Easy tips for setting up parental controls and privacy settings

O2 and the NSPCC believe the online world is amazing and full of opportunities. So, together, we're giving parents the knowledge and confidence to keep their children safe online as they explore it.

One of the easiest and most effective ways to get started is by setting up the parental controls on devices like smartphones and tablets. Just follow these simple steps.

Apple

- Tap 'Settings', then 'General'.
- Now tap 'Restrictions', then 'Enable restrictions'.
- You'll be prompted to create a passcode.
- Use the toggles to block and unblock specific apps, content and functions (like in-app purchases).

Android

- Head to the Play Store and tap the menu icon (three horizontal bars).
- Now tap 'Settings', scroll down to 'User controls' and tap 'Parental controls'.
- Toggle parental controls on. You'll be prompted to create a passcode.
- Use the content restrictions to block and unlock apps, games and content.

Need a little extra help? No worries. Talk to a Guru in any O2 store.

Want more?

Net Aware is an online guide for parents to the most popular sites, apps and games used by young people. Visit **net-aware.org.uk** or download the app from the Apple Store or Google Play. Below are some top tips for keeping safe on some of the most popular sites.

Facebook
It's really simple to block someone on Facebook. Just click on a contact and follow the prompts to block. They will not be able to send any inappropriate messages once this is done.

Instagram
Instagram accounts can be made private so only your followers can see your activity. Simply go to the 'Account' tab, tap the cog in the top-right-hand corner, then tap the 'Private Account' toggle. Don't forget you can also block your followers if you don't want them to see your posts.

Minecraft
Make sure you block potentially expensive in-app purchases in this popular children's game. They can range from £1.99 to £99 and are easy for kids to buy. Head to your settings page to make sure your kids (and wallet) are protected.

YouTube
YouTube has a handy function that means you can block content based on age restrictions and community flagging. This prevents any surprises coming up on your YouTube feed. You can turn 'restricted mode' on or off in the settings on the app or at the bottom of the page on the desktop version.

Don't forget, we have loads more tips on the O2 NSPCC homepage: **o2.co.uk/nspcc**. We also have a free Online Safety Helpline on 0808 800 5002, and you can talk to a Guru in an O2 Store.

Why not sign up to our icebreaker email series at **nspcc.o2.co.uk**? You'll get six weekly emails packed with helpful online safety tips.

O₂ ☺ NSPCC
Let's keep kids safe online