

# Windows 7

Controls & Settings guide

The Windows 7 Parental controls is a valuable tool for restricting the content a child can have access to on the computer. You can restrict time, games, and programs.



### What do I need?

A new account for the child and Password

## Restrictions you can apply

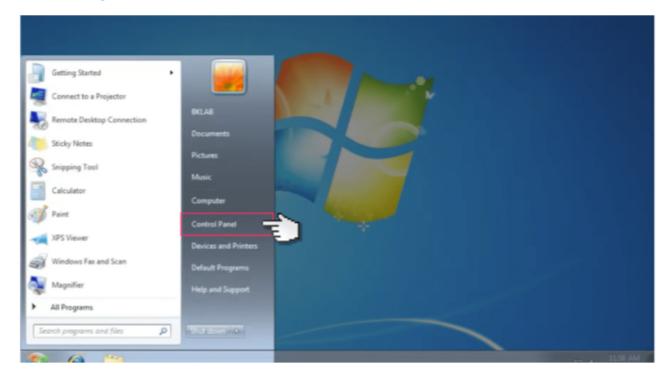




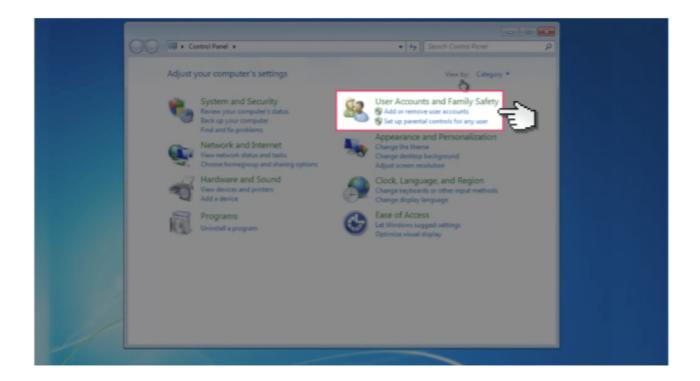


# **Step by Step instructions**

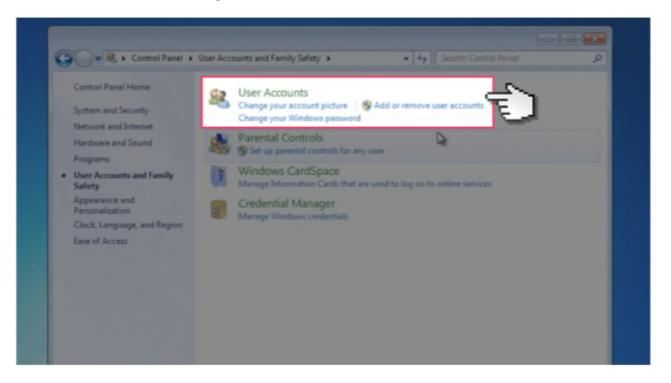
 From the desktop, click windows menu and click on control panel.



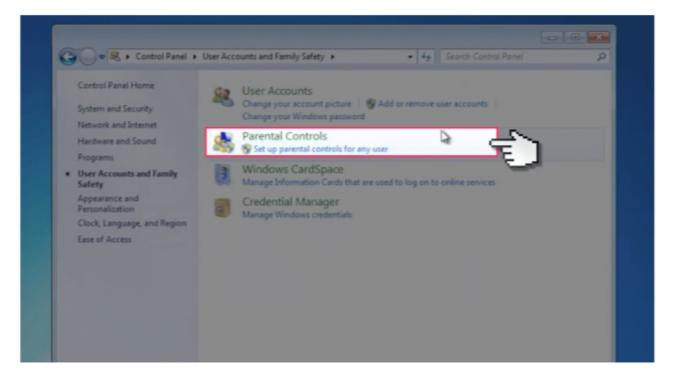
2. Click on 'User Accounts and Family Safety'.



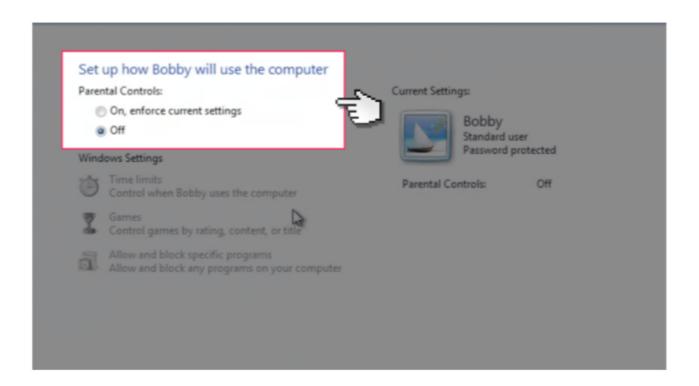
 If you don't have a separate User Account for your child, select 'User Accounts' to create a new account for your child. You will need to add a password to the account.



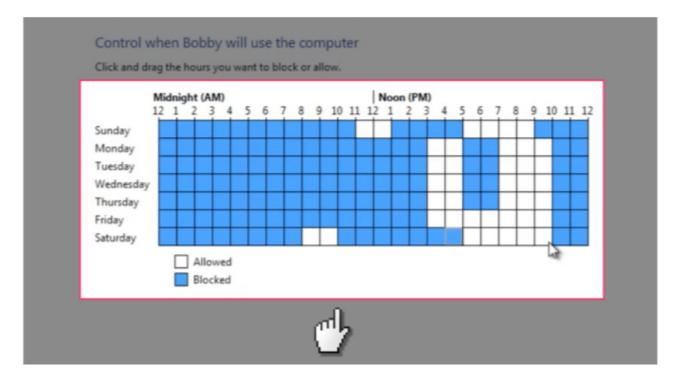
#### 4. Then go back to 'User Accounts and Family Safety' and select 'Parental Controls'



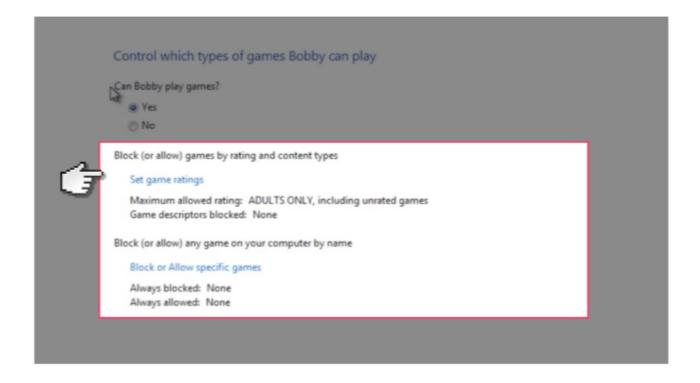
#### 5. Turn parental controls 'on.



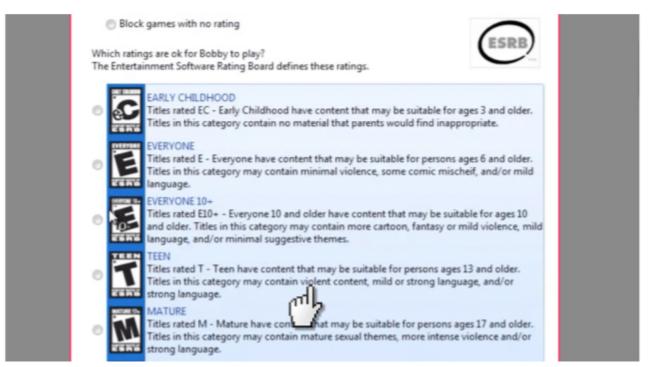
 Select the 'Time Limits' options and select the squares to turn them blue. This restricts when the child can use the computer at these times.



7. Then select 'Games' to restrict which games can be played.



## Choose 'Set game ratings' and choose which age ratings are restricted and which are free to play.



#### Scroll down and select different types of content you want to block.



# 10. Next, select the 'Allow and block specific programs' options and tick which programs the child is restricted too.

