

using the internet safely



Many people at Camphill Village Trust communities use the internet as part of their daily life.



This information will 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 worker and ask them to help you to understand.



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.



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.



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



Only download things from websites that you know are safe. secure sites will 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 on the internet.



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.



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.



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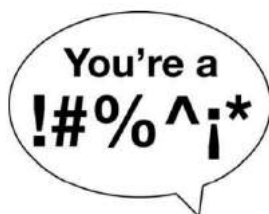


Do not download any movie, game or music that you did not want or did not ask for



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 Camphill Village Trust communities by the GOT IT Learn to lead group.



For further information about Camphill Village Trust:
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