

The logo for Internet Matters, featuring the text "internet matters.org" in white lowercase letters on a green rectangular background.

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# **Bt Mobile Parental Controls**

## **Controls & settings guide**

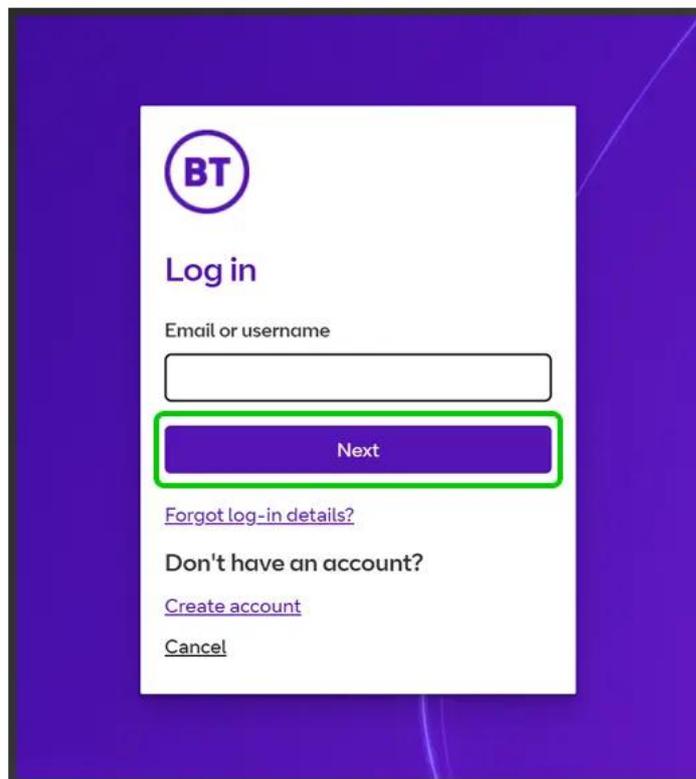
BT Mobile parental controls are on by default but you can customise content restrictions in your My BT settings. Use the guide below to help you customise your child's mobile network.

## 1 How to set up parental controls

Setting parental controls on your child's mobile network means you can help protect them while they use mobile data.

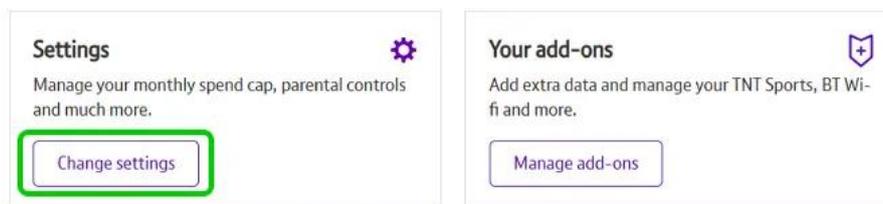
To set up parental controls:

**Step 1** - Login to your **BT account**.



**Step 2** - Under **Manage your plan** > **Settings**, select **Change settings**.

### Manage your plan



**Step 3** - Find **Parental controls** and choose a **restriction level** for content.

**Off:** No content restrictions are set, except that which features illegal content such as child abuse images.

**Light:** Blocks sites featuring or related to alcohol, criminal skills, drugs, gore, hacking, hate, pornography, self-harm, sex advice, suicide, tobacco and violence. It also blocks texts to 18+ services. **This is the default setting.**

**Strict:** All of 'Light' sites plus unmoderated social networking, online dating and chat rooms.

#### Parental controls

Protect your kids from inappropriate content with a light or strict filter.

