

TECH CONNECT TIPS

Adding Parental Controls to your Child's Device

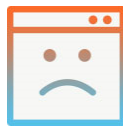
Children using devices are exposed to risks

Children are among the most active Internet users and are exposed to several real risks.



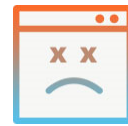
Inappropriate Content

The Internet is full of content that might disturb your child. They may try to access such content, or they may discover it accidentally.



Cyber Threats

Do you know who your kids are talking to online? They may be approached by an unwanted contact or become subject to cyberbullying and online harassment.

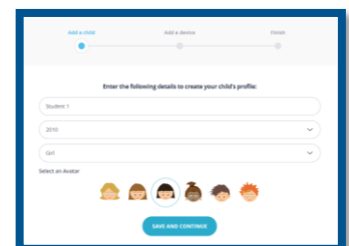
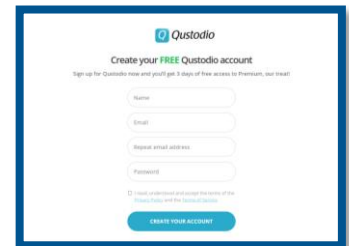


Screen Addiction

Kids spend more time connected than ever before. Child psychologists are reporting more and more cases of screen addiction.

1. Visit <https://www.qustodio.com/en/>
2. Click on "GET STARTED FREE"
3. Create your Qustodio account

4. Create your child's profile

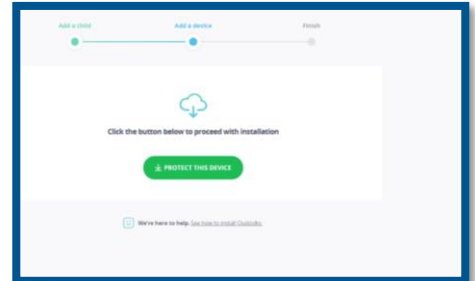


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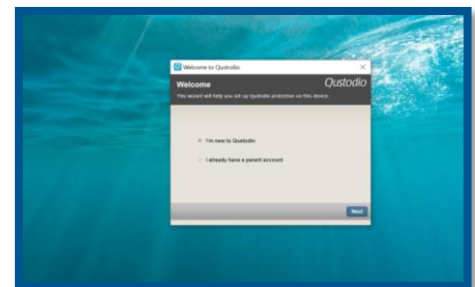
5. Install Qustodio on your child's device



6. After installation, click "I already have a parent account"

7. Sign into your Parent account

8. Choose the profile of the child that uses the device



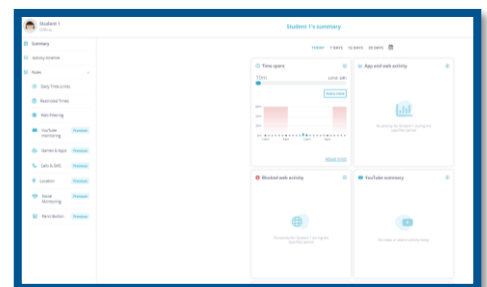
Edit the Rules/Restrictions

From the dashboard, set the rules for your child.

1. Click on "Your Family"
2. Click on your child's profile
3. Click on "Rules" to expand options

Some options include

- Set daily time limits
- Set restricted times for use
- Filter web sites



Download the Qustodio App on your Parent phone or device

