- Not only should parents have control over individual apps that their children use, but most importantly they should have control over the actually computer itself. Before a child, tween or teen gets on the home computer, parental controls must be installed. If using a Windows computer you can set limits on the hours that your children can use the computer, the games they can play, and the programs they can use. 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.
- Below is a "how to" regarding programming parental controls on a Windows computer.

Turning On Parental Controls

- Before you set up any Parental Controls, you will need to set up an administrator account. Additionally, you will need to make sure each child has a standard user account.
- Open Parental Controls by clicking the Start button, then click on **Control Panel**, and then under User Accounts and Family Safety, click **Set Up Parental Controls** For Any User. You will be asked to type in your administrator password.
- Click the standard user account that you want to set Parental Controls for. If this account isn't set up yet, click Create A New User Account and set up a new account.
- Under Parental Controls, click on Enforce Current Settings.
- Once you have turned on the Parental Controls, you refine what you would like to control: Time limits, games and programs.

<u>Time Limits</u>

Here you can choose which hours your children can use the computer.
Open Parental Controls by clicking the Start button, then click Control Panel, and then under User Accounts and Family Safety, click Set Up Parental Controls For Any User. You will be asked to type in your administrator password.

Click the account that you want to set time limits for.

Under Parental Controls, click on Enforce Current Settings.

Click Time limits.

In the grid, click and drag the hours you want to block or allow.

<u>Games</u>

In regards to games, a parent can block all games, specific games that you choose, games based on age ratings and/or games based on content ratings.

Open Parental Controls by clicking the Start button, then click **Control Panel**, and then under **User Accounts** and **Family Safety**, click **Set Up Parental Controls** For Any User. You will be asked to type in your administrator password.

Click the account that you want to set limits for.

Under Parental Controls, click on Enforce Current Settings.

Click Games.

Under Can User Play Games? Click No.

OR

- **Under Can User Play Games**? Click Yes. Next, under Block (or allow) Games By Rating And Content Types, click **Set Game Ratings**. Lastly, under Which Ratings Are Ok For (person's name)To Play? Select a ratings level.
- Under Can User Play Games? Click Yes. Next, under Block (or allow) Games By Rating And Content Types, click Set Game Ratings. Lastly, under Block These Types Of Content, select the content types you would like blocked.
- **Under Can User Play Games**? Click Yes. Next, under Block (or allow) Any Game On Your Computer By Name, click **Block or Allow Specific Games**. Lastly, find the game that you would like to block and select **Always Block**.

Programs

You can use Parental Controls to choose which specific programs your can use.

Open Parental Controls by clicking the Start button, then click **Control Panel**, and then under User Accounts and Family Safety, click **Set Up Parental Controls** For Any User. You will be asked to type in your administrator password.

Click the account that you want to set limits for.

Under Parental Controls, click on Enforce Current Settings.

Click Block Specific Programs.

Click (person's name) Can Only Use The Programs I allow. Next, click the programs that you want to allow. If a program you want to allow is not on the list, then click **Browse** to locate the program.