

There are a number of sites that give you information about helping to keep both your PC and children safe while using the Internet.

It's rather like learning to use a light controlled crossing to cross a busy road rather than just running from one side to another without looking.

See below for advice.

First let's look at the 2 sites.

The BBC has a complete course, WebWise. You can access this from www.bbc.co.uk/webwise/course or from the training section of www.kwwcomputers.co.uk on the 'getting started' page you will links to each unit and a brief description.



On the [Knowle West Web Computers site](http://www.kwwcomputers.co.uk) click first on the "training & support" section then select the "getting started" page from the links on the left. Each blue link in the table takes you to the appropriate page of the WebWise course.



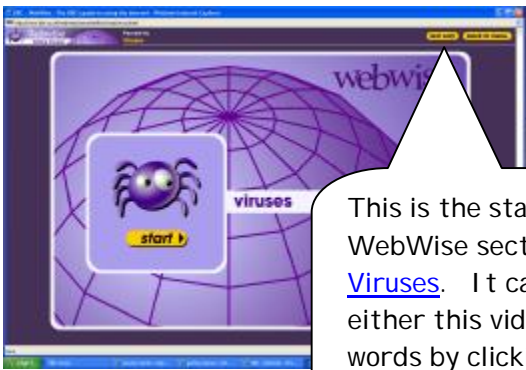
This is the start of the full WebWise course. www.bbc.co.uk/webwise/course



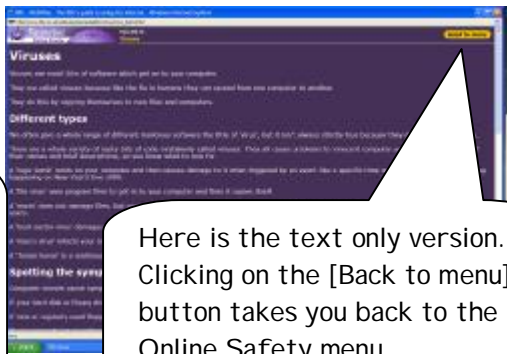
You would be interested in [Unit 9 - Safety](#)



The 2 topics are 'Viruses' & 'Child Safety'. Each has a short quiz after it so that you can get an idea of how much you understood. These are followed by a 'safety mission' & a 'Weakest Link' style game.



This is the start of the WebWise section on [Computer Viruses](#). It can be viewed as either this video or as just words by clicking on the [Text only] button.



Here is the text only version. Clicking on the [Back to menu] button takes you back to the Online Safety menu.

Virgin Media© have a large selection of information & guides - you might want to check with Gerry as some of this gets quite complicated. Below is a full length version of their ['Security'](#) page.



Click on the 'Security Centre' heading to see the following sections: *Protect my PC, Protect myself, Protect my family, Spam centre, Tips centre.* This helps to organise the information. Ask Gerry if it's not clear.

An article about online child abuse with links to Virgin Media's© own security software available free to their customers.

Tips about protecting your PC and suggestions for good practice.

Examples of some of the more common topics giving simple explanations - *Viruses, Firewalls, Spyware, Annoying pop-ups etc.*

Good ideas for protecting against identity theft & scams in chat rooms, messenger, online banking etc.

General tips and steps to follow to make your Internet use safe.

Tips for making sure kids follow safe rules online including 'Parental Control' software.

Information about *Spam - what it is, how to filter it, FAQs etc.*

How to report abuse of the Internet to Virgin Media© - email, suspicious activity, viruses etc.

See Gerry to discuss any topics that need to be explained more clearly. Start with the BBC© to give you the basic ideas and use Virgin Media©, or other sites, to find more information. See Mark, Kevin or Gerry for advice about the most suitable programs.