

HOW TO... MAKE THE MOST OF MICROSOFT WINDOWS® 7 PARENTAL CONTROLS

With so many families having the Microsoft Windows® operating system on their home computer, **Digital Parenting** takes you through the built-in Parental Controls that Microsoft® offers in Windows 7.

As a parent, you might be worried about the amount of time your son or daughter spends on the computer and the kind of games they access.

With Parental Controls in Windows 7, it's easy to supervise your

child's PC use without having to peek over their shoulders. You can set specific time limits on your child's computer use (e.g. different logon hours for each day of the week so, if they're logged on when their allotted time ends, they'll be automatically logged off). Plus, you can prevent them from playing games that you don't think are appropriate for their age.

To help keep communications open, the Parental Controls icon is always visible so children know when the feature is in use.



Turn on Parental Controls

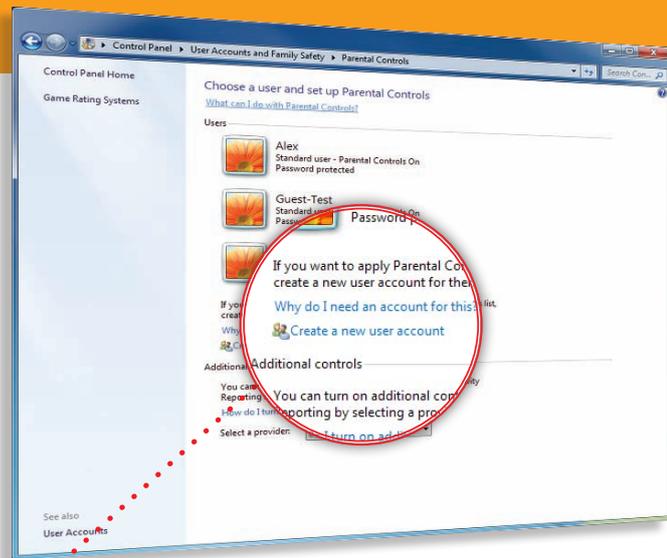
STEP 1

First, make sure that your child has a standard Windows 7 user account. Open Parental Controls by clicking the **Start button**, click **Control Panel**, and then, under **User Accounts and Family Safety**, click **Set up Parental Controls for any user**. If you're prompted for an administrator password or confirmation, type the password or provide confirmation.

Click the **user account** that you want to set Parental Controls for. If you haven't set one up yet, click **Create a new user account**.

Under **Parental Controls**, click **On, enforce current settings**.

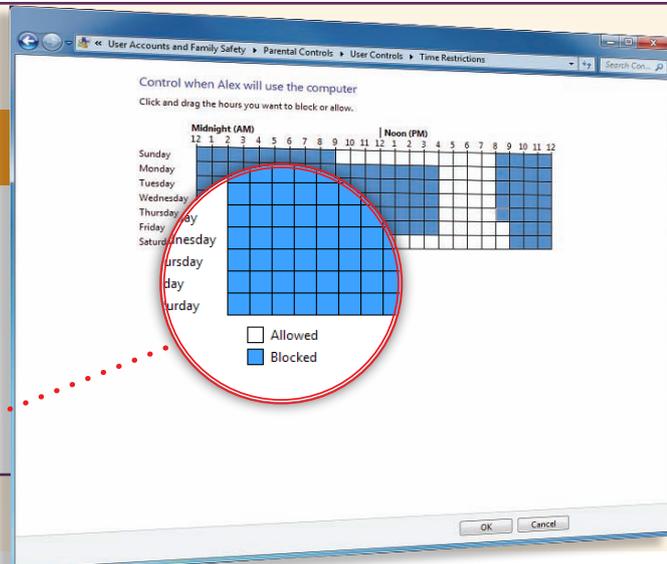
If Windows Live Family Safety is installed on your computer, you will see a sign-in page and there is no need to continue with Steps 2-4 of this tutorial.



Set Time Limits

STEP 2

Click **Time limits**. In the grid, click and drag the hours you want to block or allow. Click **OK**.

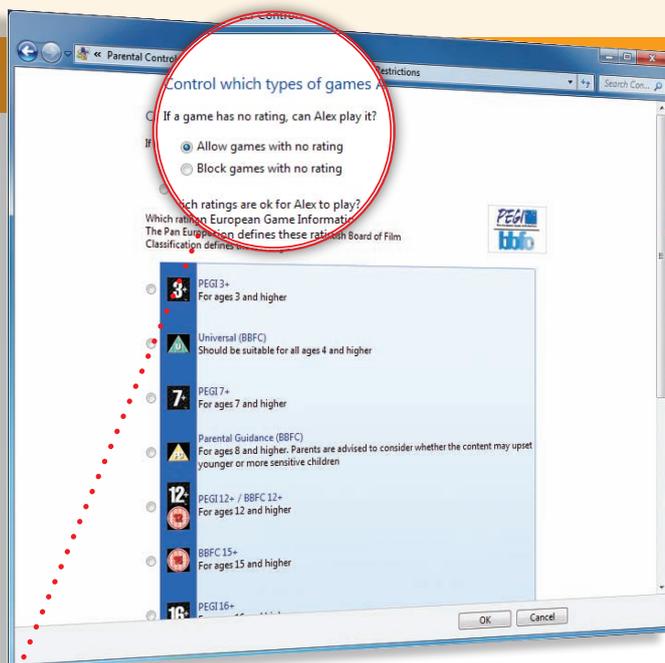


Choose which games children can play

STEP 3

Click **Games**, then choose one (or a combination of) the following four options:

- To block ALL games, under **Can [person's name] play games?**, click **No**.
- To block games by age ratings, under **Can [person's name] play games?**, click **Yes**. Under **Block (or allow) games by rating and content types**, click **Set game ratings**. Under **Which ratings are OK for [person's name] to play?**, click a ratings level.
- To block games by content, under **Can [person's name] play games?**, click **Yes**. Under **Block (or allow) games by rating and content types**, click **Set game ratings**. Under **Block these types of content**, select the content types that you want to block.
- To block specific games, under **Can [person's name] play games?**, click **Yes**. Under **Block (or allow) any game on your computer by name**,

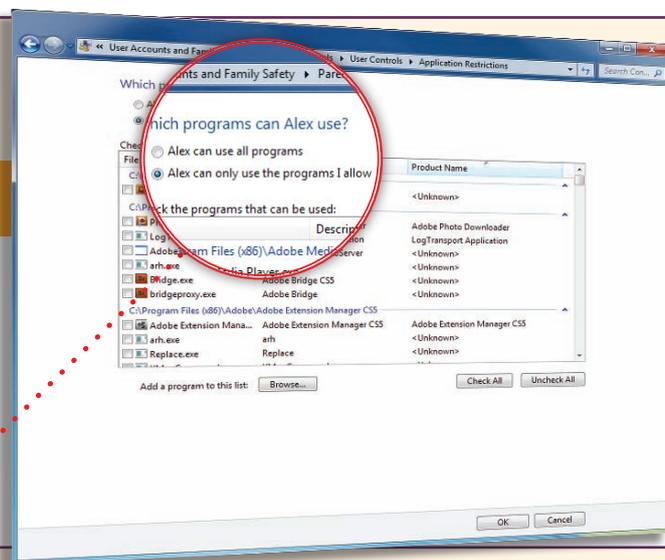


click **Block or Allow specific games**. In the alphabetical list of games, find the game that you want to block, and then select **Always Block**.

Allow or block specific programs

STEP 4

Click **Allow and block specific programs**. Click **[Person's name] can only use the programs I allow**. Select the programs that you want to allow. If the program you want doesn't appear in the list, click **Browse** to locate the program.



Windows Live Family Safety

Windows Live Family Safety lets you choose what your children see and who they talk to online, get reports of their online activity, as well as set the time and game restrictions as shown in this tutorial. You can find more information and setup instructions at <http://familysafety.live.com/getstarted>

For further information about Parental Controls for Windows 7 and Windows Vista, go to www.windows.microsoft.com/parental-controls

Family safety options are also integrated in the Windows Live products, Hotmail, Messenger and Spaces (<http://familysafety.live.com/getstarted>), and family settings are available for the Xbox and Xbox 360 (www.xbox.com/familysettings)

Find out more about online safety and privacy at www.microsoft.com/protect

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