




# Online Safety Resources

# How to use this document

These resources have been collated to support you alongside Digital Communities Wales: Digital Confidence, Health and Well-being (DCW) training.

We have included webpages within this document that contain helpful information for supporting others. We have included these as links in this document. Look out for the **pink link symbol**, which you can select with your cursor or finger, to open and view the link. 

If you are viewing a printed resource, either type the website address into a web-browser or scan the QR code to open the webpage.

## How to scan a QR code

1. Open your QR code app on your device. On many modern smart phones, this is your camera app.
2. Point the camera at the QR code and ensure all of the code is in the frame.
3. Look at your screen to see if a website link has appeared. If it has, touch it with your finger and it will open the website!




# Useful webpages

**Learn My Way** is a website created by the Good Things Foundation that provides free short learning courses to help you develop your digital skills. They have bite-sized online safety topics which are suitable for beginners that have no or low digital skills:

<https://www.learnmyway.com> 

**Get Safe Online** is a useful online safety advice webpage endorsed by many organisations involved in preventing cybercrime:

<https://www.getsafeonline.org> 

To report cyber crime, or seek advice, speak to **Action Fraud** - the National Fraud and Cybercrime Reporting Centre: <https://www.actionfraud.police.uk/>   
or call **0300 123 2040**

SCAN ME



Learn My Way

SCAN ME



Get Safe Online

SCAN ME




Action Fraud

# Check a website is secure

Use websites for companies that are familiar with you, when you begin navigating the internet.

Check the website address has a padlock and https.



Use a website checker to check your website for security issues if you are unsure: <https://bit.ly/3RMr7PJ>. 



# Create secure online accounts

Creating a secure account online is important for protecting personal information.


Create a **secure password**. We use the 3-word password rule to combined 3 unrelated words into a strong password. Test it out for yourself using this password checking tool:

<https://bit.ly/3wPHgdp> 



Protect your smart devices by adding a **memorable passcode** in order to unlock and use the device. That way, only those who know the passcode can pick up and use your device.


You can also use **2-factor authentication** on many different websites and accounts, to make them more secure. This means that after you enter your password, a separate passcode is sent to your device before you can login. For more information about 2-factor authentication, visit:

<https://bit.ly/3xZwVim> 



# Keep your device up-to-date

The best way to avoid viruses and security breaches is by following internet safety steps, and remaining vigilant to things like phishing emails, fake sites, and pop-ups.

Most modern digital devices install anti-virus protection through updates, which is why it is important to ensure you keep your devices and apps up-to-date. You can read more about this here: <https://bit.ly/4cQizjw>. 



## What next?

To find out more about our support, get in touch:



[digitalcommunities.gov.wales/contact-us/](https://digitalcommunities.gov.wales/contact-us/) 



0300 111 5050

Find us on



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