Christ Church & St Peter's CE Primary School

A Parents and Carers Guide to Internet Safety

Information from https://www.thinkuknow.co.uk/parents/Primary/

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How do I talk to my child about what they're up to online?

As a parent or carer you have a challenging job, you need to know what your children are doing online and also help them to do it in a safe way. With technology changing on a day-to-day basis, the best way to stay informed is to get involved.

Here are three good ways to help you keep up-to-date with your children and teach them the basics of staying safe:

Let them teach you

The people who know best about what your children are up to online, are your children! Get them to tell you about the sites they're using. Ask them questions such as:

- Why do they like the site?
- What can they do on it?
- What's so fun about it?
- Who uses it at school?
- Who you can talk to?
- Who are their friends on it?

This is a good way to develop a trusting relationship with your child about what they are up to online.

Reach an agreement

A good way to set boundaries with your child about what they can and can't do online is to set an agreement with them.

Here are some examples of the areas you might want to discuss:

- Limits on the amount of time your child spends online, or playing computer games.
- Having regular screen breaks – at least five minutes every 45-60 minutes.
- Not sharing any pictures they wouldn't be happy to share with you.
- Not giving out personal details, such as mobile phone number and address, to people they don't know and trust.
- Coming to you if they are concerned. Or, if not, knowing where they can go for independent help and support.

Go to the movies

Your child may have watched one of the thinkuknow cartoons or films at school; they are a great way to start conversations with your child about what can happen online and what they can do about it.

Ask your child if they have seen any of the films on the website www.thinkuknow.co.uk and why not sit down and watch one together and discuss the topics. We would recommend that you watch the film on your own beforehand so that you're aware of the topics it covers.

Information from https://www.thinkuknow.co.uk/parents/Primary/

Making friends online

Many of the services we use online enable us to create a network of 'friends', this is no different for your children. The games they play will ask them to make friends with other 'characters', and on social networking sites they have the option to 'accept' or 'reject' friend requests.

In most cases, allowing someone to be your friend enables them to communicate with you, share things with you and often find out information about you.

It is important to help your children understand the following areas:

- **Know who their friends are** – because 'friends' can talk to your child and have access to their personal information, children this age should only be friends with people online that they are friends with in the real world.
- **Know what they can see** – being someone's 'friend' often gives them access to your personal information. Your children should think about the information that their 'friends' can see and whether it could be used to bully or manipulate them – for more information please refer to the section **''The risks my child may face online**'
- **Know what to do if people are being mean** – sometimes 'friends' can be mean online and it's important that your child is aware of what they can do to block or report this—for more information please refer to the section '**Cyberbullying'**

My child is under 13, should they have a Facebook account?

To comply with different legislation, Facebook and many other social networking sites, require users to be 13 and over in order to set-up an account.

However, we do know that increasing numbers of children are registering on sites like Facebook, by claiming to be older than they are.

Sites like Facebook enable children to share an incredible amount of information about themselves, have conversations with their friends and also potentially provide contact with people they don't know. With this in mind, you should take the age restriction as seriously as you would an age restriction for the cinema.

We understand however that it can be difficult to stop a child from registering to sites like this and that you can be concerned that they might set it up behind your back. **We believe you should be involved in your child's life online, and it is better that they use a site safely with your involvement, than hide their behaviour from you.**

If your child is setting up a Facebook account, consider the following:

- Help them set up their account – make sure that they don't put any unnecessary personal information. Don't make them any older than 13. Facebook have separate security settings in place for younger users - for more information visit https://www.facebook.com/safety/groups/parents/

- Use your email address as the main contact – this way you can see the people who are 'friending', messaging and commenting on your child's profile.

- Talk through the privacy settings – go through the settings step-by-step.

- Set privacy settings to 'friends only' and ensure that the friends they have are ones they know and trust in the real world.

- Limit the amount of adult 'friends' they have – these could be friends of yours or family members. These users may post content which you would not want your child to see!

- Talk to them about some of the things that can go wrong – such as bullying, unwanted contact and inappropriate content.

- Ask them to talk to you about anything that makes them feel unhappy.

- Learn how to report any issues directly to the site - Visit http://www.facebook.com/help/reportlinks

If your child is already an underage user, revisit their profile with them and ensure that these steps have been implemented; it is never too late to take control.

Information from https://www.thinkuknow.co.uk/parents/Primary/

Talking to People

Children use the internet to talk to people in a number of different ways: emailing, instant messaging, webcam and chat rooms. Chatting online can feel different to chatting face-to-face. It can be easier to say and reveal things that you wouldn't in the real world.

At this age, you should make sure that you are happy with the people that they talking to so you can help to protect them from any risks they might encounter.

What is instant messaging?

Instant messaging (IM) is instant text chat between two or more people. This tends to be private un-moderated chat. You can build a list of 'friends' or 'buddies' that you can chat to, they can see when you are online and start conversations with you. It is important for children to know how to manage this list, for example by blocking contacts they don't want to talk to.

Windows Live Messenger is a popular IM service; however, many sites, including Facebook, provide instant messaging.

What is webcam chat?

Webcams let you see the person you're talking to while you're chatting. Services like Skype are very popular and free. This can be a fun way for children to chat to each other; however, it is important to remember that what appears on webcam can be recorded and shared with other people in ways that you wouldn't want.

What are chatrooms?

A chat room is a forum where groups of people meet to chat online – this can sometimes be about a particular topic, or can be friends meeting to discuss something. Sometimes chat rooms are moderated; this means that someone, or a computer program, is looking out for inappropriate language or behaviour.

Should my child have an e-mail account?

Your child may ask to have their own email account. You need to think about whether they are old enough and mature enough to have an account that will provide them with some independence online, such as giving them the ability to register with websites.

If your child is setting up an account, here are some simple steps you can take to help them use it safely and securely.

- **Set up the account with them** – this will give you a good idea of what personal information has been asked for and the functionality of the account.

- **Check moderation possibilities** – popular services such as Hotmail have parental controls to assist you with the moderation of the account. Some allow you to have a family account or moderation rights. This way you can see the emails received and the sites your child is registering on too. If this is not possible, you can share the password to the account, especially for younger age groups; this way you can moderate if you feel necessary.

- Ask your child to **only email people they know and trust** in the real world.

- Ask them to **never click on emails from people they don't know or links they don't recognise**, as they could contain a virus which will harm the computer, or take them to a site which is inappropriate.

- Encourage them to **tell you if they see anything that upsets them online**, because you can help them.

Information from https://www.thinkuknow.co.uk/parents/Primary/

Using a mobile phone

Whether your child needs a mobile phone or not is a decision for you and can be a tough one to make.

Owning a mobile phone is a big responsibility. If you are considering buying your child a mobile phone, it's important that you are able to help them manage their usage.

A mobile is a great way for your child to stay in touch. It can give you peace of mind and your child greater contact with their friends.

Increasing numbers of children now own mobiles from a young age, and the devices themselves are becoming ever more powerful.

Remember... mobile phones have come a long way. Most modern phones are like mini computers and offer the same functions you might have on a computer. Many mobile phones can now:

- **Access the internet** – this is no different to accessing the internet through a computer. Children can go on any site that you can find online, including sites like Facebook, YouTube and also potentially age inappropriate sites.

- **Take and share photos and videos** – most phones have a fully functioning camera. Children can take images and videos and these can be shared quickly, easily and for free through text message, email or uploading to the internet.

- **Chat with instant messaging, video and text** – children can take part in private chats with people through their mobile phone.

- **Share your location** – through GPS, many phones can now identify their user's location in real time. This can then be shared on social networking sites and through other sites and applications.

- **Play games** – children can use their mobile to play games and download new ones, sometimes these can come at a cost. See the section - '**Tips for helping your child game safely'**

- **Add and buy 'apps'** – apps are programs that you can add to your phone that enable you to do a wide range of things, from playing simple games to finding up-to-date train times. Some of these apps have a cost.

With all of these functions available, talking to people is now only a small part of what mobile phones are used for. It can be difficult to keep tabs of what your child is up to on a mobile phone.

Looking at this list you may feel uncomfortable about managing your child's use of such a sophisticated phone. Remember, **you can still buy phones without these functions**. We feel this is more appropriate for this age group.

How can I help my child use their mobile phone safely?

Safety precautions which you have set in the real world should be adapted and set to their mobile.

Parental settings – some mobile phone service providers allow you to set certain controls over your child's phone. This can include, blocking access to certain sites and monitoring your child's activities. When buying a mobile, speak to the sales representative to find out more about what services they offer. You can find out more about what controls are available looking at 'parents' sections online, here are a few to get you started:

Vodafone - http://www.vodafone.com/content/parents.html

O2 - http://www.o2.co.uk/parents

T mobile - http://www.t-mobile.co.uk/help-and-advice/advice-for-parents/

Orange (EE) - http://explore.ee.co.uk/digital-living/online-security

Loopholes – even if you have set controls, your child may be accessing the internet through other sources. Many phones can access the internet through Wifi, which could be available on your street and picked up for free. Accessing someone else's Wifi may mean that your safety settings no longer apply.

Understand what your child's phone can do – all phones are different and you need to know what they are capable of so you can manage the risks.

Information from https://www.thinkuknow.co.uk/parents/Primary/

Set a pin code on your child's phone – setting a pin code is like a password. Without a password, others may use your child's phone. This could enable them to access personal information, online accounts or run up expensive bills.

Set boundaries and monitor usage – this doesn't mean spying on your child! You can set rules with your child about where it is used and how long for. For example, if you don't want your child to use their mobile at night, why not only charge it overnight in the living room?

Discuss what they can share – teach your child to think before they share online and the consequence of doing this over the mobile phone, such as sharing their location.

Discuss and monitor costs – phones can be expensive. As well as bills, costs can be run up through downloading apps, music or leaving data-roaming on abroad. Your child should be made aware of the financial responsibility that comes with owning a phone. There are different ways to manage costs, such having a contract or pay-as-you-go deals, make sure you discuss this in the shop.

Keep their mobile number private – children need to understand that their phone number should only be given to people they know and trust, make sure that if they are concerned, they ask you first.

Be prepared in case the phone is lost or stolen – Know who to contact to get the SIM card blocked. Every phone has a unique 'IMEI' number, make sure you write this down so if the phone is stolen, the police can identify the phone if they find it. You can get this by dialling *#06#.

Information from https://www.thinkuknow.co.uk/parents/Primary/

Tips for helping your child game safely

Check the age rating of the game

Just like with films, you should check the game's age rating before allowing your child to play. The Pan-European Gaming Information (PEGI) system sets age ratings for games and classify their content according to what is appropriate for different age groups, this will help you decide whether the game is suitable for your child. For information on game ratings visit the PEGIwebsite.

Join in the fun!

As a parent you need to be aware of the games your child plays and the different things they can do on them. The easiest way to find out about the games your child is playing is by joining in! Get your child to teach you how to play the game and, if they are happy, play alongside them. Who knows, you might even win! You might want to ask them:

- Why they like the game?
- What's so fun about it?
- Who uses it at school?
- What's the name of their character?
- Who can you talk to?
- Who are their friends in the game?

It is important to stay up-to-date and regularly ask your children about the games they play and the people they are friends with.

Look for the game's advice for parents and carers

When your child talks to you about a game they would like to use or are already using, go on and take a look.

Some games aimed at this age group require users to 'sign up' for an account. At this age, this should require parental permission. This usually means entering a parent's email address during the registration process, you will then receive an email asking if you are happy for your child to join.

If this happens, it shows that the site has thought about the safety of their users and wishes for the parents to be involved in their child's online life.

Look to see if the game has advice for parents and carers. This can help you to assess the appropriateness and learn more about the functions of the site. In general, this content tends to focus on the fun aspects of the game, but it should also highlight the safety measures the site has in place to protect your child and what you can do as a parent or carer to protect them.

It is important that you read this information and learn how to report any issues directly to the site. This way you can help your child if they need it.

Here are the parent's links to some of the popular sites:

Moshi - http://www.moshimonsters.com/parents

Club Penguin - http://www.clubpenguin.com/parents/

Habbo - http://www.habbo.com/groups/officialparentsguide

Information from https://www.thinkuknow.co.uk/parents/Primary/

Games consoles also allow you to set parental controls that can allow you control things like what games can be played and how long your child can use the console for.

Here are the parent's links to some of the main consoles:

Xbox - http://support.xbox.com/en-US/billing-and-subscriptions/parental-controls/xbox-live-parental-control

Playstation - http://manuals.playstation.net/document/en/ps3/current/basicoperations/parentallock.html

Wii - http://www.nintendo.com/consumer/info/en_na/parents.jsp

Know who they're talking to

Many games, even those aimed at younger children, enable players to have an online profile and communicate with other players. This is all part of the fun, but it is important to consider potential issues.

Make sure you talk to your child about who they're playing with and chatting to in games. Help them understand that the people they are playing with online are often real people just like them. Most of the users are children, but some of them could be adults.

Help them to understand why it's never a good idea to share personal information such as their name, address, email address, passwords, telephone numbers or the name of their school with people they don't know and trust in the real world. Talk to your child about how people can sometimes lie online or pretend to be someone else.

You can help monitor this by making sure that the game console or computer is not located in your child's bedroom but in a family space where you can see what they're up to.

Talk to them about acceptable online behaviour

Children (and adults) can be mean to each other online and it's important that you teach your child to be nice to people in games like you would in the playground.

Always relate safety messages back to the real world. Good behaviour offline should be mirrored online. They will know they are not allowed to be mean to people in the playground, so they are not allowed to do it online. Let them know that this is a rule. Tell them that it is hurtful to others and that it may make them sad.

Ask them what they would do if someone was mean to them or made them feel like they had 'butterflies in their tummy'? Tell them that they must not respond to people like this. They should come and tell you and you will help them sort it out.

Sharing Online

Many of the sites your children will be using encourage them to share bits of information about themselves with others. They might share things like:

- Opinions – such as what they like and don't like
- What they are doing
- Pictures of themselves
- Information about themselves – such as their name and where they live
- Videos and music

The internet is a great tool for sharing information like this and it can be fun to see what your friends are doing. However, it is important that children think before they share as there can be risks with sharing personal information – for more information please refer to the section **''The risks my child may face online**'

You can help your child share safely by teaching them to:

- Not share pictures and videos without your permission.
- Limit the amount of personal information shared – for example, not to share their address or which school they go to.
- Only share personal information with their friends.

Information from https://www.thinkuknow.co.uk/parents/Primary/

Searching the Internet

Search engines can make our lives easier. They make sense of the chaos of the web, linking us to the sites we need, when we need them. Google, Bing and Yahoo are all search engines and some of the most visited sites in the world.

With a world of information at their fingertips, it's easy for children to stumble across things that might upset or disturb them. They might also come across sites which aren't suitable for their age.

Remember, this can happen by accident and, while most parents and carers trust their children online, children are naturally curious. They may search 'rude' words, without thinking about the results they might get.

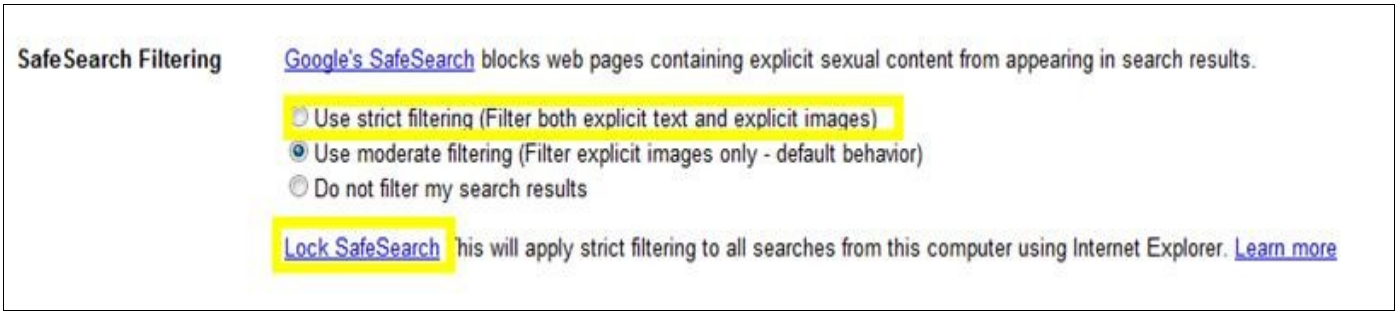
A simple way to help stop your child seeing things they shouldn't is to change the 'search settings' on search engines. These aim to prevent the search engine bringing up results which might not be suitable for children.

Note: No filter is 100% accurate and sometimes content slips through the net. Ensure that your child knows to come and tell you if they see something that upsets them.

The most popular search engine in the world is Google and setting 'search settings' in Google couldn't be simpler.

Visit the Google home page – www.google.co.uk and click on the 'search setting' tab in the top right hand corner.

Scroll down the page and change the filtering options to suit your family's needs. Make sure you lock the safe search; otherwise these settings can easily be changed without your knowledge.

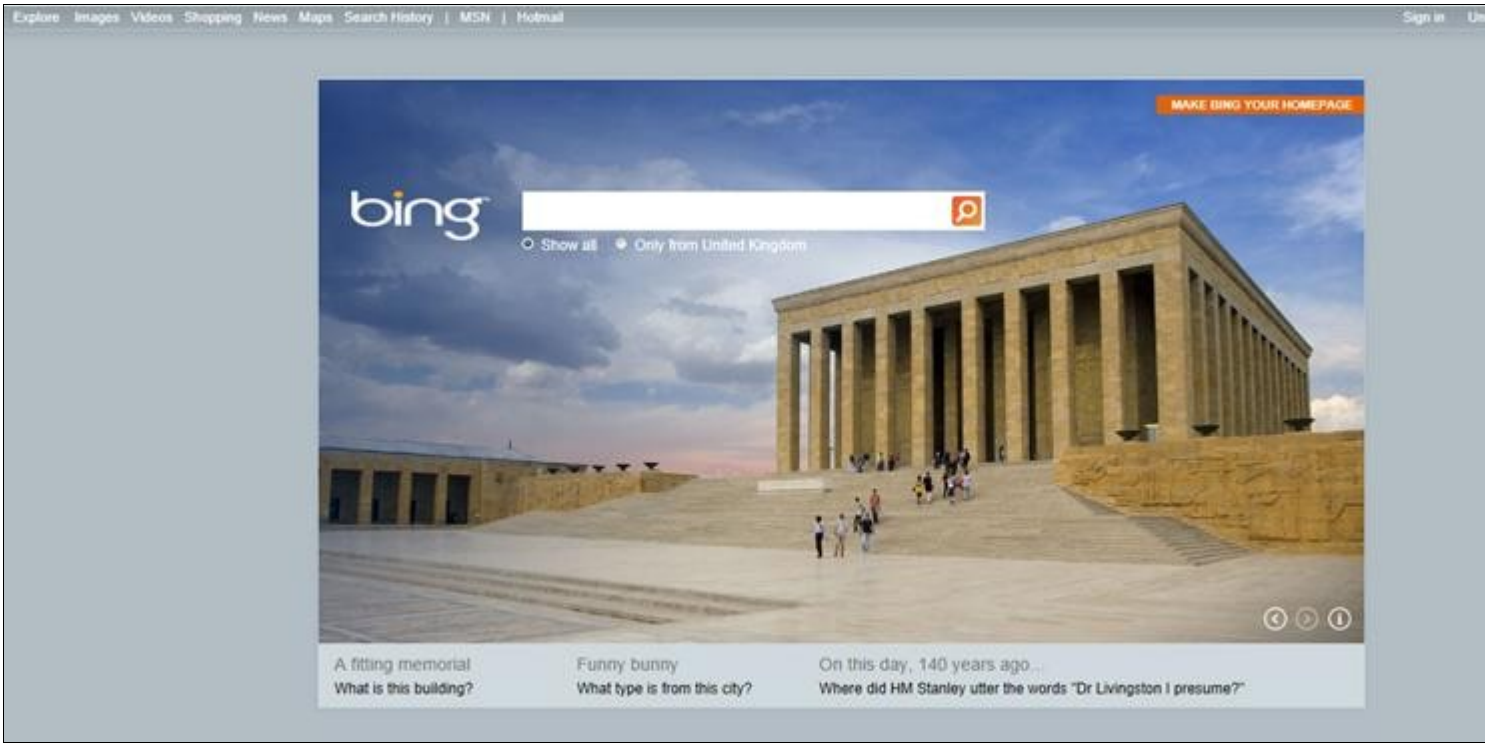


Information from https://www.thinkuknow.co.uk/parents/Primary/

You can also set this on your child's smart phone.

For more information, you can visit Google's informative safety centre for simple step by step guides -www.google.com/familysafety/tools

Bing is Microsoft's popular search engine. Bing has automatically set your search account to 'moderate'. You should check that this is set properly and, for young children, change your setting to strict. To do this click on preferences in the top right hand corner of your home page – www.bing.com



This will bring you to the safe search page which will give you the option to save your safeseach settings, then click save.

Information from https://www.thinkuknow.co.uk/parents/Primary/

Risks your child may face online

As with the real world, there are risks online and it's important that you teach your child how to navigate them.

Cyberbullying

Cyberbullying is bullying that takes place via technology. Whether on gaming sites, through a mobile device or via a social networking site, the effects can be devastating for the young people involved.

With online technologies accessible 24 hours a day, cyberbullying can be relentless. It can also intrude on spaces that were previously personal, for example at home; it can feel that there is no escape from it.

21% of 8 to 11 year olds *have been deliberately targeted, threatened or humiliated by an individual or group through the use of mobile phone or the internet.*

What do I do if my child is being cyberbullied?

Offer reassurance and support. Your child may be in need of emotional support or feel like they have nowhere to turn. It is rare that cyberbullying is only taking place online and is often someone your child knows through school or a group they attend. The school does have policies and procedures for dealing with cyberbullying. Your child could visit CyberMentors. This is an online counselling service with a difference; the counsellors are also children and young people. This site has proved very popular and offers practical advice - www.cybermentors.org.uk

- **Tell your child that if they are being bullied to always keep the evidence.** Whether it's a text message or email, tell them not to reply to the bully or delete the comments. Ask your child if they know the bully or where the messages are coming from. Often it is someone within the school environment and can be dealt with quickly and effectively with assistance from the school.

- **Block the bullies.** If someone is bullying your child on a social networking or chat site encourage them to block or delete the individual so that they can't be contacted by them anymore.

- **Report any bullying content to the website it's hosted on.** If content has been posted, for example a video or image, which is upsetting your child you should report it to the website, for example, Facebook. Learn how you would report content on sites like **Facebook** and **YouTube**; every site is different. Contacting the website is the only way to get the offensive content removed, unless it is illegal. In cases of illegal content for example indecent images or videos of young people under 18, contact your local police or report it to **CEOP**.

For further sources of help, support and advice please visit http://www.ceop.police.uk/safety-centre/

Grooming

You've probably heard of the term 'grooming' before. In essence, this is a process used by people with a sexual interest in children to attempt to engage them in sexual acts either over the internet or in person.

Sadly, these people do attempt to make contact with children over the internet; this may be in social networking sites, chatrooms or games. They could be by pretending to be someone else, or showing an interest in them.

It is important that children understand that people like this exist and that they should never do anything online or offline that they are uncomfortable with.

Grooming is a process of manipulating a child to gain control over them; as a parent or carer you should be approachable so that if your child is concerned about something, they know they can talk to you.

If you are concerned about someone's behaviour towards your child, you can report this directly to CEOP.

Young people can report directly to CEOP; however, we strongly encourage children under the age of 11 to speak to an adult they trust if they come across anything that makes them feel uncomfortable – the adult should then report to CEOP or *in an emergency, dial 999*.

Information from https://www.thinkuknow.co.uk/parents/Primary/

Tips on talking to you child about grooming

- **Talk to your child about online grooming.** Explain how easy it can be to lie online and the reasons why an adult may wish to contact them.

- **For primary age children** talk to them about the topic in the context of stranger danger. Strangers are people you or they don't know. In the online world there are strangers too and they must not talk privately with them or give out any personal information online.

- **Talk about their online friends.** Ask them to think carefully about who they chat and share information with. If they don't know them in the real world they need to delete or limit what they share with them, for example not sharing their photos, videos or their locations.

- **Let your child know that you are always there for support.** Let them know that you understand how easy it can be to get into difficulties online. Get them to talk to you if anyone makes inappropriate/ sexual comments and ensure they know that, no matter what's happened, you are there to help.

Learn how to report any inappropriate contact made to your child online. This can be done via the ClickCEOP button atwww.ceop.police.uk

Inappropriate websites

The Internet is open to anyone to post and create content so sometimes your child may see things they wish they hadn't, or access sites that are inappropriate for their age.

Inappropriate can mean different things to different people, from swear words to pornographic images or videos, and what is inappropriate for your child will also change as they grow and develop.

There are a range of things online that might upset children and affect what should be a healthy online experience. It's important to remember that inappropriate content online includes pornographic content, but could also include other content such as race hate, pro eating disorders or gambling sites.

If your child is using the internet, you should discuss the type of things they might see no matter what age they are.

Reducing the risks

The internet is not centrally moderated, but as a parent you can set controls on your child's internet access in the home.

Parental controls packages can enable you to block access to adult websites, such as pornographic and gambling sites.

Setting age appropriate controls on the sites they use and your network can help reduce the risk, but remember no filter is 100% accurate. Contact the provider of your internet package, such as Sky, BT or Talk Talk, the majority of service providers now offer free parental control packages. Make sure you do the same on your child's phone and all internet enabled devices.

Setting age appropriate controls is important but ensure that you also have an ongoing conversation with your child about content online. Ask them to tell you if you if they see anything that makes them feel uncomfortable or upset, so you can help and support them.

Information from https://www.thinkuknow.co.uk/parents/Primary/

What tools are there to help me keep my child safe?

As well as being involved in your child's life online, there are a number of tools that you can use to help keep them safe.

Parental controls

As a parent or carer it can be difficult to monitor what your child is up to online. Most parents and carers trust their children online, but it can be easy for a child to stumble across things that might upset or disturb them.

Filtering and moderation packages are a good way to stop the majority of inappropriate and harmful content coming into your home. They are a tool to help you set and change online boundaries in line with your child's development.

There are some great packages out there, some are free and some come at a cost. Make sure you get one that suits your family's needs and budget.

How can this help me?

Every parental control package is different, but most provide services such as:

- **Filtering** – content to restrict access to particular sites, such as pornographic websites.
- **Time limits** – restrict the amount of time your child can be online, or set periods of time where your child can access certain sites.
- **Monitoring** – where you are informed of certain sites that your child is attempting to gain access to.

Reporting – where you are provided with information about what sites your child has used.

Where do I get them?

There are three main levels for applying parental controls.

- **Internet Service Providers (ISP's).** These are the organisations that pipe the internet to your home (like Virgin Media, Talk Talk, Sky and BT). All of the major ISP's provide parental control packages. These can allow you to apply controls across all of the devices that access the internet through your home connection – such as laptops or games consoles.

- **Devices that connect to the internet.** Most computers, mobiles and games consoles now come with parental controls that can be applied. For example, within Windows and the Mac operating systems, there are parental controls that can be set for individual devices.

- **Software.** There are a wide range of packages available to buy or sometimes download for free – always look for reputable companies and check out reviews online.

Does this make my child safe?

Parental controls will never make the internet 100% 'safe'. They should not be used as a substitute for communicating safety messages to your child. Make sure that you talk to your child about their behaviour online and remember, your home is not the only place they will be accessing the internet!

Never ask your children to set these settings, if you are not confident in putting these in place ask a family friend or the shop assistant to help.

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BT

BT's Security package is called BT Family Protection. This lets you choose the right level of protection for each child on up to three computers in your home. With this service you can:

- **Block websites** – stop your kids from seeing inappropriate content
- **Set time limits** – manage how long your children spend online
- **Get instant alerts** – get email or text alerts when your kids try to view blocked sites or post confidential information
- **Social networking tools** – control the use of social networks like Facebook and Twitter and set up text alerts if personal information is posted
- **YouTube filtering** – a unique technology to prevent exposure to unsuitable content
- **Usage reports** – review your children's online activity from anywhere in the world

As well as parental controls, you also get:

- **Advanced spam filtering** – with image blocking to protect children from offensive content
- **BT Cleanfeed** – blocks sites classified as illegal by the Internet Watch Foundation
- **Access to our internet abuse prevention team** – for children or parents to report any concerns

A user guide for the BT Family Protection service is available and videos on the service are also provided on their website - http://www.home.bt.com/

Talk Talk

Talk Talk's Internet security service is called HomeSafe. Built into the broadband network itself, HomeSafe is designed to help you block every device in your home from websites you've defined as unsuitable for your home. Parents also have the option to control the after school homework routine specifically. It's been developed in partnership with their panel of parents and online safety experts.

A guide to setting up HomeSafe is available as are videos for this service are available via their website - http://sales.talktalk.co.uk/

Virgin Media

Parental Controls is part of Virgin Media Security and is available for free to all Virgin Media broadband customers. With Virgin Media Security's Parental Control you can:

- Screen out offensive material
- Filter sites by pre-defined age categories
- Add exceptions or block specific sites
- Control access to specific content types like chat or social networking
- Set an access-schedule for individual users
- See a history of sites viewed, including those that were blocked

Further information on this service and a guide on how to set up parental controls is available on their website - http://store.virginmedia.com/

Plusnet

Plusnet offer Plusnet Protect Internet security. With this service, either offered free or for a small charge dependent on your Broadband package, parents and carers are able to set safe boundaries for children with parental controls.

Advice on how to set these controls is available on their website - http://www.plus.net

Sky

Sky offer McAfee Internet Security suit, available free or for a small monthly charge dependent on your Broadband package. Parental Controls are included in this package, however all Sky Broadband customers can get McAfee Parental Controls on their own as a separate download, free and for up to three PC's.

McAfee's Parental Controls help control when your children can be online, monitor/control what websites they can visit, and keep an eye on their online activities.

Further information on Sky's security packages and a free download of the McAfee Parental Controls is available on their website - http://help.sky.com/security