

# Get online and stay safe

Free  
Computer  
Courses

Being on the internet  
is just like real life  
– and that means  
you have to do some  
simple things to  
keep yourself, your  
information and  
your family safe.

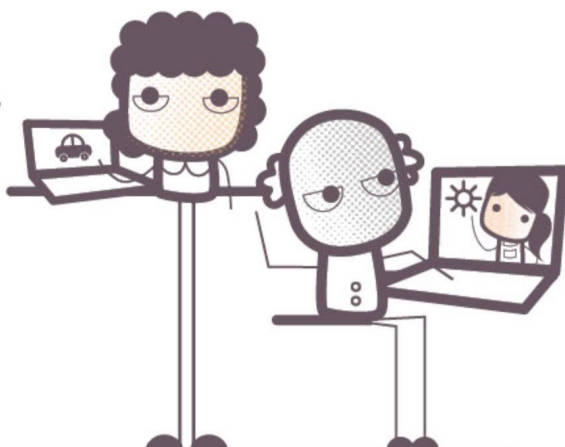


## We all hear scare stories about identify theft, nasty websites, viruses and internet scams. But the truth is that the internet is no more dangerous than the real world.

Every day we all take simple precautions to keep ourselves safe – looking both ways before we cross a road, covering our pin number at the cash machine, and keeping our valuables out of sight. The same principles apply online – you just need to know what you're doing, what to look out for, and what pitfalls to avoid.

The internet can be a wonderful place, full of information and opportunities. Whether you want to keep in touch with family and friends, find a job, follow your hobbies, or look for a bargain – you can do it all – and more – by doing it online. **Please don't let internet safety worries scare you off!**

Believe it or not, learning to stay safe online isn't difficult. If you're worried about giving out your personal details, spending money online or keeping your kids or grandkids safe, we're here to help you – every step of the way.



Join us weekly at **Carlisle Library** for our **FREE** courses on using a computer and the internet.

Learn at your own pace, with staff on hand to help you when you need it.

One to one taster sessions are also available.

**Tuesdays 10 am - 12 noon**  
**Wednesdays 10 am - 12 noon**  
**Thursdays 5 pm - 7 pm**

Call **Carlisle Library** on **(01228) 227324** for more information or to book a place.



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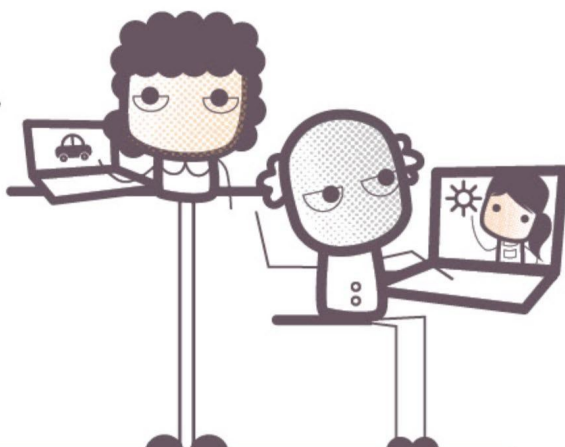


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