Here is a simple explanation of **Viruses and Malware** for **beginners** in plain and easy-to-understand English.

**What Are Viruses and Malware?**

**Malware** means **“malicious software”**. It is **any program made to harm your computer** or steal your information or spy on you.  
A **virus** is a **type of malware** that can **spread from one computer to another** and cause problems, just like a real virus spreads between people.

* **Types of Malware**
* **Virus**
  + A **virus attaches itself to files or programs**.
  + It **spreads when you open those files**.
  + It can **delete data, slow down your computer**, or make it crash.
* **Worm**
  + A **worm spreads on its own** without needing you to click anything.
  + It can spread to other computers in your network.
* **Trojan**
  + A **Trojan pretends to be a safe program**, like a game or file.
  + Once opened, it can **steal your information or give control to hackers**.
* **Spyware**
  + **Spyware secretly watches what you do** on your computer.
  + It can **steal your passwords, credit card info**, or personal data.
* **Ransomware**
  + **Ransomware locks your files** and asks you to **pay money to unlock them**.

**How Do Viruses and Malware Enter Your Computer?**

* **Clicking unsafe links** or ads
* **Opening email attachments** from unknown senders
* **Downloading free software** or games from untrusted websites
* **Using infected USB drives**
* Visiting **unsafe or fake websites**

**Signs Your Computer May Be Infected**

* Computer becomes **very slow**
* Unexpected **pop-up ads**
* Files **disappear or won’t open**
* Your **browser changes** on its own
* You see **messages asking for money**

**How to Protect Your Computer**

* **Use antivirus software** and keep it updated
* **Do not open emails or links** from people you don’t know
* **Download apps and programs** only from trusted websites
* **Keep your operating system and software updated**
* **Back up your important files** regularly

**What to Do If You Think You Have Malware**

* **Disconnect from the internet**
* **Run a full antivirus scan**
* **Delete suspicious programs**
* If needed, **ask a computer expert for help**

**Summary**

* **Malware is harmful software** that can damage your computer or steal your data
* **Viruses are one kind of malware** that spread from one file to another
* You can stay safe by being **careful online** and using **good antivirus protection**

Let me know if you’d like this as a poster, handout, or presentation!