Here is a simple and easy-to-understand explanation of **Spyware** for **beginners**.

**What is Spyware?**

**Spyware** is a type of **harmful software** that **secretly watches what you do** on your computer or phone.

It can **track your activities**, **steal your personal information**, and **send it to someone else** without your permission.

**What Can Spyware Do?**

* **Record everything you type**, including **passwords** and **messages**
* **Watch the websites** you visit
* **Track your location**
* **Take your personal data**, like **bank details or photos**
* Make your **device slow or act strange**

**How Does Spyware Get on Your Device?**

* By **clicking on unknown links or ads**
* From **opening fake email attachments**
* By **downloading free games or apps** from unsafe websites
* From **pop-up windows** that ask you to “update” something
* Through **infected USB drives**

**Signs Your Device May Have Spyware**

* Your device is **slower than usual**
* You see **pop-up ads** that won’t go away
* Your **homepage or search engine** changes without your action
* You get **strange error messages**
* You notice **data or money missing** from accounts

**How to Protect Yourself from Spyware**

* **Do not click** on strange links or ads
* **Avoid downloading** unknown apps or files
* **Keep your antivirus and software updated**
* Use a **trusted antivirus or anti-spyware tool**
* Only visit **safe websites** and **be careful with emails**

**What to Do If You Have Spyware**

* Run a **full antivirus or anti-spyware scan**
* **Remove the spyware** using the tool’s help
* **Change your passwords** (especially for bank or email)
* Ask a **computer expert** if you're not sure what to do

**Summary**

* **Spyware secretly watches and steals your information**
* It can come from **fake emails, ads, or downloads**
* Stay safe by being **careful online** and using **security tools**

Would you like a short checklist to help avoid spyware in daily use?