



Tips for **staying safe online** with **Manx Telecom**

There is an excellent range of expert organisations dedicated to helping you protect yourself, your family and your computer:

Get Safe Online – www.getsafeonline.org

A government-supported organisation offering free expert advice on everything from preventing hacking and viruses to protecting your business online.

Internet Watch Foundation – www.iwf.org.uk

The UK hotline for reporting criminal online content. IWF works with the Internet industry, police and international partners to get it removed. Reports to the IWF are confidential and can be submitted anonymously.

The Child Exploitation and Online Protection Centre – www.ceop.police.uk

The CEOP is dedicated to eradicating child sexual abuse. It is part of UK policing and very much about tracking and bringing offenders to account. The website is also a comprehensive source of help and support for the full range of potential issues, with links to sites designed for young people, including:

www.thinkuknow.co.uk – help and advice for young people from the CEOP team.

www.cybermentors.org.uk – Cyber Mentors, the site for young people experiencing cyberbullying, where they can speak to someone their own age online.

www.childline.org.uk – Childline is managed by the NSPCC. The website offers excellent help and advice on a whole range of issues, and you can also call in confidence on 0800 1111.

We also have some tips to help young people protect themselves online – see www.manxtelecom.com/fakebook or call us on 624 624 for a printed copy.





Live parental controls helping your family to stay safe online

Manx Telecom is now offering a new range of Internet routers which can help parents protect their children from online dangers.

Studies show that three out of four children between the ages of 5 and 17 use the Internet regularly, and that 70% of them access it from home. Protecting their children from Internet predators and unsafe content is a top priority for most parents, and the NETGEAR Wireless-N routers available from Manx Telecom come with Live Parental Controls, a simple programme which blocks up to 50 categories of undesirable Internet content.

Accessing and using Live Parental Controls is FREE, and you don't have to be a computer expert to operate it. Once set up, the software runs in the background.

Live Parental Controls blocks unsafe Internet content and applications by allowing parents to customise settings using their web browser. Parents can also enable password controlled 'Bypass Accounts' which allow them unrestricted Internet access at all times, while their children, when using their own login details, are still fully protected.

Parents also no longer need to worry about phones and gaming consoles not being protected when kids use them in their own rooms, as Live Parental Controls protects all devices connected through that router, not just computers, but also set top boxes, iPhones, iPods, and gaming consoles such as PlayStation, Nintendo DS and Xbox consoles.

Manx Telecom stresses that there is no one single solution to keeping your family safe online, and parents are recommended to keep the family computer in a common area and in plain sight where they can monitor the web sites their children are visiting. Computer users are also recommended to use free or paid for anti-virus and Internet security programmes to avoid online hazards.

The Internet is a very positive thing, for children in particular; it offers a wealth of learning and entertainment opportunities. Live Parental Controls, which comes free with NETGEAR Wireless-N routers, lets them access those opportunities while helping to protect them against online dangers.

For further information on Live Parental Controls visit <http://powershift.netgear.com/lpc> or to see our range of NETGEAR Wireless-N routers please visit www.manxtelecom.com



NETGEAR DGN1000 ADSL2+ Wireless N Router

- Live Parental Controls powered by OpenDNS
- Provides better wireless coverage than Wireless-G routers
- Wireless on/off button to turn off wireless signal
- Push 'N' Connect using Wi-Fi Protected Setup (WPS) (requires compatible adaptor on wireless device)
- Easy Setup CD included



NETGEAR DGN2200 Wireless N ADSL2+ Router

- Up to 300Mb/s Wireless Speed
- Push 'N' Connect Compatible
- Live Parental Controls powered by OpenDNS
- Wireless on/off button to turn off wireless signal
- Easy Setup CD included