

## Firewall, Anti-Virus and Parental Control Software

### Firewalls

It is the end users responsibility to ensure that their PC or network is adequately protected with a firewall and anti-virus software.

To help prevent hackers from accessing your computer and stealing or damaging your data we strongly recommend you use a firewall and anti-virus software. A firewall is a product which helps protect your PC or Network from unauthorised access. A firewall will increase the security of your machine and help protect your anonymity. Hebrides.net does not provide firewalls but if you use Windows XP then you can activate the built in firewall.

To check if your Windows XP firewall is enabled, you can follow the Microsoft instructions on how to set your firewall [here](#).

For PC users who do not use Windows XP, Hebrides.net there are a number of products available for purchase or free download. One such product is ZoneAlarm, which can be downloaded free of charge [here](#). For advanced features, we would recommend products such as ZoneAlarm Pro, Norton Internet Security, McAfee etc which can be purchased from local suppliers or online.

### Virus Protection

Anti-virus software is a computer program that attempts to identify, thwart and eliminate computer viruses and other malicious software. Hebrides.net strongly recommends the installation of anti-virus programs such as Norton, AVG Antivirus and McAfee.

### Warning!

*You must not use the Hebrides.net service to knowingly or unknowingly enable the transmission of Worms, Trojans or Viruses. Any account found to have been used to transmit such items will be subject to immediate suspension or disconnection without notice. This action is taken to prevent the blacklisting of the Hebrides.net server by other ISP's and is standard practice amongst most major service providers.*

### Parental Control

The Internet provides a great resource for information, education and entertainment. But dangers such as explicit images, harmful content, sexual predators, chat room strangers and malicious downloads can be but a mouse click away. Parental Control software can help ensure that children stay safe when accessing the internet. Many firewall products include parental control options which enable parents to filter harmful web sites, restrict Internet access (should you wish to), monitor your children's online activity, Protect personal information, block chat and newsgroups, block pornography and set limits on the time your children spend online.

As stated previously, many firewall products include a parental control option, but specific programs such as CyberPatrol and Net Nanny can be purchased via local suppliers or downloaded via the internet.

The European Commission funded site: <http://www.internetsafetyzone.com/> provides more information on internet safety and parental control. This site has been established under the 'Safer Internet Action Plan', in partnership with the Public Awareness sub group of the Home Secretary's Internet Task Force on Child Protection.