

Wi-Fi, routers & broadband | Medium | 2 min read

Parental controls basics

Parental controls help keep children away from content that is not suitable for them and let you set limits on screen time. No tool is perfect, so they work best alongside talking to your children about what they see online.

Three places to set controls

1. **Your broadband provider.** Most large UK providers, such as BT, Sky, Virgin Media, TalkTalk and Plusnet, offer a free filter you can turn on for your whole home network. It is usually set up in your online account or provider app.
2. **The device.** Phones, tablets, games consoles and computers have their own family settings, which let you set age limits and app permissions.
3. **Apps and services.** Streaming services, YouTube and games have child profiles or restricted modes.

Setting up the provider filter

Menus differ between providers, so look in your account or app for something like **Parental controls**, **Safeguarding** or **Web protection**.

1. Sign in to your provider's account page or app.
2. Find the parental controls option and switch it on.
3. Choose a level that matches your child's age.
4. Save, then test it on a child's device.

Setting up the device

On Apple devices, look for **Screen Time** in **Settings**. On Android, the **Family Link** app is Google's tool. On Windows, use **Microsoft Family Safety**. Games consoles have their own family settings in their menus.

Good practice

- Keep your own admin passwords private from children.
- Switch on time limits for bedtime.
- Check settings after major updates, as they can reset.
- Be aware the filters apply only to your home Wi-Fi, not mobile data, so use device settings as well.

Do not rely on it alone

A determined young person may find ways around filters, and no filter catches everything. Keep chatting regularly, and make sure children know they can come to you if they see something upsetting.

When to get more help

If you want help choosing and setting up controls across several devices, we are happy to do that with you.

Still stuck? Email admin@visiontech336.com and tell us what you can see on the screen. Menus and button names can differ slightly between versions and makes. If something does not match, stop and ask rather than guess. Please never send passwords or card details.