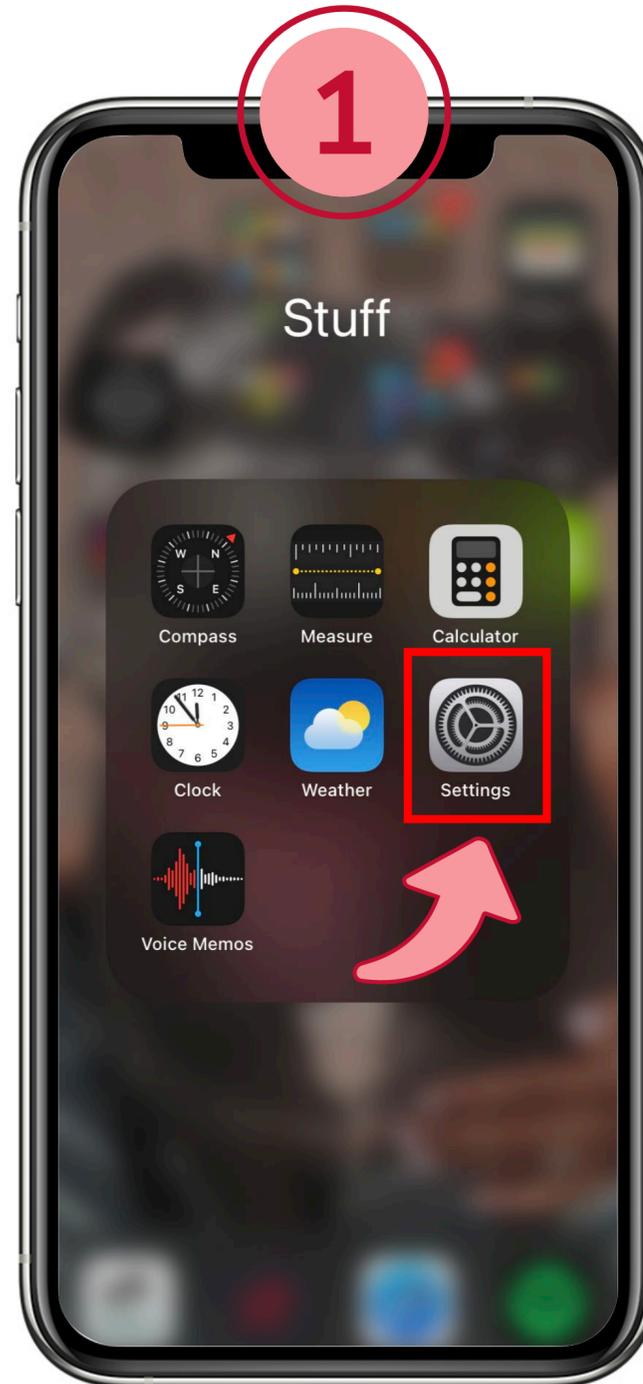
Screen Time



1) Tap "Settings".

2) Select "Screen time".

3) Chose the options to set your Screen time.

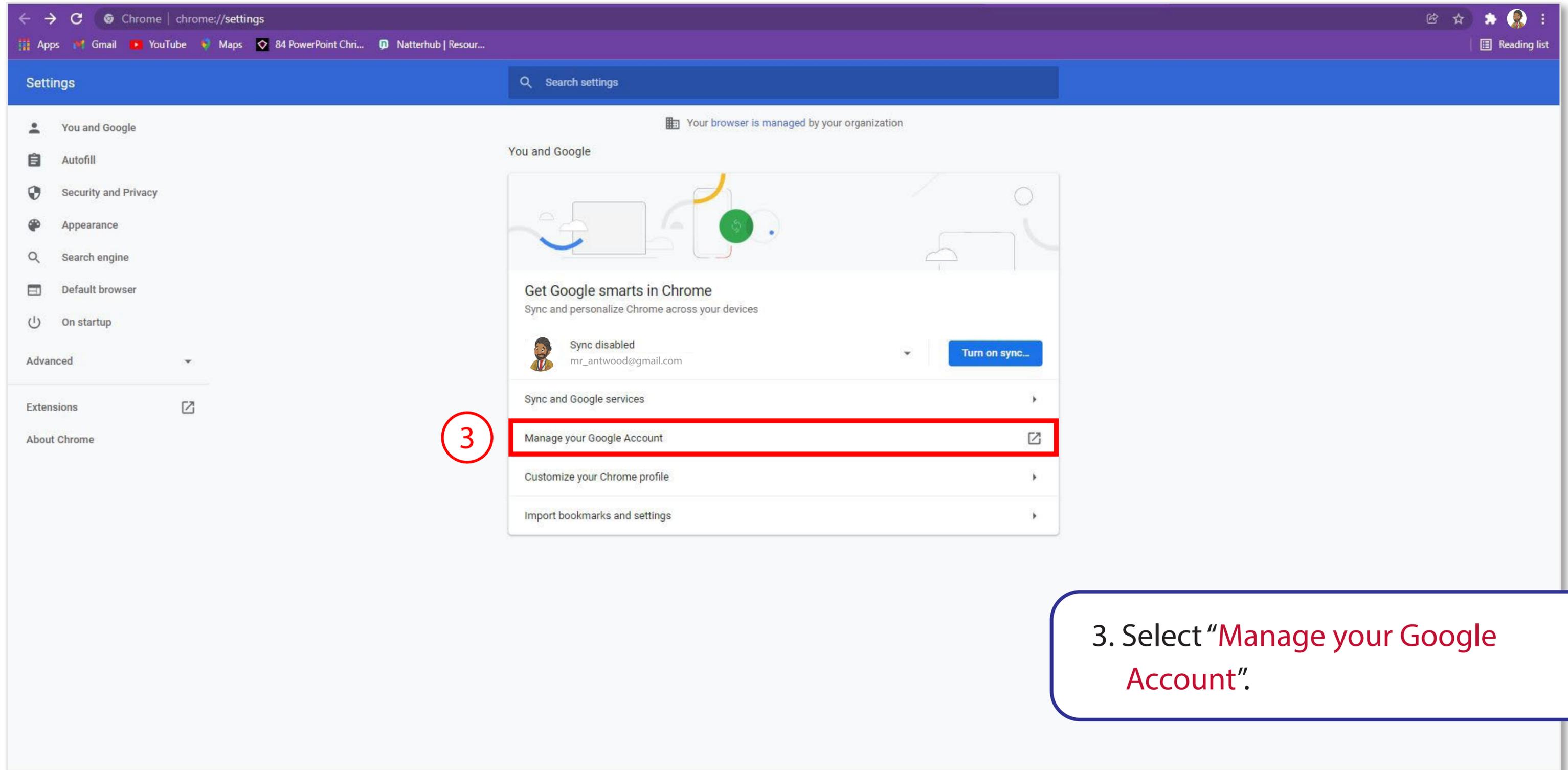


Advertising

The image shows a Chrome browser window with the Google homepage. The browser's address bar shows the URL 'https://www.google.com/'. The page features the Google logo and a search bar. Below the search bar, there are several shortcuts for various services like YouTube, Gmail, and Natterhub. The browser's settings menu is open, showing options like 'New tab', 'History', 'Downloads', 'Bookmarks', 'Zoom', 'Print...', 'Cast...', 'Find...', 'More tools', 'Edit', 'Cut', 'Copy', 'Paste', 'Settings', 'Help', and 'Exit'. The 'Settings' option is highlighted with a red box. A red circle labeled '1' is around the three-dot menu icon, and a red circle labeled '2' is around the 'Settings' option.

1. Top right corner of browser page, click the "3 dotted" icon.

2. Select "Settings".



The image shows a screenshot of the Chrome browser's settings page. The address bar at the top displays 'Chrome | chrome://settings'. The left sidebar contains various settings categories: 'You and Google', 'Autofill', 'Security and Privacy', 'Appearance', 'Search engine', 'Default browser', 'On startup', 'Advanced', 'Extensions', and 'About Chrome'. The main content area is titled 'You and Google' and includes a notification 'Your browser is managed by your organization'. Below this, there is a section for 'Get Google smarts in Chrome' with a 'Turn on sync...' button. A list of 'Sync and Google services' is shown, with 'Manage your Google Account' highlighted by a red box. A red circle with the number '3' is placed to the left of this box. Other options in the list include 'Customize your Chrome profile' and 'Import bookmarks and settings'.

3. Select "Manage your Google Account".

myaccount.google.com/data-and-privacy

Google Account

Search Google Account

Home

Personal info

Data and privacy

Security

People and sharing

Payments and subscriptions

About

places where you've visited.

History settings

Choose whether to save the things that you do and places where you go to get more relevant results, personalised maps, recommendations and more

Web & App Activity Paused

YouTube History On

See and delete your history at any time

My Activity Maps Timeline YouTube watch and search history

Ad settings

You can choose whether the ads that you see are personalised based on things like interests and brand preferences

Ad personalisation On

We protect your privacy. Content from Drive, Gmail and Photos is never used for any ads purposes.

Personal results in Search

You can decide whether Google Search shows you personal results based on info in your Google Account

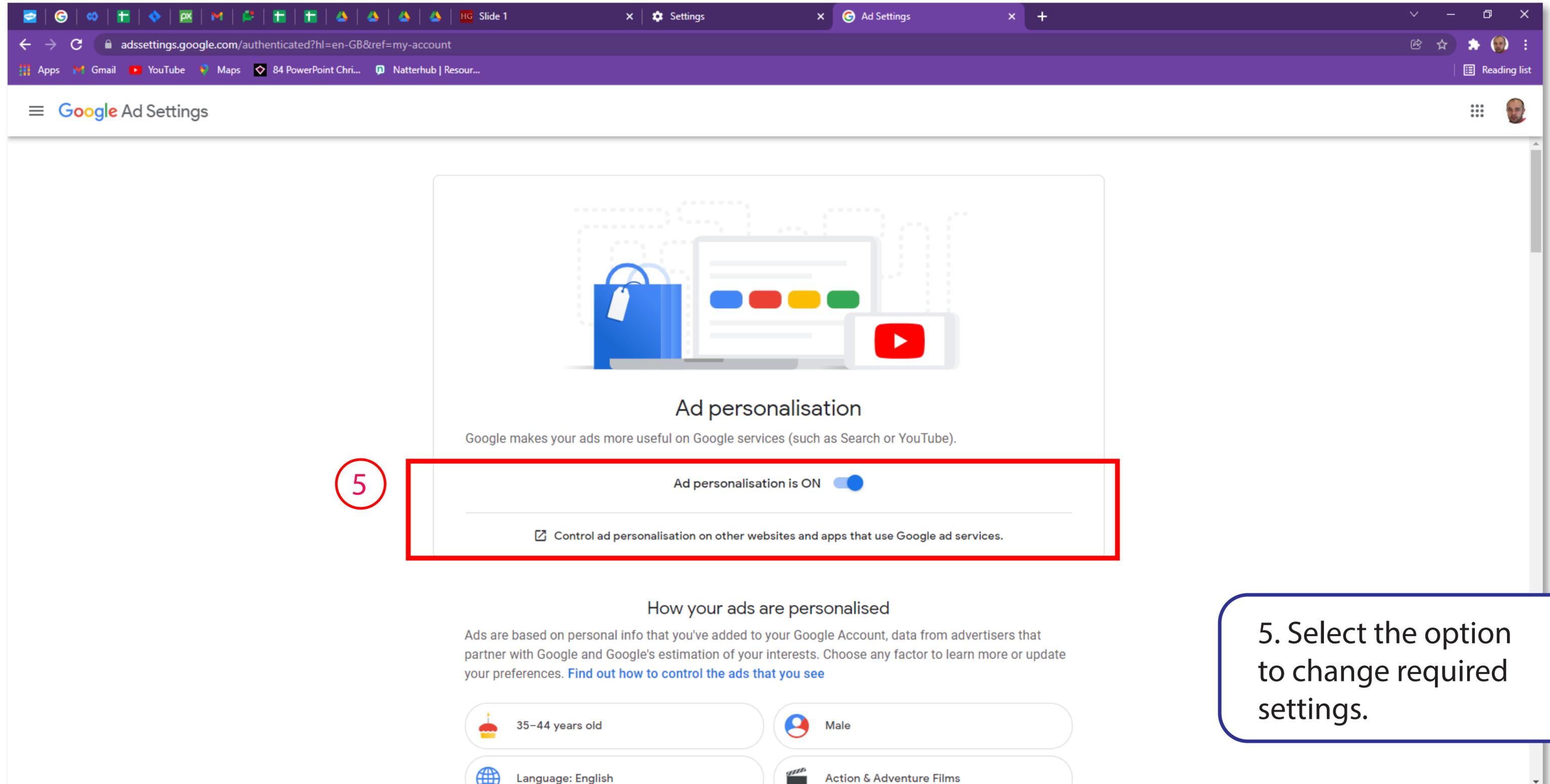
On

Other relevant options

Purchases Reservations

Privacy Terms Help About

4. Select "Ad settings".



adssettings.google.com/authenticated?hl=en-GB&ref=my-account

Google Ad Settings

Ad personalisation

Google makes your ads more useful on Google services (such as Search or YouTube).

Ad personalisation is ON

Control ad personalisation on other websites and apps that use Google ad services.

How your ads are personalised

Ads are based on personal info that you've added to your Google Account, data from advertisers that partner with Google and Google's estimation of your interests. Choose any factor to learn more or update your preferences. [Find out how to control the ads that you see](#)

- 35-44 years old
- Male
- Language: English
- Action & Adventure Films

5. Select the option to change required settings.

Advertising

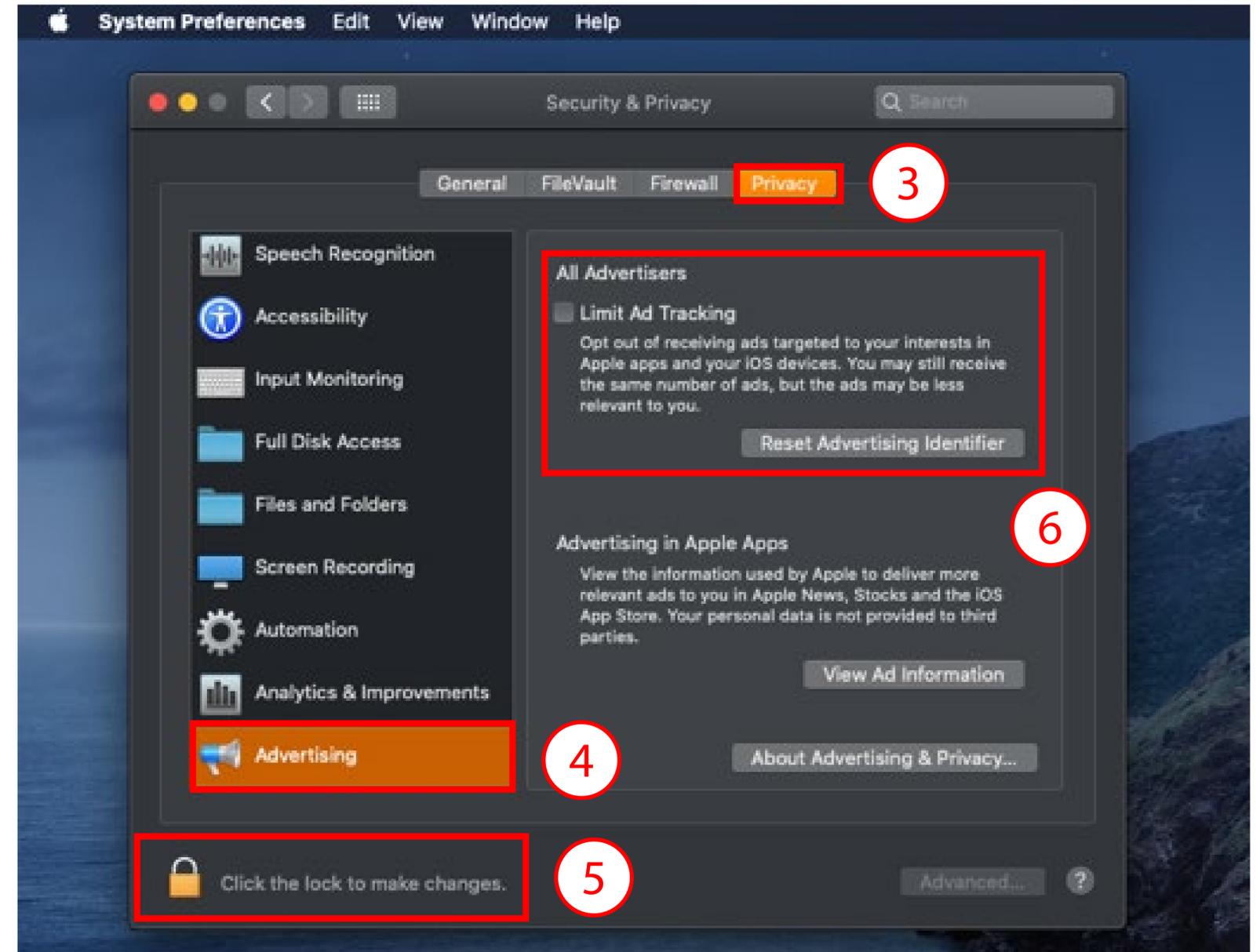


1. Left click on the "Apple logo" icon at the top left of the menu bar.
2. Click "System Preferences".
3. Select "Settings & Privacy".

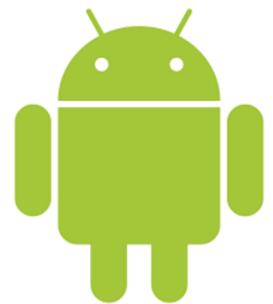




3. Select the “Privacy” tab on the far right.
4. On the left menu bar select “Advertising”.
5. Click the lock on the bottom right to unlock position.
6. Click “Limited Ad Tracking” check box.



App Permission



Android

1. Go to "Apps & notifications".
2. Select "See all apps".
3. Select desired app i.e. Airbnb.

The image displays three sequential screenshots of an Android phone's settings, illustrating the steps to access app permissions. Each screenshot is marked with a large red circle containing a number (1, 2, or 3) in the top center.

- Step 1:** The 'Settings' app is open. The 'Apps & notifications' option is highlighted with a red box. A red arrow points to this option.
- Step 2:** The 'Apps & notifications' screen is shown. The 'See all apps 127' link is highlighted with a red box. A red arrow points to this link.
- Step 3:** The 'App info' screen for the 'Airbnb' app is shown. The 'Airbnb' app name and icon are highlighted with a red box. A red arrow points to this app.



4. Select "Permissions".

5. Select "Camera".

6. Select "Allow" or "Deny".

The image displays three sequential screenshots of an Android phone's settings interface, illustrating the steps to manage app permissions for the Airbnb app. Each screenshot is marked with a red circle containing a number (4, 5, and 6) in the top center.

- Screenshot 4:** Shows the "App info" screen for the Airbnb app. The "Permissions" option is highlighted with a red box, and a red arrow points to it from the bottom right.
- Screenshot 5:** Shows the "Camera permission" screen for the Airbnb app. The "Camera" option is highlighted with a red box, and a red arrow points to it from the bottom right.
- Screenshot 6:** Shows the "Camera permission" screen for the Airbnb app. The "Deny" option is selected (indicated by a blue dot), and a red box highlights the "Allow" and "Deny" options. A red arrow points to the "Deny" option from the right.

App Permission

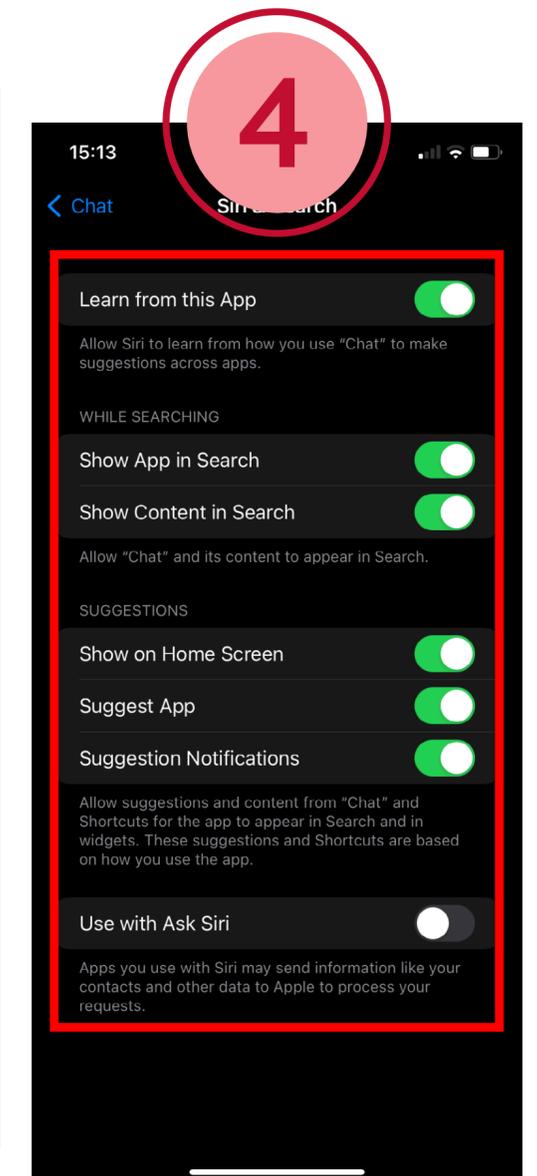
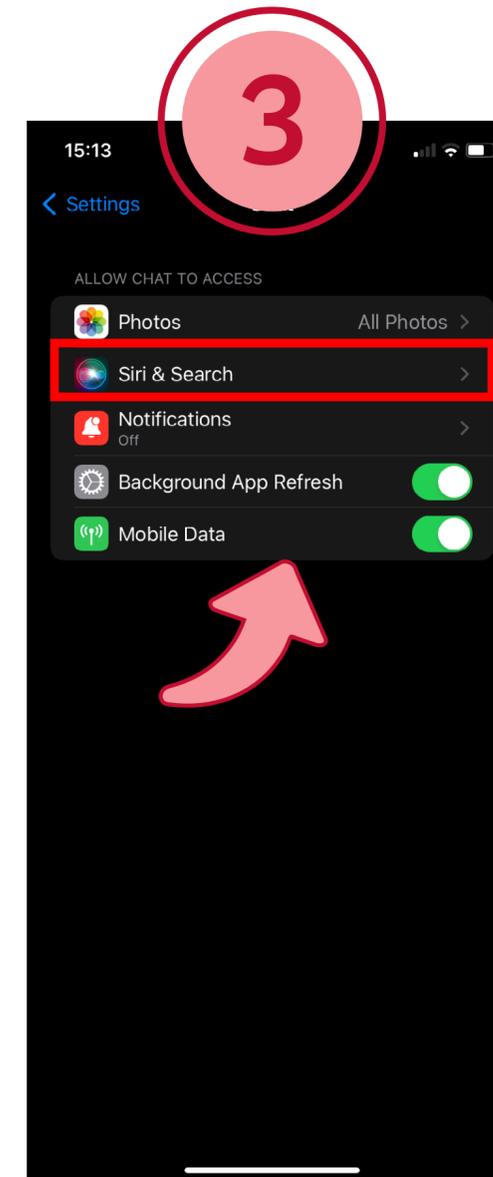
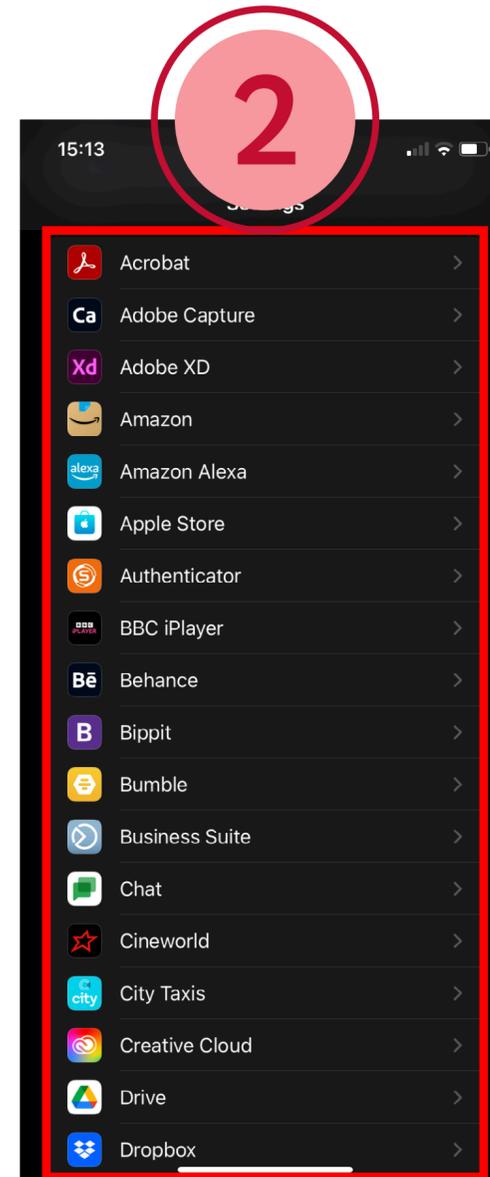
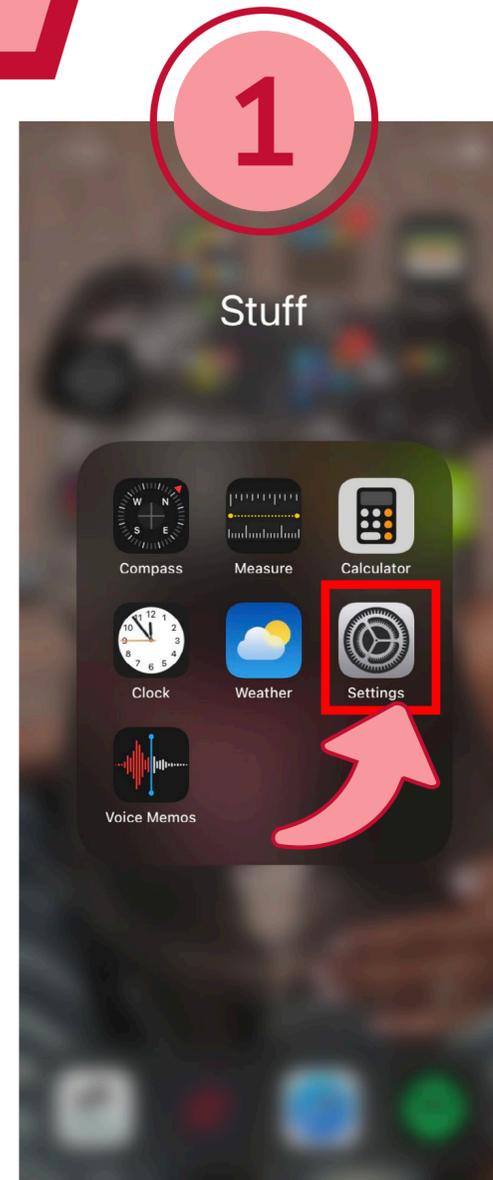


1. Tap "Settings".

2. Select "App" you chose to change.

3. Select an option i.e Siri & Search.

4. Turn on required options.



KEEP CALM



BE SUPPORTIVE



AND REASSURE



They may need your help!!