



## How to use Rating System & Time Shifting

Use this helpful **RATING SYSTEM**<sup>3</sup> to safeguard your childrens' viewing:

| SYMBOL | CLASSIFICATION           | MEANING  |
|--------|--------------------------|--|
|        | <b>Children</b>          | Suitable for children under 8  |
|        | <b>Children over 8</b>   | Suitable for children over 8   |
|        | <b>General</b>           | Suitable for the entire family   |
|        | <b>Parental Guidance</b> | Suitable for children over 8, but supervision recommended for those between 8 and 13 |
|        | <b>Over 14</b>           | Suitable for those over 14   |
|        | <b>Over 18</b>           | Suitable for adults only (over 18)   |

Note: Any events that have an extended rating like Graphic Language, Graphic Violence, Nudity, Profanity or Strong Sexual Content, will be flagged as an NR/AO rating.

## Time Shifting

**TIME SHIFTING** gives you more choice and flexibility

Watch your favourite shows at your convenience with the **TIME SHIFTING** feature. Thanks to local signals from different time zones, many of your favourite shows have multiple start times every night.



Look for the **TIME SHIFTING** symbol on your programming brochure to find out which channels are available in multiple time zones.



<sup>3</sup>Ratings are set by the programmers.