

1. You start by clicking on 'System Preferences' and in the 'System' category click on 'Parental Controls' once you have clicked on this the screen below will pop up.

2.	On this step, you have to fill in your
	required details that (it is optional
	to leave a password hint). Once you
	have filled in your detail click 'Create
	Account.





3. After you have created your account, the screen will change to this, this is where you can change or adapt your parental options, (the image shows the screen as it will be once you have pressed continue).

4. You can change the parental controls for the internet in this window by selecting 'Web' on the tabs at the top.

By doing this you can select specific sites and monitor your child's Internet use.



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Click the lock to prevent f	urther changes.		 O O Image: Show All 	Parental Controls
To cre sectio want The r VDU is 2 h	You can also set a time limit. eate a specific time just set it is n by entering the number of h the computer to be accessible recommended safe time for (visual display units) equip nours.	up in this hours you r using oment		Ops Value Opl Time Limits Dher Wekday time limits Bases access to this computer stouded through Friday for the second through on the second through through Friday for the second through through Friday for the second through through Friday for through friday for through friday for through through through Friday for through throug



 Finally, you can set limits for other applications for example; limiting down printing usage; CD and DVD Burning usage.

You can disable 'changing the password' in this window.