

# Control Your Child's Online Access

Open, unblocked Internet sites can harm families. The news reports incidents daily. Unaware, young kids access unsavory people and sites that can cause trouble. To prevent this, parents should monitor and block their children's Internet activity.

Computers are not the only access to adult content and sites. Kids also use tablets, gaming systems and smart phones to purposely or accidentally access:


- **Illegal practices** such as  
Pornography,  
Online predators,  
Illegal downloads,  
Gambling; and
- **Unhealthy behaviors** such as  
Violence,  
Racism,  
Academic fraud,  
Bullying, and  
Cartoons and videos with  
foul-mouthed music.
- **Use family safety tools on all of your devices.** Both Windows and Macs have

parental settings. Do an Internet search for each of your devices. For example, search the Internet for "how to set parental controls for my Mac computer." These controls are not all the same.

- **Install family safety tools services on each device that your child uses** - computer, phone, tablet and gaming system. Some are free. Others require a purchase. Go online to find and download.
- **Monitor your child's devices and online activity – often.**
  - Keep all computers, tablets and gaming consoles in a central location – not bedrooms.
  - Review your child's browser history.
  - Know the apps on your child's phone.
  - View your child's photos.

- **Set controls on certain sites like YouTube and iTunes.**
- **Restrict access to known friends on Facebook, Instagram and other social networking sites. Keep these sites private.**
- **Filter websites through your router with OpenDHS.**

Let your kids know that parental controls are a loving act. They will change as your child matures. Discuss online risks. Ask questions. Know the current technology. Taking these steps is the best chance to keep kids safe online.

 Search the COPPA-Children's Online Privacy Protection Act site for more information.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.  
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

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