



INTERNET SAFETY RESOURCE LIST

<http://www.netsmartz.org>

- An interactive website designed for parents, guardians, educators, law enforcement, and children ages 5 - 17 (separated into developmentally similar age groups) that aims to educate individuals on how to be safer online and offline. Teaching resources on the site include videos, games, activity cards, and presentations.

<https://www.common sense media.org/special-needs>

- A website designed to educate and advocate for children (ages 2 - 13+), families, and schools about keeping safe online, with specific resources provided for individuals with special needs and learning disabilities. Links provide parents and educators with guidelines to help address common questions (with answers provided) and concerns regarding various aspects of Internet safety, as well as special needs applications that are designed to facilitate learning and social interaction.

<http://www.thinkuknow.co.uk>

- A website designed for children (ages 5 – 14+), parents, teachers, and staff members that has various resources including guidelines for contacting social media sites to report complaints, video clips, and general advice for staying protected online.

<http://powerupwhatworks.org/technology/teaching-students-disabilities-about-online-safety>

- A one-page resource for parents, guardians, and teachers of individuals with disabilities that discusses relevant research and teaching practices regarding Internet safety. This site focuses on the specific challenges that individuals with disabilities might face online.

https://www.autismspeaks.org/docs/family_services_docs/transition/Internet.pdf

- A pdf file that discusses Internet safety tips, social networking sites, and technology (assistive devices and services) that is specifically designed for individuals with autism.

<http://safernet.org.uk>

- A website that supplies advice for how to stay safe online for people with learning disabilities and for the individuals who support them. This site provides short film clips and has a list of tips for staying safe.



Tip Sheet: Introduction to Internet Safety

The Internet

- Individuals get online using many different devices. These include laptop computers, computers at the library, cellphones, iPads, tablets, videogame systems, etc.
- The Internet is a resource that can be used for many things. Individuals are able to search for information, to communicate with friends and family, to conduct business, and to shop while online.

What is Internet Safety?

- Internet safety is knowing how to use the Internet in an appropriate and safe way. There are guidelines individuals can follow in order to stay safe online, while still having fun!
- Internet safety is important because the things individuals do online can place them, their computer, and other people in danger.

Guidelines for Keeping Safe

- Do not share passwords. Keep personal information private.
- Use privacy and security settings on applications such as Facebook, Instagram, Snapchat, and FaceTime.
- Delete any messages, links, or e-mails from unknown senders.
- Do not post information you will regret later. Remember, once something is posted, it is always posted.
- Know who your online friends are and only accept friend requests from people you know, have met in person, and trust.
- Know how to block people and report problems that happen online.
- If someone feels uncomfortable or unsafe when online, it is important that they report the situation to staff members, parents, guardians or other trusted individuals.
- If someone tells you that they have had a bad experience online, what should you do? It is important to listen carefully to what the individual tells you. Tell them that it is not their fault, help answer their questions, and if necessary, report it to the website or authorities.



Tip Sheet: Online Bullying

What is Online Bullying?

- Online bullying is the use of technology to tease, humiliate, threaten and/or harass someone. It can take place through text messaging, instant messaging, and on social media websites (for example, Facebook, Instagram, and Twitter).
- Bullies might send mean or threatening comments through messages, post embarrassing photos or videos in order to make fun of someone, steal someone's password or break into someone's account, share private information about someone, or spread gossip and false information.

What Are the Effects of Online Bullying?

- It can hurt people's feelings, make them feel bad about themselves, make them feel depressed, and even make them think about hurting themselves.
- It may cause people to lose friends and stop talking to family members.
- People who have been bullied online may stop using the Internet, which may limit the things they need or want to do.

Signs Someone is Being Bullied

- A person who is being bullied online may avoid using the Internet, seem stressed when getting an email, instant message, or text, withdraw from family and friends, resist attending work programs or social events, show signs of low self-esteem like depression or fear, stop eating or sleeping. In serious cases, some individuals may even consider committing suicide.
- If someone you know is being bullied online, support the victim by being a good friend. Help them follow the guidelines below.

Guidelines for Keeping Safe

- If you or someone you know receives a mean message, e-mail, or video, save it as evidence. It is important to document what took place in case you need to report it. Note the date and time.
- Avoid participating in gossip. Do not respond to mean or rude messages that are sent to you. Do not forward embarrassing photos or messages and do not comment on insulting or troublesome posts.
- If possible, block the sender. It may be necessary to change phone numbers, e-mail addresses, or profiles and usernames.
- If something illegal happens, contact and inform law enforcement.



Safety Tips: Revealing Personal Information

What is Personal Information?

- Any type of information that tells people specific details about you as a person or your life. Personal information includes your home or work address, your location, your phone number, your e-mail address, your credit card or bank account numbers, your passwords, your social security number, names of friends and family members, etc.

Why Should Personal Information Be Kept Private?

- Giving someone personal information can make it easy for him or her to find out where you are and put you in danger.
- Passwords keep your private information safe on the Internet. If you give someone your password they may be able to access all of your personal information. You can never be sure what someone will do with the information they gather about you.
- Information can spread quickly and reach many people all over the world, even people who you do not want to have the information.
- The information that you post online is there forever, even if you delete it.

When is it Okay to Give Private Information?

- You may want to join a social website or buy something online that will request your personal information. This is a time when giving your personal information may be okay.
- Talk to someone you trust first to make sure what you are doing is safe and the personal information being requested is appropriate.

Guidelines for Keeping Safe

- Never tell someone your location, where you live, or where you work. Don't give out your phone number, passwords, or other login information.
- If someone you do not know asks for money, never send it to them. Requests for personal information in texts, e-mails or phone calls are almost always a scam.
- Never give out someone else's number or username without their permission. Get permission from others to post pictures or videos of them. Let others know they need your permission before taking or posting pictures or videos of you.
- Before you post something on the Internet, decide if it is something that you *really* want to be shared forever. If the answer is "No" do not share it.



Tip Sheet: Online Predators

What Makes Someone an “Online Predator”?

- Someone who uses the Internet to find victims to take advantage of in any way is considered to be an online predator.
- Online predators try to gain people’s trust so that people feel comfortable talking and sharing information with them.
- Most likely, you won’t know that someone is an online predator when you first meet him or her. They can seem friendly. Often, they say they just want to be friends.
- They may give you compliments or say they want to send you gifts.
- They tell you that you can trust them and they promise to help you.
- They may say that they understand you better than anyone else.
- They might want to gain your trust so that you feel comfortable meeting them in person, or so you feel comfortable enough to share your personal information.
- They may want to hurt you sexually, physically, emotionally, or financially.

What Can Happen if You Trust an Online Predator?

- They could ask to meet you in person in order to hurt you.
- They could turn out to be someone different than who you thought they were.
- They may ask you, or even force you, to have sex with them.
- They might steal money or personal belongings from you.
- They could hurt your feelings, or even beat you up.

Guidelines for Keeping Safe

- Don’t meet anyone in person that you only know online. If someone asks you to meet face-to-face the safest thing to do is to not meet the person. They may not be who they say they are and you can never know their plans.
- Don’t share personal information. If someone asks you personal questions on the Internet, the best thing to do is not to give them the information.
- Refuse to talk about sex online. If you are in a situation that makes you feel uncomfortable, log off of the Internet.
- Tell a trusted individual, parent, or police officer if someone contacts you in an inappropriate way, makes you feel uncomfortable, or if you are unsure what to do.
- Block anyone who continues to contact you if you are uncomfortable.



Tip Sheet: Sexting

What is Sexting?

- Sexting is the sending or receiving of sexual pictures, videos or messages through the Internet.
- People most often sext using their cell phone, however, sexting can happen on social media applications, like Facebook messenger, Snapchat, and FaceTime.
- Examples of sexting are “selfies” that show private body parts, naked pictures, videos that show sex acts, and messages that talk about sex acts.

Dangers of Sexting

- If you send a sexual picture or message, the person you send it to may show or forward it to other people. You have no control over what happens to your pictures or messages once you send them. The pictures, videos, or messages could be on the Internet for years.
- If friends, family members, or your boss see the pictures, it could change how they think of you. They might view you negatively and you could lose your job.
- Other people may tease or even bully someone because of the sexts they sent. This could cause someone to feel embarrassed or ashamed.
- If the images are illegal, the police may get involved. This could lead to criminal charges.

Guidelines for Staying Safe

- Do not send sexual pictures or messages.
- Do not give out your phone number to people you do not know or trust.
- Only accept friend requests from people you know well.
- Do not respond by sending a nude photo or explicit message back.
- Do not forward photos or messages.
- Use the safeguards on your phone, such as blocking or deleting the person, so you don't receive future sexting messages from them.
- Have someone you can talk to if you receive sexual messages or pictures and you are uncomfortable.
- If you plan to report the image or message to the police and save the evidence.