Parent handout: iPlayer

iPlayer is the BBC's free online on-demand video streaming service. It allows you to watch live BBC TV programmes as well as giving you access to an archive of programmes that have already aired and are kept for a month.

You will need to create an account and sign in to watch iPlayer after new rules came into place in mid-2017. The service is available on a desktop computer, smartphone, tablet, most games consoles, media streaming players such as Amazon Fire TV, Apple TV, Chromecast and Roku and numerous set top boxes such as BT, TalkTalk, Now TV, Virgin and YouView.

Programmes not recommended for children are flagged in the bottom left corner with a red band, the letter 'G' (for guidance) and a description, such as 'Contains strong language and some violence'.

If you haven't set up parental controls, when you click on a programme marked like this, a Parental Guidance Lock box appears asking you confirm that you are 16 or over. Tick the box and you are taken to another box giving you the option to set up a Parental Guidance Lock PIN number or to continue without Parental Guidance and 'play'.

Registering and signing in to iPlayer will take you to BBC iD, your own account which allows you to comment, add favourites, play games, write reviews, save recipes and more. It can also link up with your other devices. The things you do on iPlayer Radio on one computer, for example, will still be there when you go to the mobile version.

There is also a children's version of BBC iD for people under 16. A basic child's BBC iD limits what they can do to make sure that none of their personal information is shared without the permission of a parent or guardian.

The child's BBC iD stays completely private unless a parent or guardian authorises a change, say for example, should your child want to comment on or use CBBC 'connected friends', a platform for multiplayer games where friends can connect and play each other.

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Find out here how to register for a BBC Children's account:
http://www.bbc.co.uk/usingthebbc/account/how-to-register-for-a-childrens-account/

To set up parental controls on iPlayer:

- Click through to the parental controls section via the Parental Guidance link at the bottom of any iPlayer page.

- You will be asked to click a button to set up your four-digit PIN number. Once activated, all flagged programmes will require the viewer to enter the PIN number before they can watch.

- You will need to separately activate the Parental Guidance Lock on all your devices.

- If you have more than one web browser on your computer, set the lock on each one.

- To deactivate the Parental Guidance lock, go to parental controls, or click onto to a flagged programme and you will be given the opportunity to unlock it.

- There are also special CBBC and CBeebies versions of iPlayer. In Parental Guidance you can choose your settings to go straight to either of those pages. And if you change your mind, you just click onto the Parental Guidance link at the bottom of every iPlayer page.

In closing:

- Parental controls on BBC iPlayer are very easy to set up, but this can be a time-consuming process as you have to set them up on each individual device separately. The same is true when you wish to deactivate the controls.

- You will need to keep your PIN number safe from your child if you wish to restrict their viewing.