

# Healthy Websites

Part of the 'Healthy Surfers' Training

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# What Are We Going To Talk About?



- Websites can be very useful to help you learn about health. But you just need to be careful which ones you visit.
- In this presentation, we will look at websites that are considered safe.

# What Websites Are Safe?



- Now we are going on to talk about health sites and sites that will help you stay fit.

# Looking At Safe Websites



- Here are some websites that are safe to visit:
- [www.nhsdirect.co.uk](http://www.nhsdirect.co.uk)
- [www.nhs.uk](http://www.nhs.uk)
- [www.dh.gov.uk](http://www.dh.gov.uk)

These are health websites.

But there are other websites which are very easy to use and we recommend them:

- [www.easyhealth.org.uk](http://www.easyhealth.org.uk)
- [www.friendlyresources.org.uk](http://www.friendlyresources.org.uk)
- [www.changepeople.info](http://www.changepeople.info)

# Information

Step 1.

Step 2.

Step 3.

- The list of websites will give you the information you need about certain health treatments.
- All you need to do to go on to them is to put the web address into your web browser address bar.
- Be careful if you use a search website to find them. Sometimes adverts for other sites will come up as well.

# Websites To Be Careful On



- Youtube is a safe website that you can watch videos on.
- But, the videos may carry links to different websites that may have viruses on them so please, be very careful.
- There are other websites like this. So you need to be careful what links you click on.

# Gaming Websites



- There are also websites with games on like Facebook. This website can be a problem if you accept someone you don't know or if you accidentally click on to a pop up.
- Facebook is a social networking site that allows you to talk to your friends and family that you don't see often.

# Be careful what you read or see



- Websites like Youtube and Facebook have lots of videos and information on them about health.
- Some of it might not be true and some might be dangerous.
- Be careful what you watch or click on and always check with your doctor first to make sure before you do anything else.



# Viruses



- In the world of technology, you will get things that affect technology and can damage your computer. These are called viruses.
- Some viruses are called:
- Trojan
- Melissa
- Worm
- Code Red
- Nimba

# Pop Ups



tdn.optmd.com/v2/41865/160970/index.html?g=AF22178-Sr=eggspot.com/?m=0



- You can get pop ups on your computer depending on what websites you visit.
- These are small adverts that come up on their own. You need to ignore these and not click them.
- You might get a pop up like this....

# Pop Up Alert

This is what a pop up could also look like.

**You have won  
£1,000,000  
Click here**

**Or a Pop Up may look like this**

**Your computer now  
has a virus**

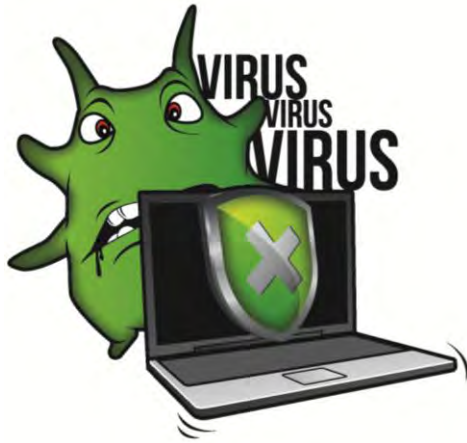


**There are a lot of pop ups that look like this to trick you to downloading software to fix the problem but, the software may have viruses on it.**

# Virus Alert

**DON'T CLICK IT!**

# Viruses



There are different viruses in the technology world. Viruses are things that damage your computer. They get on to your computer.

There are three ways that they get on to your computer:

- You go on to websites which have viruses on them.
- You download programs or games which have viruses in them.
- You open emails which have viruses in them.



download for free game



# Viruses

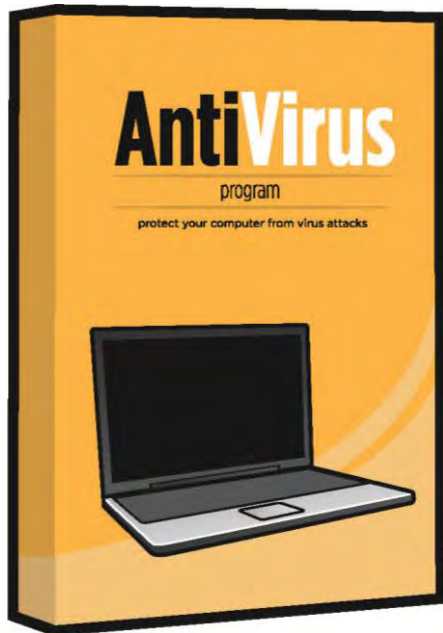


It's a good idea to have an anti-virus program installed on your computer. Ask someone you trust to help you if you need it.

BUT, you still need to be careful even if you have an anti-virus program installed:

- Don't go onto websites which you don't think are safe.
- Try not to open emails from people you don't know.
- Don't download lots of games from websites you don't know. Check with someone you trust first to see if they might be safe.

# Anti – Virus Programs



You can get certain anti virus programs for your computer or laptop that will protect you from any virus attack.

Some of these programs are called:

- Norton
- AVG
- Avast!
- McAfee



# Questions?

Thank you for listening, do you have any questions?

