



POST ACADEMY SUPPORT

Week 1: Online Safety

During this exercise, you will learn:

- How to create a strong password.
- What spam, malware and phishing are and how to avoid these.
- How to protect your online privacy.
- How to protect your hardware from viruses and what to do if you get one.
- How to stay safe when using mobile devices.



Congratulations on completing the SCC Academy course - this is just the start of your journey into the world of tech and employment! Over the next ten weeks, we will be sending you emails to help reinforce all of the topics that we completed on the course and, yes, push you that little bit further! Whether you complete these activities is completely up to you, but the knowledge you gain will become an asset and the greater your chance of landing that dream job.

Many of these activities will involve visiting different websites and reading up on different aspects of Information Technology. Remember, if you get stuck, all of your cohort are on Teams and hopefully some of these will be able to point you in the right direction.

We will also be sending out one questionnaire each month for the next three months, just to see how you are getting on and to see if there is anything we can do to support you further. These questionnaires will take you no longer than 10 minutes to complete and will help us to continue to improve the course for others. Please take the time to complete these. Okay, enough about that... let's get on with some learning!

The World-wide-web and internet are great inventions that have changed the way that society has interacted since the web was invented by English scientist [Tim Berners-Lee](#) in 1989. However, as these have grown, so have the risks that go with using them.

According to [lockdownyourlogin.com](#), every 2 seconds in America, there is another victim of identity fraud online. That means, in the time it has taken for you to read these two sentences, about 5 people have had their accounts hacked. It is imperative that, when using the internet and email, you take care to protect yourselves from others that might want to steal your information and money or cause your software to malfunction.

Malware is a general term to describe any software designed to harm your device. There are many different types of malware, including:



Trojans. Trojans are programs that trick people into thinking they are safe. They can create a way for criminals to access your computer and download your files. A trojan on a phone can make money for criminals by sending premium rate text messages without you knowing.



Spyware. Spyware programs secretly record what you do on your device. They can track the websites you visit and send you to advertising sites. They can also record personal data you use on websites, such as usernames and passwords.



Ransomware. Ransomware is software that can stop you using your device unless you pay the criminals a fee. This is a more recent type of threat. Keeping your security software up to date is important to make sure that you are protected.

By holding CTRL and clicking on the image below you will be taken to GCF Global's excellent internet safety tutorial concerning everything from creating passwords to using your mobile device in a car.



Work through the different activities at your own pace using the GCF Global website. Most of the activities don't have an activity to complete but involve viewing a video or reading information. Make sure to try these out for yourself; the best way to learn is through experimenting and getting hands on!

Once you have completed the 14 different sections, why not give the 'Internet Safety Quiz' a try! This comprises of 10 different questions, all of which relate to the different sections that precede it. Once you've completed the quiz, feel free to post your score on the Teams channel so that others can try to match or beat your score (if possible!). Remember to precede your score with 'Internet Safety score' e.g. 'Internet Safety score 8'

Have a great day, keep learning and stay tuned for another SCC Academy email next week!