

Using the internet safely



This information will help you think about how you can stay safe when using the internet.



What does this document say?;



Introduction



Anti-virus



Social media



Emails



Shopping
online



Music and
photos



Bullying

Introduction



Many people in CVT communities use the internet as part of their daily life.



This information may help you to stay safe when using the internet.



It will help you think about different things you can do although you do not have to do all of them.



If you find any of this confusing or have any questions you can speak to your support workers and ask them to help you understand.

Anti - Virus



Anti – Virus is something that helps your computer to work well. Sometimes people can also use a virus to see you personal information stored on your computer.



It is important that you protect your computer from viruses. You can do this by having anti-virus software. Then make sure it is updated often.

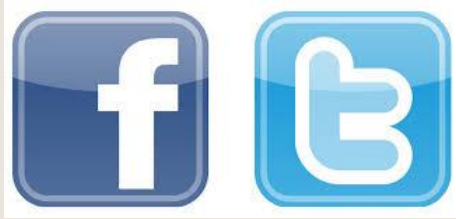


Make sure you know what you are downloading from the internet.



Only download things from websites that you know are safe. secure sites willl sometimes have a green tick or other symbol to say they are secure. Do not download anything that you do not want.

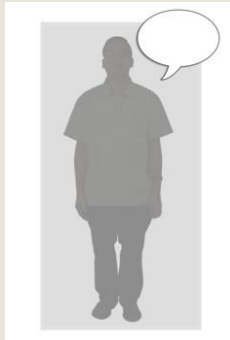
Social Media



Social Media includes internet sites like facebook, twitter, snapchat, skype, facetime and chat-rooms. They can be a good way of keeping in touch with your friends and family.



You need to think of them like community noticeboards and not post anything that you are not happy for other people to see. Do not put personal information on your facebook page.



Make sure you only agree to be 'friends' with or share photos with people you know. To do this you can set your privacy settings.



Support workers, friends and family may be able to help you understand your privacy settings. If you need help ask someone you know and trust.



Do not tell anyone your passwords and remember to change them every few months.

Emails



Only give your email address to or send emails to people you know and have met before.



Do not open emails if you don't know who they are from.
Make sure you have some anti-virus software to protect you from unwanted emails. Sometimes called Spam mail.



Be careful of emails that ask you for information about you including your address or bank account details.



Do not tell people your email password.
Remember to change your password every few months.

Shopping online



Try to use internet shopping sites that are well known. Support workers can help you check you are on the right site.



Try to pay for things you buy using a bank card or paypal.
Do not agree to send cash.



Do not agree to buy things that you do not want. If you get emails asking you for money, tell your support worker who will help you delete the email.



Do not tell anyone your passwords for email shopping accounts. Change your passwords regularly.

Downloading Music, Movies or Games



When downloading music, movies or games use official websites. They will usually charge you to buy and download to your computer, ipad, tablet or mobile phone.



Some websites may say you can download music or games for free. Most of the time when downloading from websites like this it is against the law.

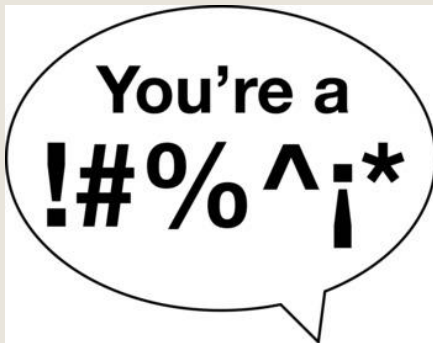


Do not download any movie, game or music that you did not want or did not ask for.



If you download from websites that you do not know then you could get a virus that could allow other people to get your personal details.

Bullying



If someone is not nice to you or tries to get you to do something online that you don't like.



You should

- Talk to your support worker or someone you trust
- Report them
- Block them so they can no longer send you messages.



If they say something that is not serious you could

- ignore them.
- Ask them to stop
- De-friend them on facebook.



Sometimes people will say or do things that need to be reported to the police. The staff or manager can help you to do this if you need help.



This information has been co-produced for people supported in CVT communities by the GOT IT learn to lead team.



For further information about CVT
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