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The 30th of November is International Computer Security Day. Held since 1998, its objective is to alert and improve the awareness of users concerning security on the Internet. Those who think that the danger is only from hackers and the like are mistaken...there is no point implementing protection mechanisms in systems and networks if the user is not aware of what one should and should not do to be protected from the real risks of the virtual world.

- ✦ [Windows Defender: protect your computer against spyware and other unwanted software](#)
- ✦ [Security advice for chat rooms](#)

This being the case, in this Security Newsletter, in **Highlights**, you can find out about Windows Defender and the advantages associated with this program.

In **Basic Security Principles** we will tell you some procedures to take into consideration when you use chat rooms.



## Highlights

### **Windows Defender: protect your computer against spyware and other unwanted software**

Windows Defender is a free program which helps you to protect your computer against pop-ups, slow performance and security threats caused by spyware and other unwanted software.

Spyware is a general term used for software which executes certain actions such as sending advertising, collecting personal information or altering the configuration of your computer, generally without obtaining your consent. You may have spyware or other unwanted software on your computer if:

- You see adverts even when you are not on the Web;
- The page your browser opens first (home page) or the search definitions of the browser were changed without your knowledge;
- You have a new tool bar in the browser which you do not want and you have difficulties in removing it;
- The computer takes longer than usual to complete certain tasks;
- Your computer suddenly blocks much more often than normal.

## Advantages of Windows Defender:

- Detection of spyware: It helps to prevent spyware before it infiltrates your computer;
- Programmed analyses and removals;
- You are updated automatically.



To get Windows Defender you can visit Microsoft's Security site in Portugal and click on "Spyware" in the left-hand side bar.



## Basic Security Principles

### Security advice for chat rooms

Chat rooms where people "converse" are virtual places on the Internet in which people can write messages which appear almost immediately on other people's computers.

Sometimes people call the conversations through instant messages as chatting, but chat systems and instant messages (IM) are not the same thing. Instant messages imply a conversation between two people, while chats are conversations between a group of people.

Because chats and Instant Messaging programs have become a means of communication which is much liked by adults and children, we will give you some advice about chat rooms:

5 security tips for chat rooms:

- Never give out your personal data in a chat room: do not provide personal information such as your address or telephone number, (in the case of children warn them not to indicate the name of the school they attend); you should also not send personal photographs to people you meet in chat rooms;
- When you are asked to enter or record a nickname for the chat room, choose a name which does not reveal personal data;
- Do not trust others who invite you into private chat rooms;
- Before taking part, check the terms and conditions, the code of conduct and the declaration of privacy on the chat site; Use chat rooms managed by moderators: these are responsible for sifting through the messages, eliminating those which they do not consider to be appropriate;
- Never agree to personally meeting anyone you met in a chat room.

When children visit chat rooms it is important to tell them about the care that needs to be taken when using this technology. Even suggest that the computer connected to the Internet be placed in a common area of the house and not in your child's room. It will be easier to check on the type of communication which is established and with whom.

There are also many types of software which allow you to monitor diverse online activities: for example, MSN Premium offers a number of controls to restrict access by allowing you to filter the Internet and which will send weekly activity reports which describe the sites visited by your children and the people with whom they communicate, amongst other things.





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