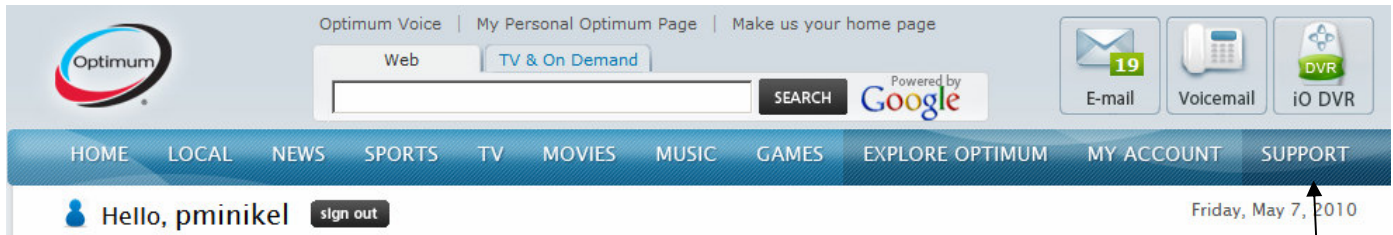
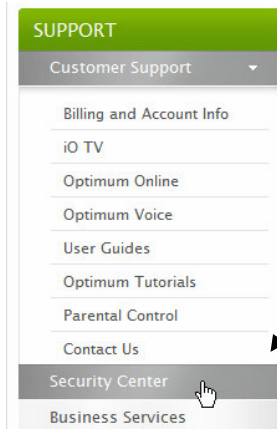


# Accessing Internet Parental Controls in Optimum Online



1. Sign in to your account

2. Click on Support at the top right hand side of the menu bar



3. Click on Security Center

4. Click on Keeping My Kids Safe on the Web



## Keeping My Kids Safe on the Web

While the Internet offers perhaps the greatest resource for information, education and entertainment, inappropriate content and even danger can be just a click away.

As in other media such as television, cinema or music, the key to reducing the risks to children is parental involvement and supervision. Additionally, there is software that can help you restrict access to Internet material.

### Parental Controls with CA Internet Security Suite Plus 2008

Optimum Online is pleased to make available a free installation of the **CA Internet Security Suite Plus 2008**, which includes **Parental Controls**.

[Click here](#) to download and install.

5. Click here to download and install the free software which includes Parental Controls