

Basic Digital Skills

Is the ability to use the computer and digital services, communicate online and to complete tasks releated to work.
It is crucial to understand how to be safe on the digital world as everyone is interconnected

(The National College, 2024)



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What is online safety?

Is acting and staying safe online, means individuals are protecting themselves and others from online arm and risk like communicating personal information online which may effect their mental health and wellbeing.
Whenever someone goes online, should protect their devices, privacy and personal data.



What are the risks?

- **Virus**: is a softawerthat causes damage to computer and data
- **Scam:** is an attempt to fraud someone after gaining their trust
- **Spyware:**is a softawer that tracks and steals all the data
- **Fake website :** are illegitimate website used to deceive into a malicious attacks
- **Phishing:** when someone sends email, text or call to trick the victim

Other risks:

- **Online bullying**: harass or embarrass someone online
- **Device addiction**: obsessive use of phone or laptop
- **Online grooming** : when someone use internet to build up a relationship with young people, tricking them.
- **Gambling**: when people risk money to predict the result of a game

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Social Media Applications

Are interactive tools that help online groups and networkers create and share content.
SM are growing and they contribute to the risks.
An example of them are

- FB
- IG
- TICK TOCK
- SNAPCHAT

Safe browsing tips

S: stay safe do not share your info: email, password, phone number
M: do not meet people that you know online
A: don't accept sms from people you don't know
R: not every website is reliable
T: tell to an adult if anything happens online

(The National College, 2024)

References

The National College. (2024, March 28). Retrieed from https://nationalcollege.com/: https://nationalcollege.com