Help protect children online: 4 things you can do

Follow these steps to help protect your children's privacy and safety when they're using the computer.

Step 1. Decide where your child can and can't go on the Internet
It's a good idea to visit some sites for children. Pay particular attention when sites collect personal information.
Read the privacy statement and, if you don't agree with it, search a little, to find a similar site that doesn't request personal information.

Block inappropriate content
One of the best defenses against inappropriate content is to block it before you see it. With Microsoft software there are a few different ways you can do this.

Windows 7 and Windows Vista Parental Controls. Windows 7 and Windows Vista both include a rich and powerful set of parental control features to help parents monitor, manage, and administer their children's computer use-and help keep them safe. For more information, see Windows 7 Parental Controls or Windows Vista Parental Controls.

Windows Live Family Safety. This software helps you filter information based on each child's age. You can also limit searches, block or allow certain Web sites, and monitor what your children do online. You also have access to guidelines on how to help a child use online communications safely or how to talk to children about inappropriate Web browsing. For more information, see Windows Live Family Safety.

Xbox parental controls. Xbox includes parental controls that help you restrict your child's ability to play inappropriate games and watch inappropriate DVD movies. For more information, read Parental Controls: Software settings to help keep children safe.

Step 2: Increase your security and privacy
In addition to blocking inappropriate content, it's a good idea to block sites and downloads that might be a risk to your security and privacy.

Set limits on downloads.
Free games, free music, animated toolbars, and other downloads can expose your computer to spyware or other unwanted software. Depending on the ages of your children, you can teach them not to download software from unknown sources on the Internet or ask your permission before they download anything. This can help to keep unwanted software off of your computer.
A child might accidentally infect your computer with spyware or other unwanted software. Some popular sites for children might try to download programs without permission. To avoid this, monitor where your children go online. For more information, see Step 3.

Use antivirus and antispyware software like Microsoft Security Essentials or any other industry recommended protection.
Microsoft Security Essentials helps you detect, disable, or remove viruses, spyware and other potentially unwanted software. You can download it for free for Windows 7, Windows Vista, and Windows XP. For more information, see Help Protect your PC with Microsoft Security Essentials.

Create different user accounts. Windows 7, Windows Vista, and Windows XP allow you to create multiple user accounts for your computer. Each user logs on with a unique profile and his or her own Desktop and My Documents folder. You can give yourself an Administrator account and give your children Limited User accounts. Administrator accounts have full control over the computer. Limited Users cannot change system settings or install new hardware or software, including most games, media players, and chat programs.

Adjust Web browser security settings. You can help protect your child through your Web browser. Internet Explorer helps you control your security and privacy preferences by allowing you to assign security levels to Web sites.

Step 3: Monitor where your children go online
It might not be possible to be present whenever your children are online. But it is possible to check later to see where your children have spent their time online.
By reviewing the History list in Internet Explorer, you can see all the places your children visited online. To view your Internet History, click the History button on the browser toolbar.
Windows Live Family Safety and the parental controls in Windows 7 and Windows Vista can also help you monitor where your children go online. For more information, see Parental Controls: Software settings to help keep children safe.

Step 4: Remind children not to talk to strangers online
Real-time chats, social networking, and instant messaging are popular but the anonymity of the Internet can also put children at risk of falling to discuss their interests victim to imposters and predators. To help minimize your children's vulnerability, teach them to take precautions such as:
Use only a first name or nickname to identify themselves.
Never disclose a phone number or address.
Never send photographs of themselves.
Never agree to meet someone they met online without supervision.
To help protect your children from being contacted by strangers while instant messaging, configure your software to allow only approved contacts.

Source: www.microsoft.com

Protecting your children with Windows Live Family Safety

Windows Live Family Safety (previously *Windows Live OneCare Family Safety*), developed by Microsoft, is a free parental control service for Microsoft Windows under the [Windows Live](#) brand. The program, which is roughly similar to [Windows Vista](#)'s [parental control](#) feature, allows users to set guidelines and restrictions for children browsing the internet and allows parents to monitor their children's web activities. Windows Live Family Safety is a part of [Windows Live Essentials](#).

Keeping your children safe online can be complicated, but Windows Live Family Safety helps make it easier for you. Family Safety provides a website and a free program that you install on the computers your children use, so you can give them some independence but still keep tabs on their computer activities. Family Safety can also help keep your children off websites you don't want them looking at, and only let them talk to the people you're okay with them talking to.

How Family Safety works

Just like on a sports team, the different players in Family Safety and Windows make up a team that works together. The players are:

- **The Family Safety Filter.** Software you install and set up on each computer your children use. It monitors your children using safety settings you select.

- **The Family Safety website**. Where you choose and manage all the settings for each family member and view their activity reports. You can create settings on the website once and then they'll apply to every computer you've installed the Family Safety Filter on.

- **Windows Parental Controls.** A feature in Windows that's turned on when you use Family Safety. You can use Windows Parental Controls to set up more safety settings for your children's computers. For more information on setting up Windows Parental Controls and Family Safety, watch the [video about using Parental Controls](#).

[Set up the Family Safety Filter](#)

To monitor your children's online activity, you need to install and set up the Family Safety Filter on each computer they use.

[Step 1: See if Family Safety is already installed on your computer](#)

If you have Windows 7, Family Safety might already be installed on your computer. To set it up, click the **Start** button 🌐, click **All Programs**, click **Windows Live**, and then click **Windows Live Family Safety**.

If Family Safety is already installed on your computer you can find it on the start menu.

If Family Safety isn't installed on your computer, go to the [Windows Live Family Safety download page](#), and then click **Download**. When the Windows Live Essentials 2011 – "What do you want to install page?" appears during to download process, you may wish to select "Choose the programs you want to install" and choose Family Safety rather than downloading all Windows Live products.

Follow the on-screen instructions to download and install Family Safety.

[Step 2: Sign in to the Family Safety Filter with your Windows Live ID](#)

Enter the Windows Live ID of the parent you want to be the primary parent, and then click **Sign in**.

To set up the Family Safety Filter and to use the Family Safety website, you'll need a Windows Live ID. If you don't have a Windows Live ID, click **Sign up**. (A Windows Live ID is an e-mail address you use, along with your password, to sign in to Windows Live services such as Hotmail, Microsoft services such as Xbox LIVE, and anywhere else you see the Windows Live ID logo.)

Note

When you set up Family Safety for the first time, you'll be asked to sign in with a parent's Windows Live ID. This parent will be the primary parent in Family Safety, and is the only family member who can remove the family from Family Safety. Be sure to use the Windows Live ID of the parent you want to be the primary parent because you won't be able to change it later.
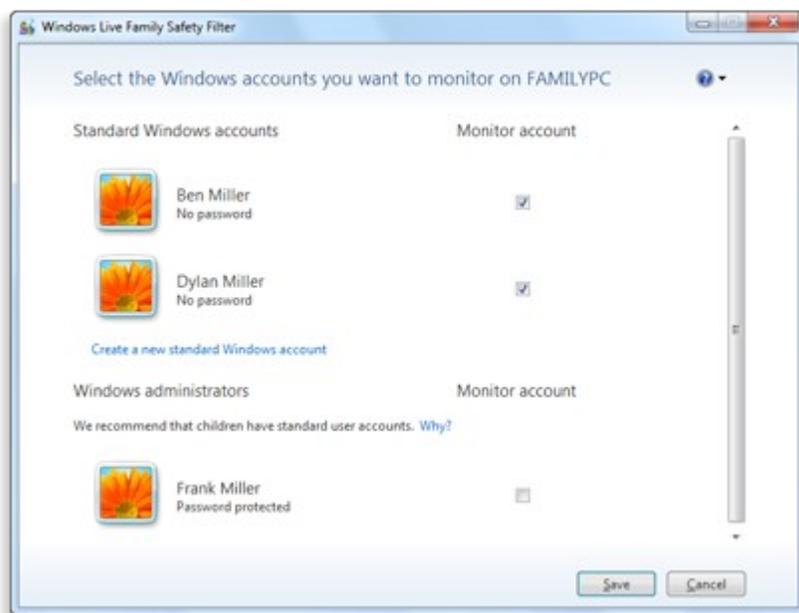
⌄ [Step 3: Select who you want to monitor](#)

Select the check box next to the Windows account of each family member you want to monitor on that computer, and then click **Next** or **Save**.

If you want to monitor someone who doesn't have a Windows account, click **Create a new Windows account**, enter their name, and then click **Create account**.

Family Safety works best when every member of your family has their own Windows account and safety settings. If everyone in your family uses the same Windows account, you'll all use the same Family Safety settings and you won't be able to get reports of which website each child is looking at. To make sure all of your children have their own settings, add a Windows account for each person.

If you have guest accounts on your computer, you should turn them off because children can also use them to bypass safety settings. For more information, see [Turn the guest account on or off](#).

You can choose which Windows accounts you want to monitor.

⌄ [Step 4: Match your existing Family Safety members to their Windows accounts](#)

If you haven't used Family Safety before, you can skip this step. If you already use Family Safety, you'll see a screen where you need to match each Windows account to a name on the **Family Safety members** list, and then click **Save**. If a Windows account doesn't have a matching Family Safety name, click the option to add it.

You'll recognise the people listed on the Family Safety members list as the people in your family who already use Family Safety. When you match them to their Windows accounts, you're verifying for Family Safety that each person is matched to their own correct settings. For example, if your child's name is Ben, he might have a Windows account named Ben, and be listed in the Family Safety members list as Ben Miller.

If there's a Windows account on the computer for someone that hasn't used Family Safety before, you'll see them at the bottom of the list, **Add (name)**. When you choose this option, Family Safety creates a new Family Safety membership for them with their Windows account name.

You can match your existing Family Safety settings to your Windows accounts.

Step 5: Add passwords

If you don't have passwords for Windows administrator accounts or accounts you're not monitoring with Family Safety, you'll see the Add passwords screen. Click **Add passwords**.

It's important that all of your Windows accounts have passwords. If you have an unmonitored account without a password, your children could log on to that account and bypass their Family Safety settings. Then they may be able to see websites you don't want them to see, and you won't be able to see reports of their online activity.

Step 6: Verify your setup

Click **Next** and you'll see the Windows accounts that Family Safety is now monitoring on the computer.

See the Windows accounts that are monitored

by Family Safety and what their settings are.

Links
http://windows.microsoft.com/en-gb/windows-vista/Protecting-your-children-with-Family-Safety#section_1
http://explore.live.com/windows-live-family-safety?os=other
(Ctrl+Click to follow link)

System requirements
Windows XP with Service Pack 2 (32-bit edition only), Windows Vista (32-bit or 64-bit editions), Windows 7 (32-bit or 64-bit editions), or Windows Server 2008. It works on Internet Explorer 6 or later, Chrome 2 or later, Firefox 2.0 or later, Opera 10 or later, and Safari 3.0 or later.

Note
Please be aware that once installed, Microsoft Live Family Safety can provide the offer to be the Homepage of Internet Explorer but it is your choice to accept or decline.