

Keeping Safe Online: **Spam**



An **EasyRead** Guide



The Internet

The internet has changed the way we live our lives.

We can do lots of things on the internet.

We can read the news, book a holiday, follow our hobbies and buy and sell things.

But there are some risks when we use the internet.

One of these risks is spam email.



What is Email?



Email is a message sent to another person by the internet. It can be sent or picked up on a computer, a phone or on a tablet like an iPad.



You need an email account to send or receive an email.

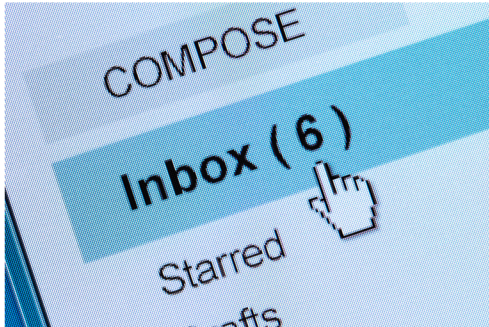


It's a good way to stay in touch with family and friends. Emails can travel across the world in a few seconds!



Sometimes you can attach things to an email like a picture or a letter.

Keeping Safe Online



If you've got an email account you will probably get lots of messages every day.



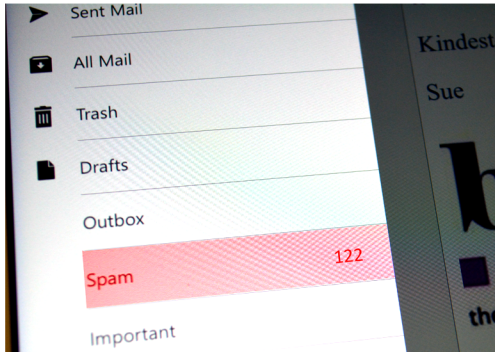
Some might be from friends or family, or businesses that you have given your email address to, for example, Amazon.



Some might be junk mail. These are like the junk mail that you get through your letter box at home, from businesses who just want to sell things to you.

But some emails will be dangerous. We call these dangerous emails 'spam'.

What is Spam?



Spam messages are email messages that you get that you didn't ask for.



Spam messages are sent by strangers. They send millions of messages at once to people all over the world.



Sometimes they might try and trick you into giving them information about yourself. This is called "phishing".



Other times they might try and get you to open an attachment which is really a virus. This is called "malware".

Phishing



Phishing is when someone tries to get you to give them information about yourself. Things like your bank account details, your date of birth, and passwords.



They might send an email that looks like it has come from your bank or tell you that you have won some money. They want to trick you into going to a website that will give them all your details.



This is so they can steal the money in your bank account. A bank would never send an email asking for your password.



Never give anyone your personal information. Even if the email looks official!

Malware



Malware is normally sent as an attachment to an email.

There are different types of malware, for example worms and viruses. They will all do bad things to your computer.



A virus can get rid of all the information that you have on your computer.



A worm can use up all of the space and memory on your computer. This will make it very slow. It might even crash.

How you can stop Spam



Be careful who you give your email address to. Don't give it to too many people.



Make sure your spam filters are turned on. You can do this in the 'Junk' pop-up menu in your email program.



Make sure you have good anti-virus software such as McAfee, Kaspersky, Norton or AVG.

If you think you have a spam email...



- Don't panic!
Follow these simple steps:



- Don't reply.
- Don't open the attachments.
- Don't buy anything from it.
- Don't click on anything that says 'unsubscribe'.



If you're not sure then
DELETE IT!

Useful Websites to help you stay safe on line

www.getsafeonline.org

Free advice that will help you keep safe when you are on the internet.

Test your knowledge with the quiz!



www.actionfraud.police.uk

This site is where you can find help if you have been a victim of spam or internet crime. You can get information and advice here.



www.trendmicro.com

Find out about how to keep your computer safe.



www.symantec.com

Symantec is a business that makes anti-virus software. You can find and install helpful software here.



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