Section 2
Staying safe online

73% of home internet users say they have bought something online

OFCOM 'Internet use and attitudes' report July 2012

Staying Safe Online

Although using the internet can be fun, unfortunately it can leave you open to hackers who attempt to steal money or identities online. They may do this by attempting to take over your computer – by spreading computer viruses or through scam phone calls. Or they may try to get your personal details using spam emails or fake websites. But, with knowledge and good sense, it is possible to avoid these scams. Follow these 7 rules to keep safe and secure when using the internet.

1. **Keep your browser and operating system up to date** – older versions of software sometimes have security problems so whenever you are asked to update software, don't put it off

2. **Use anti-virus software** (even on your mobile phone) to check for malicious computer programs and monitor files before they are opened. Free anti-virus software is available to download from the internet, but check it is from a genuine supplier and keep it up to date

3. **Don't open suspicious or unknown messages**, email attachments, texts or pop up messages. If you aren't sure if an email is genuine, don't reply or click on any links. Remember that most reputable companies will **never** email to ask for sensitive information.
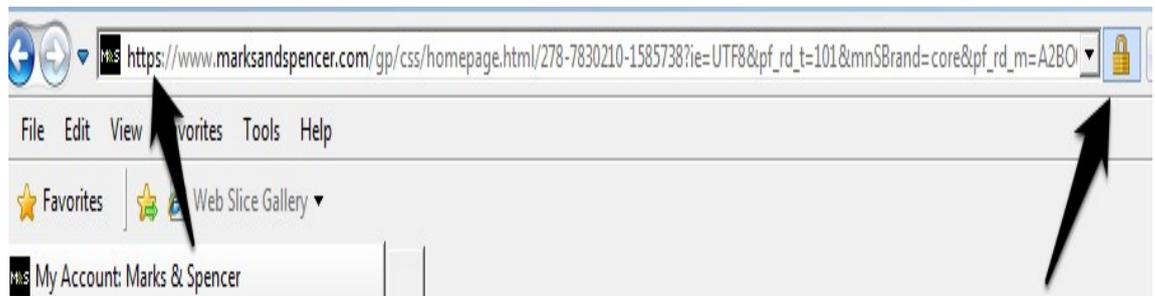
Find out more
Tips from Citizens Advice on spotting a spam email
http://tiny.cc/spamemail

Or go to www.adviceguide.org.uk and search for 'spam email'

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4. **Use a secure password –** one that is long and uses a mix of numbers and lower and upper case letters. For example: CamDEN101. Change your password regularly, never share it and try not to use the same one for every site you register with.

5. **Use secure connections for personal data.** Before entering your personal details on a website, look out for **https** at the beginning of the web address to make sure the site is really secure. The padlock symbol also tells you that a website is secure. Only shop at known "high street" shops or established online stores.

6. **Don't allow anyone to remotely access your computer** unless they are from a trusted source, such as your internet service provider

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7. **Never share personal information with another person online.** This includes your date of birth, bank details or when you're going on holiday

Activity 2

Test your knowledge with this online quizz

- https://www.getsafeonline.org/quiz/

Links to further help and information can be found in the **Web Directory** at the end of this guide under 'Safety Online'

Skills Check ☑

I understand the main dangers when using the internet ☐

I know how to create a secure password ☐

I know what to look for before entering my personal information online ☐

I would be able to recognise a spam email or message ☐

I know where to go for more help or advice on online safety ☐