

Communicate Safely Online

The 123 communicate programme, supported by Objective 1 ERDF and WAG funding, provides friendly and informal workshops on a range of information and communication technologies. We aim to assist voluntary groups and community organisations to communicate more effectively.

Be safe when you communicate online

With broadband use increasing day on day, more and more rural exchanges being activated and the competitive price offered by Internet service providers, fast online connections are becoming a reality. These fast always-on connections bring with them a danger, Viruses, Spyware, Phising being just a few.

This resource sheet will detail the essential information covered in our Communicating Safely Online workshop. The workshop has been designed to give you the resources to protect you computer from online threats.

Threats (Basic overview of the terms):

- Hackers – Someone who gains unauthorised access to your computer.
- Virus/Worm/Trojan – A program that infects your computer with malicious intent.
- Spyware – Software installed that sends information back over the internet
- Out of date software – May have security holes.
- Phising – Tricking people in to giving secret information.

Prevention

Firewall - A firewall acts as a barrier between the public internet and your private computer or network and blocks threats including some viruses.

Antivirus software - Anti-virus software is one of the main defenses against online problems. It continually scans for viruses, including Trojans and worms. To be effective it must be kept up-to-date.

Windows Update - As new threats emerge, Microsoft updates its Windows operating system and Microsoft Office applications to block them. However, you need to download the updates regularly to be sure of getting maximum protection.

If you wish to use benefit for the programme please contact
Patrick, Gavin or Catherine on 01437 769 422
or email us on communicate@pavs.org.uk



Communicate Safely Online

Resources

Expert advice for everyone - Get Safe Online will help you protect yourself against internet threats. The site is sponsored by government and leading businesses working together to provide a free, public service.

<http://www.getsafeonline.org/>

ITsafe's goal is to help protect home and small business users of computers, mobile phones and other devices from attack, by offering a free, Plain English, Warning Service, and supporting Information.-

<http://www.itsafe.gov.uk/>

Bank Safe Online sets out simple steps you can take to help keep safe online. We also provide you with updates on the latest scams, and enable you to report any suspicious emails or websites to us direct. -

<http://www.banksafeonline.org.uk/>

Download the updates regularly to be sure of getting maximum protection.

windowsupdate.microsoft.com

<http://office.microsoft.com/en-us/officeupdate/default.aspx>

Free Software:

Firewall – Zone Alarm

<http://www.download.com/3000-2092-10039884.html>

Spyware – Microsoft Antispyware (Beta)

<http://www.microsoft.com/athome/security/spyware/software/default.mspx>

Antivirus – AVG

<http://free.grisoft.com/doc/2/Ing/us/tpl/v5>

Further Information:

For further information please email: communicate@pavs.org.uk

If you wish to use benefit for the programme please contact Patrick, Gavin or Catherine on 01437 769 422 or email us on communicate@pavs.org.uk

