

How to set up filters on your home internet to help prevent age inappropriate content being accessed on devices in your home.

The 4 big internet providers in the UK – BT, Sky, TalkTalk and Virgin Media - provide their customers with free parental controls which can be activated at any time. They have come together to produce these helpful video guides to help you to download and set-up the controls offered by your provider.

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider>

TV on Demand

The way people watch television today has changed drastically in the last few years. With catch-up TV, or TV on demand, watching TV comes on your own terms, at a time that suits you.

Catch-up TV: This is a free service offered by major channels on their website that allows you to catch up on TV that you missed for a certain period of time, usually 30 days. Services like 4od (Channel 4) or iplayer (BBC), work by streaming content through your browser.

TV on demand: This is a collection of films or programmes that you can access free of charge, or for a small subscription fee, any time of day, whenever is convenient for you. It is usual that you need to sign up or register for a TV on demand service. These services can come as part of your Internet Service Provider (ISP) package, or you can buy them as an app (Netflix) or as a box that you connect to your TV (Youview).

Find out more about the parental control settings available on some popular catch-up TV and TV on demand services on the following link.

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/safety-tools-online-services/tv-demand>