Focus on Online Safety

This guide outlines some of the key issues surrounding adults and online safety.

Identity Theft

Online criminals try to trick you into giving them your information, a process known as phishing.

- Block unwanted spam emails. This will also block more phishing emails.
- Don't give away any passwords or any other personal information
- Choose strong passwords using a mix of upper and lower case letters, numbers and special characters.

Cyber-bullying

Cyber-bullying is when one person or a group of people threaten, tease or embarrass someone else. This could be using text messages, phone calls or sharing videos.

- Talk to someone you trust about it.
- Don't reply to any messages you receive, as this may encourage the bullies.
- Change your online user ID or nickname
- Save any bullying emails, text messages or other media you receive.

Computer Security

Online criminals try to attack your computer either to steal from you or as a means to attack other people.

- Use security software: anti-virus, anti-spyware, firewall or a security suite that includes all three.
- Make regular backups of your photos, music and other important files.
- Be wary of attachments. Viruses often arrive attached to email messages.

Social Media

Social Media sites let you communicate with other people online.

- Be wary of publishing any identifying information about yourself.
- Pick a user name that doesn't include any personal information (like your name or birthday)
- Learn how to use the site. Utilise the site's privacy features to restrict strangers' access to your profile.

For further information, please ask a member of the team or email skillsandemployment@cheshirewestandchester.gov.uk

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