**Internet Safety by Isabel Kelleher**

Safety on the internet is extremely important. They are safe things to do on the internet and unsafe things to do.

It’s important to strengthen your computer’s defenses. Keep all software (including your web browser) current with automatic updating. Install legitimate antivirus and antispyware software. Never turn off your firewall. Protect your wireless router with a password and use flash drives cautiously.

Don’t be tricked into downloading malicious software. Think before you open attachments or click links in email or IM, or on a social network—even if you know the sender. Confirm with the sender that the message is authentic. Don’t click links or buttons in pop-up windows.

We need to be conscious that the Internet will pose its own dangers and mental health challenges. Problems include computer rage, when users are irritated with their computers. This is usually seen in video gamers and commonly referred to as ‘rage quitting’. Or the internet as a whole internet addiction–people may become dependent on the internet to the detriment of the rest of their lives.

Society separation–people lose communication skills because they're less in need of face-to-face contact with others. The evidence on this however is mixed. Several people report the internet is bringing people together and promoting more social interaction.

Discover what is on the Internet about you and periodically revaluate what you find. Cultivate an accurate, positive reputation.

Potential employers or clients do not need know your personal relationship status or address at home. They need to know about your professional background and expertise, and how to get in contact with you. You wouldn't hand out purely personal information personally to strangers — do not send it to millions of people online.

Remember what's on the internet will stay there forever.

The importance is important safety in our school is huge. A large portion of students use the internet and it’s important to be aware of its dangers and risk. Internet Safety Day is an opportunity to educate these students risk and start an open talk on the topic.