New Mexico Broadband Program

Security and Safety in the Digital Age

Module 3

Monitoring and controlling Internet content
Learning Outcomes

• General guidelines
• Blocking email and spam
• Monitoring browsing history
• Using Windows’ controls
• Using monitoring and filtering software
The amount of information the Internet is enormous,
but not all of it is good.
We become frustrated and even angered when we encounter unsolicited or undesired content.
We are especially concerned if our children are exposed to such content.
What can we do: Make smart choices.
What can we do: Block unsolicited or inappropriate email.
Gmail allows you to report email as spam.
Other email programs allow you to block a sender.
What can we do: Learn about the Internet.
What can we do: Develop our other, non-computer based, interests.
What can we do: Guide our children.
What can we do: Discover which Internet sites are being viewed from our computer.
You can view browsing history to see which sites have been viewed from your computer.
You can also view browsing history by accessing the “History” tab under “Favorites.”
What can we do: Use Windows’ Parental Control tools.
Click on Tools, then Internet Options.

You will see the Options menu.
The “Content” tab takes you to Parental Controls.
“Additional Controls” allow you to restrict access to specified websites.
External monitoring and controlling software programs are available:

http://www.monitoringsoftwarereviews.org//
Review

• General guidelines
• Blocking email and spam
• Monitoring browsing history
• Using Windows’ controls
• Using monitoring and filtering software
We appreciate the time you spent with us. We hope to see you at the next training!

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