Guidelines for managing Internet content

Block unwanted email. You can block the sender, mark as SPAM, and report to email server.

Learn about the Internet. Staying up to date and informed will help you make smart choices about content.

Develop other interests. This provides a basis of communication and activity that does not involve the Internet and helps provide perspective.

Provide guidelines to your children. Teach them the rules they will need to know in order to operate safely and effectively in an online environment.

Use browsing history to track the sites that have been viewed from your computer, if you are concerned about access to inappropriate material by minors.

Use Windows Parental Control tools to manage content that specific users will see.

If needed for businesses or institutions, consider purchasing monitoring and controlling software programs.

Skills

Block email by using the “Report SPAM” or block sender links on your email program.

Review browsing history by clicking the arrow to the right side of the address bar. You can also click on “Favorites” on the left side of the top Windows menu. The “History” tab allows you to view the history of the sites that have been viewed. Note that if you are deleting history regularly, these lists may only show results for a few days.

To set Parental Controls on Internet Explorer, click on Tools, then click on Internet Options. Open the “Content” tab by clicking. The first option given is Parental Controls; click on the button. You will first have to select a user for whom controls will be valid. Once you have chosen a user, you will be able to set time limits, control the games that are used, and allow or block specific programs. For controls to be applied, you must click the “on” radio button. On the page on which you selected a user, you will also be able to set up additional controls that allow you to block specific websites.

For more stringent monitoring: www.monitoringsoftwarereviews.org//