Here is a simple and easy-to-understand explanation of **Worms** for **beginners** using plain English.

**What is a Worm?**

A **worm** is a type of **malware** (harmful software) that can **spread from one computer to another** all by itself. Unlike a virus, a worm **does not need you to open a file** to start working.

It can **move across computers and networks** and cause a lot of damage very quickly.

**How Does a Worm Work?**

* A worm enters your computer through the **internet**, **email**, or **unsafe software**
* It starts to **copy itself** and spread to **other computers**
* It can **slow down or crash networks**, steal data, or install more malware

**What Can Worms Do?**

* **Spread quickly** to many computers
* **Use up internet or system resources** and make devices slow
* **Delete files** or **steal information**
* **Open backdoors** for hackers to take control of your system
* Sometimes worms **install spyware or ransomware**

**How Do Worms Spread?**

* Through **email attachments**
* By clicking on **unsafe links or pop-ups**
* From **infected USB drives**
* Through **weak passwords or outdated software**
* Across **shared Wi-Fi networks**

**Signs Your Device May Have a Worm**

* Computer or internet becomes **very slow**
* You notice **files missing or changed**
* You see **programs running by themselves**
* **People receive strange emails** from your account
* Your **network traffic is unusually high**

**How to Protect Yourself from Worms**

* Use **antivirus software** and keep it updated
* **Do not open emails or attachments** from unknown people
* **Avoid clicking** on suspicious links or ads
* **Update your operating system and apps** regularly
* Use **strong passwords** and **firewalls**

**What to Do If You Think You Have a Worm**

* **Disconnect from the internet** to stop the worm from spreading
* Run a **full antivirus scan**
* **Remove any infected files or programs**
* **Update your system and change passwords**
* If needed, **ask a computer expert** for help

**Summary**

* A **worm is malware that spreads on its own**
* It can **slow down, damage, or infect** many computers
* You can **stay safe** by being **careful online** and using **security software**

Let me know if you want this in a short summary or visual format for easier learning.