

## Course Information Sheet 2025/26

### Work & Wellbeing Non-Qualification Course

<b>Course title:</b>	<b>Safer Internet Day: Try the Internet in a Safe Space</b>		<b>Code: CB224</b>
<b>Tutor:</b>	Mohmed Chohan		
<b>Day &amp; Time:</b>	<b>Tuesday</b> 1.00pm – 3.00pm		
<b>Start &amp; End Dates:</b>	Term 2 10/02/2026		
<b>Number of sessions:</b>	1		
<b>Venue:</b>	Bury Adult Learning Service		<b>Room No: 13</b>
<b>Learner numbers:</b>	Minimum	Maximum	
	<b>8</b>	<b>12</b>	
<b>Costs:</b>	Full Fee	Discounted Fee	
	Free	Free	

#### What will I learn on this course?

Join us for **Safer Internet Day 2026**, a national event that helps people learn how to use the internet safely and with confidence. This year's theme is "Smart tech, safe choices".

This friendly taster session is perfect for adults who are new to the internet or unsure where to start. In a relaxed and supportive space, you'll learn simple ways to go online, find information, and keep yourself safe. No experience is needed — just curiosity and a willingness to try something new.

Come along, build your confidence, and take your first steps online safely.

You will learn how to:

- Get started online – open a web browser and search for information.
- Spot online dangers – what scams look like, how to spot fake messages.
- Keep your personal information safe online.
- Understand what is smart technology (voice assistants, helpful online tools).
- What information not to share online.

#### Additional information

These courses aim to help people improve their wellbeing and gain the confidence to move into further learning and work, if appropriate.

Some courses may require a pre-course informal meeting.

Before you enrol on a course, advice and information is available to help you decide on the right course for you. Contact Learner Services on 0161 253 7501 or e-mail at [learner.services@bury.gov.uk](mailto:learner.services@bury.gov.uk).

### **What will I need to provide myself?**

- Pen, notepad, and a ring binder.

Your tutor will discuss materials further at the first class.

**Please check that the class is running before buying anything.**

### **What could I do next?**

Progression route:

- ✓ Beginner's Digital Skills
- ✓ Intermediate Digital Skills

From this course you could progress onto English, maths, IT, or another course within our Work & Wellbeing programme to develop further your skills for work. Alternatively, if you wish to pursue a hobby or develop a new skill you could progress onto one of our creative courses.

Your tutor will be able to advise on the options available to you in their subject. If you would like to speak to someone about moving on, please ask your tutor to refer you to Learner Services or contact them directly on 0161 253 7501 or e-mail at

[learner.services@bury.gov.uk](mailto:learner.services@bury.gov.uk).

### **Can I get extra help?**

Support with English and Maths is available. For more information, please contact Learner Services on 0161 253 7501.

Extra support is available for those learners who have sensory, physical, or cognitive impairments, neuro-divergent or with mental health conditions.

### **Help with paying for your course**

You may be entitled to a reduced fee for your course if you claim a benefit. Please refer to the course guide or ask at the centre for more details. You will be asked to produce evidence on enrolment.

### **How to enrol**

Phone: 0161 253 5772

Call into: Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ

**Please keep your copy of this information sheet. It will be useful throughout your course.**