

Cosgrove's Neighbourhood Watch looks at our use of the Internet



Many people feel overwhelmed by the increasing use of the internet - especially since it's an area where children are more competent than their elders. Neighbourhood Watch offers these tips to keep safe and avoid problems:

Use strong and safe passwords - mix letters, numbers, capitals etc. Don't "lend" your password or payment cards to anyone!

Never send bank details or private information in an email - it can be like talking to a stranger on the phone

Make sure online shopping sites have a locked padlock symbol on the checkout screen

In instant messaging always use a nickname and never include personal information

If you shop online make sure you check that the supplier is real by looking at their own website

Never open a link on an email - use the business's own website to do what you need to

For online games use a nickname and make sure your security software is covering you. Use free filtering and technology safe modes

Make sure you have a good security programme kept up to date. Get advice at www.moneysavingexpert.com

Supervise children and teenagers whilst on line - insist that you can see their browsing history - don't forget who pays the bills. If they delete their own records find out why!

Talk in your family about the bad things that can happen on line. Schools do this all the time but kids think parents know nothing!

