

You're In Control!

Parental Control 101

Knowing about internet safety and different types of risks is important to keep your children safe online. Using the parental control settings on their devices is a great way to help young internet users stay safe online.

How to use parental control settings:

- Parental controls are a type of security system that uses settings on your computer or phone to help you control what your children see online.
- Parental control software and applications allow you to see your child's online activities and set limits.
- Many devices come with free parental controls that you can turn on through settings:

Microsoft/Windows Computer

You can access parental controls on your Windows computer by going to settings and opening "Family Options."

Apple Computers/iPhones

On Apple Computers and iPhones, the parental controls are called "Screen Time," which you can turn on and adjust in the settings application.

Chromebook Computer/Android Devices

You can manage the parental controls on Chromebook devices and Android devices through settings under "Family Link."

But most importantly, talk to your kids about their internet use and teach them safe online behavior.



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