Before you do anything, make sure your computer isn't having minor malfunctions. Try restarting or powering down your computer before taking any anti-virus measures, if the problem persists follow these steps:

Relax, making any rash decisions can land you in even more hot water. Don't continue to use the computer if you feel that you cannot handle removing the virus, it's just not worth it.

If you haven't downloaded an anti-virus program, do that first. The software will contain instructions on how to clean up your computer.

Disconnect your computer from the internet and all devices that it shares with. This will stop the virus from spreading further.

Hopefully, you've created backup files for your computer. Use those backups to restore the files that have been infected. Before restoring make sure the backups weren't also infected.

GENERAL INTERNET SAFETY

It's always good to be cautious while on the internet. There are people in the cyber world who want to do harm to you or your computer.

These are some good tips to keep in mind while you are surfing:

Be careful about what you put on the web.

It's on there forever and can be used to trace back to you at any time.

Keep track of who you interact with on the internet.

Some people may not be who they seem to be.

Know that privacy is just an illusion.

Even personal information on social networks can be easily recovered by anyone.

Don't open any links in emails or chat rooms that look suspicious or unfamiliar.

Also, never open any strange files that your computer may have downloaded from an email or a website.

SOCIAL NETWORKS

The best way on the internet to keep in touch with friends, sharing pictures and memories, and meet new people is by using a social network.

Some of the most popular social networks as of today are:

Social networks are great, but just like everything else on the web, you need to be careful when using them. What you put on your social networking site defines you. Anyone and everyone on the web will be able to see what you put up. Always think before posting a status or picture that might come back to haunt you.

YOUR PRIVACY

It may be unnerving to hear this but you virtually have no privacy on a social network. By joining Facebook, you agree to their Terms of Use that state that

they have the right to use any, or all, of your personal information to sell to companies for their marketing schemes. Not to mention people with malicious intent can view any information that you post.

Anyone viewing your information can use it for:

Advertising to you personally on www.facebook.com.

Use your email to put you on mass emailing lists.

Stalking, if your address or physical location is posted.

KIDS AND PARENTS

KIDS

The internet is a fun place to be, but it can also be dangerous. Follow these steps to safely have fun on the web!

Always ask for your parents' permission before going online.

Never talk to anyone online that you don't know.

Tell your parents if anyone ever asks to meet you somewhere.

Don't let anyone know your name, phone number, address, or any other personal information.

If you find yourself on a website that you don't think you should be on, you should exit the page.

Keep pictures of yourself off the internet unless it's ok with your parents.

Be respectful of other people on the internet and never say anything mean.

QUIZ FOR KIDS!

(Answers found after quiz)

1

"Jimmy" writes to you from a chat room:

"Hi -- my name is Jimmy -- I live in Santa Barbara, and I'm 9. I love to swim, but I can't use the pool right now, even though the weather is great (I live in California) because I have the

measles. I have a pet lizard named Nelix. What's your name? Do you have any pets? Where do you live?"

You should:

A

Tell him your name and the name of your pet and where you live, because he seems really friendly, and he's sick.

B

Give him only the same information that he gave to you in his message.

C

Tell him that you aren't allowed to give out personal or identifying information.

You just told "Jimmy" that you can't give out personal information. "Jimmy" writes back to you:

"Aw, come on...those rules are just for babies. I stopped following those stupid rules ages ago. Anyway, what are you afraid of?"

You should:

A

End the conversation without replying to his message, and tell your parents about the conversation.

B

Tell him that you're not a baby, and that he isn't being very smart if he isn't following the online safety rules.

Tell him that you're sorry you made him mad, and answer his questions.

You met "Jenny" through a chat room a couple of weeks ago, and after talking to your parents, they gave you permission to tell Jenny what city and state you live in. It turns out that Jenny lives in a nearby town in the same state. "Jenny" sends you the following message:

"Hey -- guess what? My birthday is two weeks from now, and my mom says I can invite a couple of friends over for cake and ice cream. Can you come? I'd really love it if you can� I

really, really want to meet you, 'cause we like so many of the same things. My mom can even come to pick you up!"

You should:

A

Tell her that you can't wait to meet her too, and give her your address so that her Mom can pick you up.

B

Tell her that you hope she has a great birthday, but that you and your parents have safety rules for meeting an "online buddy" for the first time.

C

Tell her you'll ask your Mom or Dad, and if they say yes, that you'd love to come.

You didn't attend "Jenny's" birthday party, but your parents did arrange a supervised meeting with "Jenny" and her "mom", which is supposed to take place the following week at the local library. One week before you meet, Jenny emails you a digital copy of her class picture, and says:

"How do you like my picture? Now you can recognize me when we meet at the library! Could you send a photograph of you, too, so that I'll know what you look like? I'm really worried that we won't recognize one another."

You should:

A

Tell her you're looking forward to meeting her too, and email her a recent picture.

B

Tell her you'll get back to her with your answer later, and ask your parents whether or not you can send her a picture.

C

Tell her that you don't have a digital picture to email to her, but that you'll send her one through the regular postal mail.

5

You are chatting online with "Jimmy" and "Jenny" when "Sammy" joins your chat room. Sammy uses a swear word, and when "Jenny" tells him he should not use words like that online, "Sammy" starts writing things that are mean and insulting to you and your online buddies.

You should:

A

Defend yourself and your online buddies by insulting "Sammy" right back!

B

Ignore "Sammy" and hope that he will get bored and leave the chat room.

C

End the conversation, and tell your parents.

ANSWER KEY

1. C / 2. A / 3. B

4. B / 5. C

PARENTS

The internet is the one of the best resources for learning and entertainment and your children have it at their fingertips! It's important for you to teach them to use the internet because they're going to be using it for the rest of their lives.

Some tips to help your child surf the internet safely are:

Monitor the sites your child goes on before allowing them to surf freely.

Create rules for the internet. Your child needs to know what's OK and what's not OK in terms of what they can do on what sites.

Rules like:

- No talking to strangers.

- No giving out personal information.

Look for a privacy policy on the sites your child visits.

Build your child's confidence. They should know how to use the internet and like using it!

WATCH OUT FOR

Unfortunately, there are dangers when it comes to the internet and kids. Your child's safety might be in danger if one or more of the following happen:

Your child spends large amounts of time online, especially at night

You find pornography on your child's computer

Your child receives phone calls from people you don't know.

Your child receives mail, gifts, or packages form someone you don't know.

Your child turns the monitor off or changes the screen quickly when you walk into the room

If you suspect your child is communicating with an online sexual predator you should:

First, talk to your child openly about it. Tell them you're worried and have a conversation about online safety.

Review what is on your child's computer, either through the history or by other means.

Check the caller ID to make sure your child hasn't been calling any numbers you don't recognize.

Monitor any chat rooms or instant message websites your child has been using.

If you find evidence that your child HAS been communicating with a sexual predator immediately call the FBI and the National Center for Missing and Exploited Children.