



The Fiber Download

Parental Controls: What and Why?

From young children to teenagers, kids are becoming more and more technology smart, and sometimes outpacing what their parents know about all of the high-tech gadgets and devices available today.



There are all kinds of reasons to consider setting up parental controls for Internet use in your home. They can help reduce the risk of your child viewing inappropriate content on the Internet, and limit their access to age-appropriate material. Videos can lead to porn sites and or new ways for kids to be bullied, cyberbullying for example; and chatting with predators while gaming is a real thing to worry about.

MVlink members using our GigaCenter router and the free, affiliated NetValet app have a variety of options to manage Internet access and use, including setting up parental controls to limit what can be viewed, by whom and when. In addition, the latest version of Windows and Mac OS have built-in software for parental controls, or there are programs available for purchase such as Bsafe Online or Safe Eyes.

A few things to consider:

- Establish controls on more than just your home computer. Remember the tablet or smartphone your child uses, and even games like Nintendo, Playstation or Xbox.
- Add a password protection to the computer(s) so that you have to log your kids on when they want to use the Internet.
- Set times within the controls so that the Internet can only be used during the hours you are home to supervise their activities.
- Review Internet access rules when the kids are visiting grandparents or friends and make sure in-home nanny's know your rules.
- Remember that without parental controls, kids can hide their tracks by clearing private data from the Internet browser they are using, including the history, cache and cookies.
- Check with your cell phone carrier to see if they offer parental control software. Perhaps you want to block certain phone numbers or monitor teen's text messages.

Most importantly, talk to your kids about the dangers of new technologies, the possibility that people they chat with may not be who they seem and that things they see or read on the Internet aren't always true. Remind them to be careful about posting too much personal information about themselves or their online activities or even using screen names that don't include their real name.

Sites to See

Watch this section for new or popular internet sites you may want to explore.

- www.createwithplay.com
Can designing on your phone be better than on your desktop? This new app features some atmospheric product demos with beautifully shot hand overlays.
- www.bored.solutions.com
If you need something else to do while quarantining, you'll appreciate this site which offers a simple collection of links to watch Broadway shows, learn how to do a headstand or visit the globe.

Glossary of Terms

Cyberbullying: The use of electronic communication to bully a person; typically by sending messages of an intimidating or threatening nature. It has become increasingly common among teenagers.

Cookies: Small data packets which web pages load on to browsers. Every time a person returns to the same URL, the computer sends back the package of information to the server to detect that the user is returning to the page. The danger lies in their ability to track an individuals' browsing history.

