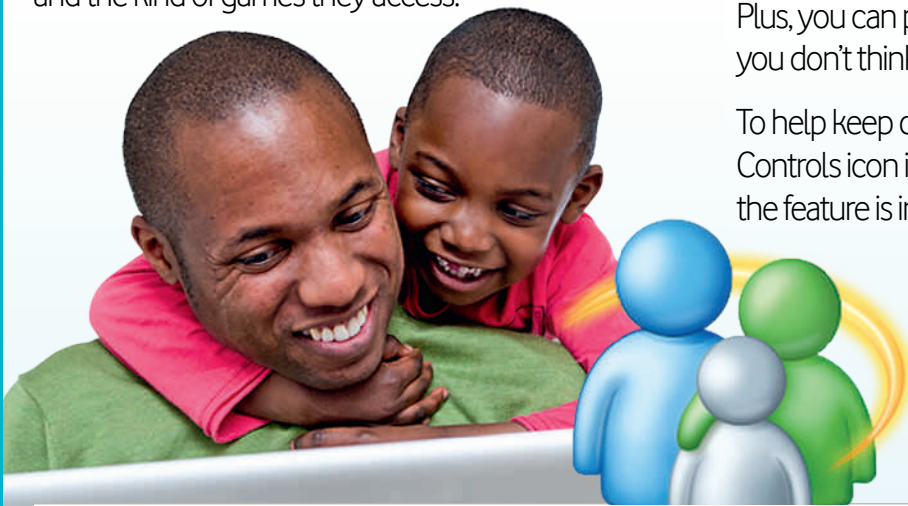


Microsoft®

How to... make the most of 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. set 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.

Step 1

Turn on Parental Controls

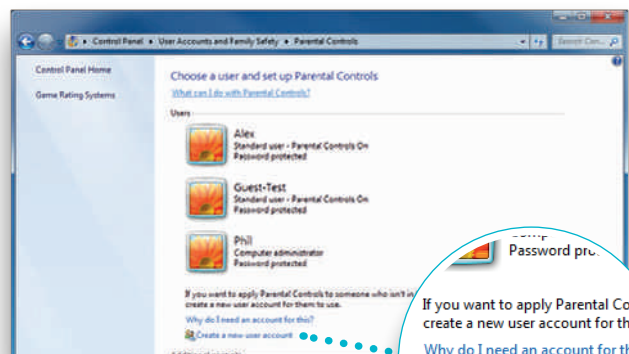
First, make sure that your child has a standard Windows®7 user account.

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.

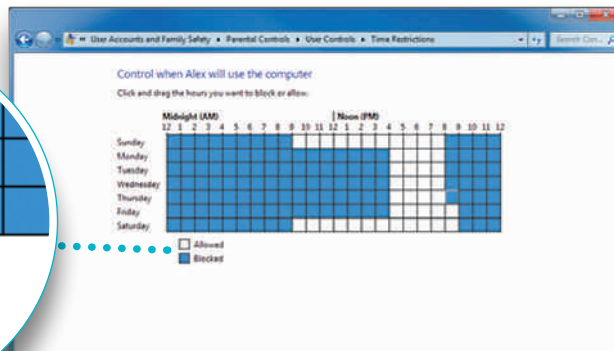
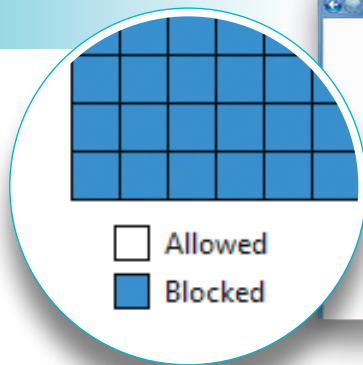
If Windows® Live Family Safety is installed on your computer, you will see a sign-in page and there is no need to continue with Steps 2-4 of this tutorial.



Step 2

Set Time Limits

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



Step 3

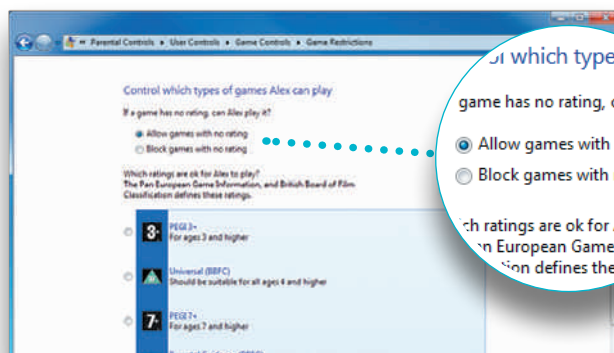
Choose which games children can play

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

- a. To block ALL games, under Can [person's name] play games?, click 'No'.
- b. 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.

- c. 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.
- d. To block specific games, under Can [person's name] play games?, click 'Yes'.



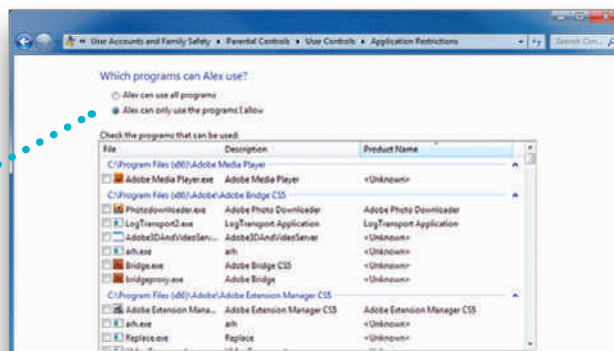
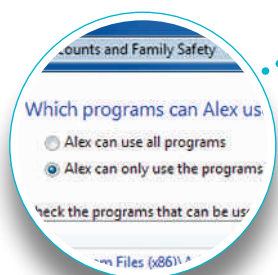
Under Block (or allow) any game on your computer by name, click 'Block' or 'Allow specific games'. In the

alphabetical list of games, find the game that you want to block, and then select 'Always Block'.

Step 4

Allow or block specific programs

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 and 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/familysafety

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