

Parents' Safety Guide

Contents

- Introduction
- How to Make Your Device Child-Safe
 - Microsoft
 - iOS
 - ChromeOS/Neverware
- Top Tips for Online Safety
- Useful Contacts

Introduction

Hello Parents,

If you're reading this, then it means your child's school is participating in the Laptops For Kids scheme. Our mission is to make sure that pupils from primary to post-16 education have access to a device and a stable internet connection, so they can continue to learn from home in these uncertain times.

Now that your child has a device of their own, we want to make sure that they're as safe as possible while they're using it. That's why we've put together this guide to show you exactly how to set up parental controls. Just pick the operating system that's installed on your child's device, and you'll find simple, step-by-step instructions.

We've also included some top screen safety tips, so you can be confident that your child is staying as secure as possible when they're online.

Your school/college may include additional software to help you keep your child safe - please take note of any information from the school/college.

If you've got any questions about your child's device, or the Laptops For Kids scheme, contact your school/college to find out more.

Finally, we want to say a huge thank you to all parents - we know things have been difficult for the past year as we've all adjusted to this new normal. We hope these devices will make things easier for you and your child.

Kind regards

Manjit Sareen
CEO, Natterhub
On behalf of Laptops For Kids

Microsoft

If you have a Microsoft device with Windows 10, Microsoft Family parental controls can give you control over the web content and applications that your child uses. Once they're turned on, you can:

- Limit web browsing in Internet Explorer and Edge to appropriate sites.
- Filter mature content from search results.
- Set age restrictions on apps, games, and media
- Limit your child's screen time to a set number of hours, or set up a schedule.
- Receive reports showing what apps or websites your child is using.

To use Microsoft Family controls, you first need to set up a Microsoft account for yourself. This will allow you to create a special 'Child account' for your child.

*If you don't have an account, don't worry - just go to <https://account.microsoft.com/>, then click **Create a Microsoft account** to follow the instructions.*

Parental controls in Windows 10

Follow these simple steps to create a child account in Windows 10:

- 1) Click the Windows icon at the bottom right, then click the cog to go to the **Settings** menu.
- 2) Click on **Accounts**.
- 3) Select **Family and other users** on the left-hand side of the screen, then click on **Add a family member**.
- 4) Select **Add a child**. If your child has an email address, enter it here and click **Next**.
- 5) If your child doesn't have an email address, you can click **Create An Email Address For A Child** to set up a free email account for them through Microsoft Outlook.
- 6) Once you've added the child account, you should see it in **Family and other users** under **Your family**
- 7) Click **Manage family settings online**. You'll be taken to an online portal where you can edit settings for your child's **Activity, Screen time, Content restrictions** and **Spending**.

Apple

If you have a Mac device, you can control your child's access via a range of different options, including:

- **Apps:** Control which apps your child has access to, including use of emails and access to the built-in camera.
- **Web:** You can limit the websites your child visits, on any web browser.
- **Stores:** Choose what your child can and can't download from iTunes or the App Store.
- **Time:** Schedule time limits for when the account can be used..
- **Privacy:** Decide which apps and services can access user data.
- **Other:** You can also turn off access to Siri, hide swear words in dictionaries, and prevent users from changing access to the Dock (the icons at the bottom of the screen).

If your child has received a MacBook, you'll need to set up a child user account in order to activate their parental controls.

Setting up a child user account

- 1) Click on the Apple icon in the top-left corner of the screen and select **System Preferences**.
- 2) Go to **Users and Groups**, click on the **Padlock** button and enter your password when prompted.
- 3) Click the plus sign (+) to create a new account.
- 4) Select 'Standard' account, create the username and password, then click **Create User**. Unlike Administrator accounts, 'Standard' accounts can't install applications or browsers, so your children can't bend the rules!

Parental controls in MacOS

Once you've created a child account, just follow these steps to set up your parental controls:

- 1) Click on the Apple icon in the top-left corner of the screen and select **System Preferences**.
- 2) Select **Parental Controls**.

- 3) Click the padlock in the lower left, enter your name and password if prompted, and click **Unlock**.
- 4) Select the account you want to change settings for, then work your way through the tabs mentioned above. When you're happy, click on the padlock again to lock the changes. Your child won't be able to change them back without your password.

Chrome OS

You may have a computer that's been installed with [Neverware](#), which gives it access to Chrome OS - Google's operating system. Your child should already have a Google account set up through their school. You'll also need an account in order to use parental controls through the [Google Family Link](#) app, which allows you to:

- Restrict content and require permission to purchase apps, books and videos from the Play Store
- Choose which websites your child can access on Chrome
- Turn SafeSearch on for Google searches
- Set time limits for apps
- See the device's location (if your child is signed in).
- See personal information and change passwords

Setting up a Google Account on your device

Follow these easy steps to set up all Google accounts on your Chromebook.

- 1) Sign out of any accounts set up on the Chromebook.
- 2) Go to the bottom left of the login screen and click Add Person.
- 3) Put in your account details, or click Create Account and follow the instructions

Using Google Family Link

Once you and your child are both registered on the device, log into your account and download the **Google Family Link app** from the Play Store. Then follow these steps to set up the app:

- 1) Open the app and choose your child's account.
- 2) Click on **Manage Settings** to change settings for your child's account.

These settings work across any device that your child is signed into with their Google account, including Android smartphones and tablets.

Top Tips for Screen Safety

Now you know how your child's new device works, and hopefully the parental controls will help give you some peace of mind. But we know that you can't watch over your child's shoulder every hour of the day

Make sure your child's screen time is balanced

We all know that 'too much telly will make your eyes go square', but when it comes to screen time quality is more important than quantity. Are they being active, doing something creative or talking to their friends? Or are they being passive and just watching mindless videos? It's also important to balance screen time with exercise and other activities.

Put your screens to bed before you go to sleep

Spending all day learning in front of a screen isn't great for their eyesight, or their sleep patterns - their devices give off a blue light that can disrupt your body's natural rhythms. We recommend making sure you turn off all devices at least an hour before bedtime.

Be clear about what information should and shouldn't be shared

We all love to share things online, but we all have some things we should keep private. Make sure your children know not to share personal information like their full name, their school or their address with strangers!

Turn yourself into a trusted adult

As well as learning about blocking and reporting inappropriate content, children need to know that they can come to you if they have a problem. If they do share a problem with you, try to actively listen without judging, and make sure you know who else you can turn to if you need extra help. There are all kinds of organisations out there that can help, and we've listed a few of them below.

Start a conversation...

We know it can be awkward to talk to your children about what they get up to online, but starting a conversation means they're more likely to come to you with a problem. Start with open-ended questions, like "How do you feel about...?" We also recommend having 'sideways conversations - start a chat while you're in the car, or going for a walk together!

Look at Natterhub

As part of Laptops For Kids, primary schools also have access to Natterhub - a safe social media platform for Y1-6. Packed with over 200 interactive lessons, Natterhub teaches to be safe online, reduces online vulnerability and enables pupils to thrive in the digital landscape.

For more information, head to www.natterhub.com. Natterhub is also organising free parent webinars to tell you more about the platform - you can sign up through your school.

Useful Contacts

To learn more about how Natterhub can be used in your child's school, you can email info@natterhub.com.

If you see a webpage with images or videos that you suspect involve child sexual abuse, you can report it to the [Internet Watch Foundation \(IWF\)](#) and to [CEOP](#).

If you're worried about a child's safety, you can also contact the [NSPCC](#) on **0808 800 5000**

To report content that you think is extremist, you can visit [Educate Against Hate](#) for more help.