

## Parental Control

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**E**VERY PARENT AND CAREGIVER should know about these Web sites and products designed to help parents learn about quality media for kids, how to make smart choices, and how to control access to inappropriate content.

### Information Please

#### FCC Parents' Place

[www.fcc.gov/parents](http://www.fcc.gov/parents)

The FCC Web page for parents includes information on TV ratings, channel blocking, and legislation designed to protect children, as well as resources to find quality family programming.



#### The TV Parental Guidelines

[www.tvguidelines.org](http://www.tvguidelines.org)

Site offers information about the TV ratings system, including what the ratings mean, how to use them with or without the V-chip, and how programs are rated.

### Family Guides

#### Internet Safety & TV Viewing Guides

The links below offer reviews, ratings for appropriateness, and detailed information on content for movies, television programs, computer games, video games, and more.

[www.kidsfirst.org](http://www.kidsfirst.org)

[www.gradingthemovies.com](http://www.gradingthemovies.com)

[www.kids-in-mind.com](http://www.kids-in-mind.com)

[www.mediafamily.org/kidscore](http://www.mediafamily.org/kidscore)

[www.nytimes.com/learning/parents/movieguide](http://www.nytimes.com/learning/parents/movieguide)

The Web sites below offer recommendations, tips, products, and more on Internet parental controls.

[www.safetysurf.com](http://www.safetysurf.com)

[www.surfcontrol.com](http://www.surfcontrol.com)

[www.tispa.org/info/kinnaman/filtering.htm](http://www.tispa.org/info/kinnaman/filtering.htm)

#### Nick Jr. Family Video & Movie Guide

[nickjr.com/parenting/video\\_movie\\_guide/index.jhtml](http://nickjr.com/parenting/video_movie_guide/index.jhtml)

Online reference tool reviews and rates videos and movies for age appropriateness. Also on the site are links to articles from their parenting section about choosing kid-friendly movies, the good vs. evil theme, and more.

### One-Stop Shopping

#### Family Safe Media

[www.familysafemedia.com](http://www.familysafemedia.com)

Online store for products designed to help parents control a child's exposure to media and entertainment. Along with Weemote and TV Guardian, Family Safe Media carries Internet filters and spam blocks; time-control devices for computers, video games, and televisions; family videos; and much more.

#### TVGuardian

[www.tvguardian.com](http://www.tvguardian.com)

Set-top device automatically filters out offensive language from television programming, videos, and DVDs. TVGuardian can be programmed to mute an offensive phrase and display a profanity-free subtitled phrase or simply mute the foul language.



#### Weemote

[www.weemote.com](http://www.weemote.com)

Weemote is a remote control designed for children ages 3–8, which parents can program to access only those channels they want their children to watch. New and planned products include weemote.net, a Web content filtering system, and a remote control for DVD players.

## How to Control Your TV

**K**nowing families are interested in parental-control options, the cable industry recently launched [www.ControlYourTV.org](http://www.ControlYourTV.org), a Web site that provides guides and instructions for the parental-control tools and resources provided by cable. There's also information on how to make educated and responsible viewing decisions and a selection of family-friendly programs. Here are three types of control options the site describes.

### 1 Digital Parental Controls

With a digital set-top box, the remote, and a few minutes, users can block content by channel, rating (TV and movie), and individual program. The site has online and streaming-video instructions on how to access these features, including how to create and change your PIN (needed to access the parental-control features and blocked programming), restrict Pay-Per-View, unblock programs, and hide adult titles on the interactive on-screen guide.

### 2 Set-Top Options

Analog cable subscribers with a set-top box are also able to block unwanted channels using the cable menu and either a remote control or the keypad on the box. Not sure if you have an analog or digital cable box? The site has sample pictures of several cable boxes to help you determine what service you have. For cable subscribers who don't have a set-top box, the site also provides information on how to contact their cable company to install filters that block channels, which most cable companies provide free of charge.

### 3 The V-Chip and TV Ratings

All television sets 13 inches or larger manufactured after January 2000 are equipped with a V-chip. The V-chip works with TV ratings that indicate the age group a program is appropriate for and the type of objectionable content it may contain. Parents may then block programming by age-based category or content label, or movies by MPAA rating. The site has a downloadable and printable guide to the TV parental guidelines and the V-chip.