

Internet safety – Staying safe online

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The internet is amazing! It has completely changed the way we stay in touch, do business, keep up to date with the latest news and follow the fortunes of our favourite football teams. Unfortunately, as the internet is a public space, there are risks.

In this short guide to internet safety, Premier Skills English Video Blogger – James, gives you some useful tips and advice about how you can stay safe in cyberspace.



James – reporting from inside the internet

Before you watch the video, complete this vocabulary exercise. It will help you understand the more difficult vocabulary and help you guess what he’s going to say.

Before you watch

Match the words in the box with the descriptions below.

1. the information super highway	2. update	3. hackers	4. personal
5. combination	6. fired	7. jeopardise	8. embarrass

- a. To be sacked from a job (told to leave and never come back)
- b. Related to you and your life
- c. People who try to break through security (passwords) online
- d. To make someone feel ashamed
- e. A mixture of different elements
- f. The latest news or information about something
- g. Another name for the internet
- h. To put something in danger

Transcript:

Whoa! So here I am, inside the internet. Look at the... the information super highway coming down around me.

Ooh - there goes a facebook update. We all do those... Ooh and there's an email for me. I won't read that today. Ooh - and there are

some pictures that have been posted online... And doop! That's a tweet!

So, there it all is... inside the internet. Pictures, information, all of this wonderful stuff. What is there to be afraid of?

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Well... many things actually. People, hackers, criminals! They want to steal your identity! And they want to use it to help themselves.

15 So... what have you got to do to stay safe on the internet?

Well... Number 1: Never ever ever tell them where you live!

20 Number 2: Never ever ever ever tell them where you go to school!

And number 3: Never ever tell them where you work.

Protect yourself! And what's the easiest way to protect yourself?

25 Passwords! We've all got passwords... Hundreds of them. So you've got to think about how you can get the best password. Well, number 1: Never use personal information... your favourite football player, your name, or your star sign... or something that's easy.

Number 2: Try and use a combination of words together. For example:

35 An old... old password of mine was 'happy chicken football'. And why? Well, it was easy for me to get this picture of a happy chicken playing football.

And that's what you need to do as well; change your passwords.

40 And finally, the third thing I recommend to you is use a combination of big letters, capital letters, small letters, lower case letters and numbers. If you use all of those things together, your password is as safe as houses, as we say.

What else do you need to think about?

Come on! I know you. You love putting on those funny pictures online. On your, on your facebook update... I've done it, you've done it,

50 we've all done it. But you've got to think! Because once you put something online you never get it back!

Example: There was a man from New York who put a silly video online for his friends to see. But they sent it to their friends, and many friends. And it got so bad, because so many people had seen the video, he couldn't walk down the street. People would point at him and laugh at him. And this made him unhappy and depressed.

And that might seem a bit funny, but there's a serious side.

You need to think about your job. You need to think about your boss.

65 One woman, she wrote about her boss and put it online, and again; it got sent on and on. It went viral. Her boss ended up reading the letter... and 1,2,3 bang! You're fired! She lost her job. And that's serious!

70 So... the main points for you to remember:

Number 1: Keep your personal information private. Don't tell everybody everything about yourself.

75 Number 2: Protect that information with a very strong safe secure password.

Number 3: Think about what pictures and videos you put online. Could they embarrass you now or in the future?

80 And number 4: Do not jeopardise your job. Do not put things online that could get you fired, from your work or stop you getting a job in the future.

Protect yourself... Be safe... and above all... Enjoy using the internet in the right way. Thanks for listening! I've had enough of being inside cyberspace.

I'm going back to the real world and I'll see you soon. OK, bye bye.

### Comprehension: How much did you understand?

Read the sentences about James' video and decide if they are true or false.

1. The internet is a very safe place.
2. You need to choose good passwords.
3. James' old password was a combination of 2 words.
4. A man from New York shared a video with his friends.
5. A woman wrote a message about her boss.
6. The man was fired from his job.
7. The man became depressed.

### What makes a safe password?

James mentions 4 things you should do to make sure your passwords are safe. Below are 8 ideas for keeping your online accounts safe. They are all good ideas, but can you remember which ones James said?

<i>Don't use personal information like your name or star sign.</i>	<i>Use different passwords on different sites.</i>	<i>Use a combination of capital letters, lowercase letters and numbers.</i>	<i>Don't write your passwords down unless you are sure you can keep the paper safe.</i>
<i>Don't use familiar phrases – hackers try these.</i>	<i>Change your passwords regularly.</i>	<i>Try to use a combination of words.</i>	<i>Remember to log out of your online accounts if you use a public computer.</i>

### Internet safety rules

Match the two halves of the internet rules.

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1. Keep your personal information | a. job.                 |
| 2. Choose a secure                | b. pictures and videos. |
| 3. Be careful with                | c. private.             |
| 4. Don't jeopardise your          | d. Password.            |

### Answers

Before you watch: 1 – g, 2 – f, 3 – c, 4 – b, 5 – e, 6 – a, 7 – h, 8 – d  
 Comprehension: 1 – false, 2 – true, 3 – false, 4 – true, 5 – true, 6 – false, 7 – true  
 Internet safety rules: 1 – c, 2 – d, 3 – b, 4 – a.