



Cyber Safety for Families

It seems like every week there is a new virus or scam that can cause havoc on your computers. This short course will give you the knowledge and skills to ensure that you and your family are protected from all these types of threats.

We cover everything from social media scams, online bullying, anti-virus protection to ransom ware and suspicious emails. We give you strategies to manage your children's use of online devices and social media. You will gain the confidence to know when something is 'not right' as well as what to do in the event of you being hacked or scammed.

Justin Williams from iXplainIT has worked with schools and organisations, training them in the latest security techniques, as well as working with parents to ensure that their children are safe online.

Class Details:

Tutor: Justin Williams from iXplainIT
 Venue: SEAL 91 Hyland Street, Warrnambool
 Tuesday: April 17th 2018
 Time: 6.30pm – 9.30pm

COURSE FEES: \$80 1 session

Gift Vouchers available at
 Reception!!

6th Lifestyle course in a 12 month
 period is free!!

For More Information

To enrol in this course or for more information, please contact Reception or follow these links:

Ph: (03) 5562 6099

Fax: (03) 5561 2049

Email: reception@seal.org.au

Website link: <http://www.seal.org.au>

Enrolment/Cancellation Conditions

Enrolments must be accompanied by full course payment. We accept any of the following forms of payment: Cash/Cheque/MasterCard/ Visa or EFTPOS. Information on our withdrawal/refund policy will be provided on enrolment. This information is also available at www.seal.org.au

Cyber Safety: A Parents Guide

Cyber Safety is the safe and responsible use of information and communications technology and the implementation of strategies to minimize and manage risks.

Examples of devices which can access the internet include laptop and desktop computers, smart phones, tablets, smart televisions, gaming consoles, smart watches and iPod Touches. Free WiFi networks are commonplace nowadays and any of the above devices can freely access the internet via these devices.

Avoid internet and screen addiction. Human interaction is good. Go outside and have fun with your kids.

Some strategies to help manage your child's usage of the internet:

- Do what works for your family
- Set up the computer the kids will use in the lounge facing out from the wall so that you can always see what they are doing.
- No gadgets during the week unless being used for homework
- No devices in the bedrooms
- Enforce time limits on screen time
- Get them to check with you before downloading anything
- Don't let your kids know your passwords
- Keep settings and restrictions tightly controlled on devices
- Limit internet connection on portable devices. Some wireless modem routers allow you to set time limits on selected devices using the WiFi network
- Be involved and have an interest in what your kids are doing online. If your children use social media, be friends with them but don't be too invasive.

Always maintain and update the security settings on your devices so you have ultimate control.

Viruses and spam can only come on your device if you allow it. Be careful what you or your kids click on or download as viruses will come in via deceptive means. Never use recommended settings when downloading a program off the internet and read what is going to be installed on your computer. If in doubt, don't download it. Always use an anti-virus program such as Avast or AVG.

Scammer emails can be detected by looking for incorrect spelling, no mention of your name or area in which you live in etc. If it could be interpreted by you the same way as someone living in London, then it is generic and has been sent to millions of people. Delete it. Never, ever click on the links in the email. This may allow your computer to download and install a virus.