

Adulting 101: Online Safety

Dar Pung, Self-Advocate and Presenter

Stacie Rulison, Consultant and Presenter



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Call 800-552-4821

En Español 313-217-1060

لغة العربية 248-963-0607

info@michiganallianceforfamilies.org



About your Presenters

Dar Pung, Self-Advocate



Stacie Rulison, Co-presenter



Today's Information

Portions of this presentation were adapted from the following sources: Elevatus Curriculum: [*Click with Confidence: An Online Safety Guide for People with Intellectual and Developmental Disabilities and the People Who Support Them*](#)) and the ARC of King County: [*A Plain Language Guide to the Internet*](#)

Today we will learn about

- Enjoying the good parts of being online.
- Protecting private information.
- Noticing tricks and warning signs.
- Staying safe online.
- Making a safety plan and get help.





**You have choices
when you are
online...and if you
keep private
information private!**

Good things about being online

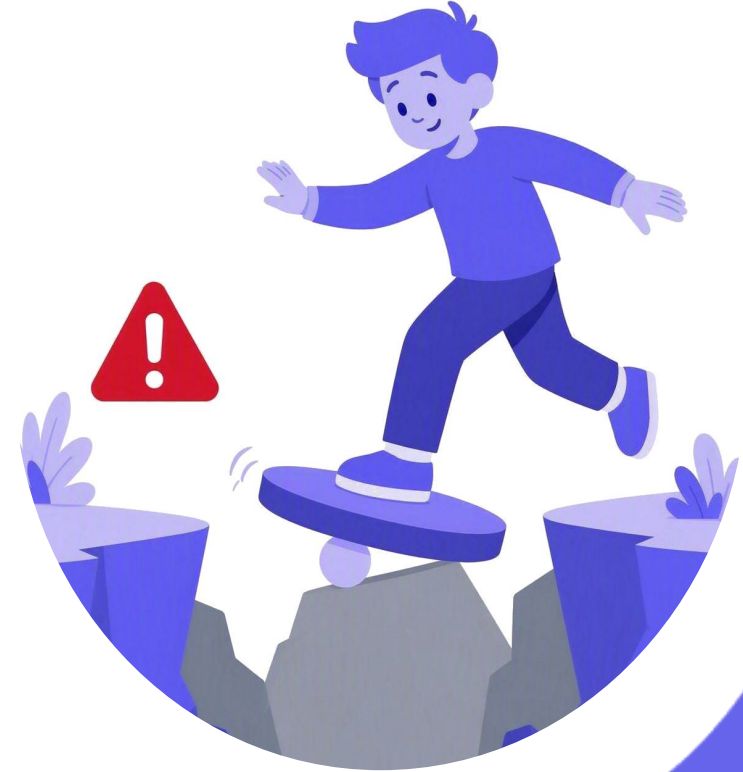
- Talk with friends and family.
- Learn new skills.
- Play games and enjoy hobbies.
- Find groups with shared interests.



Being online comes with risks too

What is a risk?

- A risk is doing something where something bad COULD happen.
- Some examples:
 - If you don't wear a seatbelt in a car, there's a risk you could be hurt in a car accident.
 - Smoking is a risk to your health and could hurt your lungs.



Online risks



- An online risk is something bad that COULD happen while talking with someone online.
- Some examples:
 - People may not tell the truth.
 - Messages may be scams.
 - Posts can be copied or shared.
 - Someone may be mean, pushy, or bully you.

Public information

- Safe for anyone to know
- Examples:
 - Movies
 - Books
 - Hobbies
 - Music
 - Animals
 - Sports
 - Weather
 - Community activities



Private information

Shared with only safe people and not shared with people you just meet or don't know well:

- Home address and phone number
- Birthdate
- Passwords and account codes (PINs)
- Bank or card information
- Daily schedule or being home alone
- Photos or videos of you or your family or friends
- Background clues: pictures or live shots that give away where you are such as street signs, license plates, school logos, mailboxes, store signs



Ask a trusted person before sharing



- Any private information about you, your family, or friends.
- Think about who this might be in your life.

Strong Password Ideas

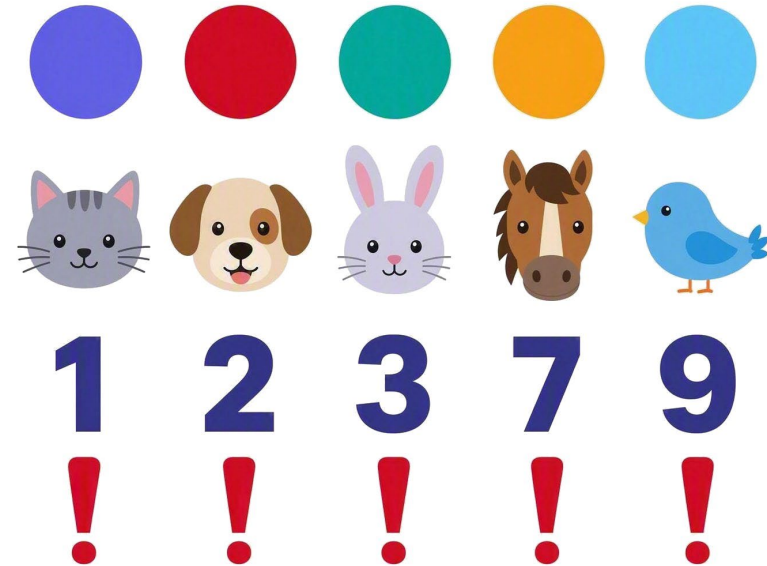
- Use a long password or passphrase.
- Use a different password for each app or account.
- Do not share passwords with anyone online (even if they say they are a friend).
- Use 2-step verification if they offer it.
- Change your passwords every 1-2 months.



Making an easy to remember password

You can create a password using:

- Your favorite color(s)
- Your favorite animal
- Your favorite number
- A short phrase
- One exclamation point (!)



Examples of passwords

- Using red, monkey, 75, and ! to make Redmonkey75!
- Using purple, tiger, 4, and ! to make Purpletiger4!
- Using yellow, fish, 6, and ! to make Yellowfish6!



Scams



- A scam is a trick.
- Scammer usually wants money or information.
- Messages may look real.
- Require you download to get information.
- Scammer may pretend to know you.

Scam warning signs

- “Act now!”
- “Send money or gift cards.”
- “Give me your password or code.”
- “Keep this secret.”



Online “Extortion” Scam

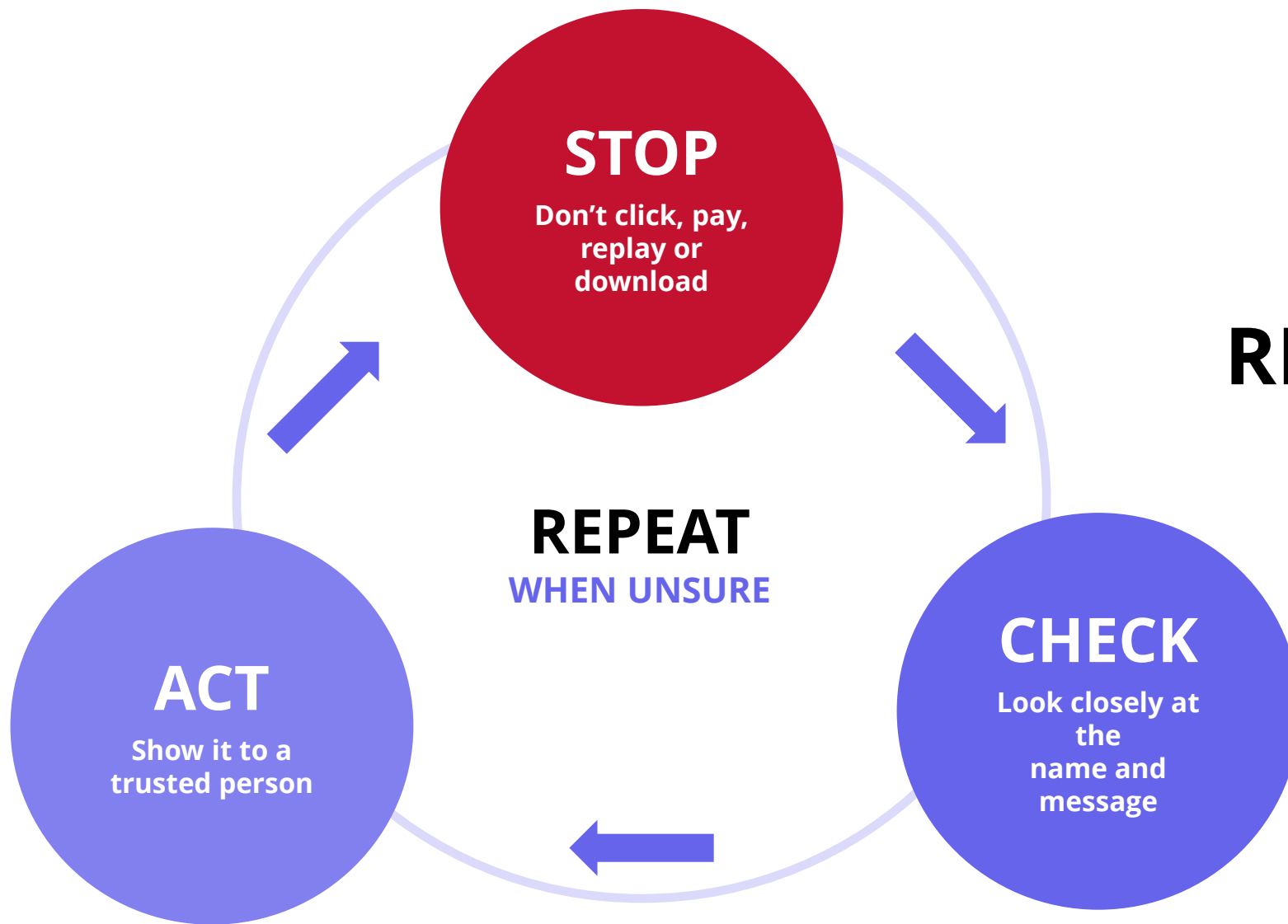
When someone online tricks or forces you to do something by threatening to share your secrets or embarrass you.

- Fake friends: stranger or new online friends act nice but wants you to trust them quickly.
- Tricks: they might ask you to send private information, pictures, videos, or money.
- Threats: if you say “no”, they say they will send those pictures or messages to your family, teachers, friends, or others
 - Can make you feel embarrassed, anxious, angry, or scared.
 - Do NOT send anything-get a trusted family member to help NOW!

Ask yourself

- Could this hurt me or someone else?
- Does this show private information about me?
- Would I be okay if many people saw it?
- If you are not sure, wait and ask someone you trust.





REMEMBER!

If you feel stressed, anxious, or worried, stop and ask a trusted person before you act.

Safe online friends

- Do not get angry, call you names, or make you feel bad if you cannot talk or want to stop chatting.
- If you say “no” to sharing pictures or information, they stop asking-immediately.
- Talk about shared or common interests like gaming, hobbies, games, movies, music, sports—and don’t ask about your private life.
- Use kind words and don’t talk about things that make you feel uncomfortable, unsafe, or confused.
- Block and report the person if they are being mean or pushy, or make you feel unsafe.



Plan a safe meet-up

If you DO decide to meet up with someone:

- Tell a trusted person.
- Meet in a busy public place.
- Bring a support person.
- Use your own transportation.
- Never go with someone you don't know.
- Do not meet alone at your house.
- Do not invite someone to your house you have never met.



Think before you post online

- Could this hurt me or someone else?
- Does it show private information?
- Would I be okay if many people saw it?
- Should I wait and ask?
- Delete may not remove the post.



When someone is mean or pushy online

- Do not argue.
- Stop replying.
- Save or screen shot the message.
- Block and report the account.
- Tell someone you trust.

Remember-you did not cause the other person to act that way!



Remember!



- Names and stories can be false, not true, or a lie.
- A friendly person may talk friendly but not be safe.
- No such thing as a secret online.
- Trust actions, not promises or what they say.

Your “digital footprint”



Photos, videos, words live on, even if they are deleted there can be screen shots and sharing.

Staying Safe Online-Video

<https://www.youtube.com/watch?v=GAXBz5kC3CQ>



Review of Red Flags and Action Steps

Red Flag	What To Do
Asks for private information — passwords, address, school name, or bank card details.	STOP typing. Do not reply. It's OK to leave the person on “read” or close the app.
Makes something an emergency or tries to scare you.	CHECK. Don't delete anything — keep the messages or take a screenshot so a trusted adult can see what happened.
Tells you to keep something a secret.	ACT: Block and Tell. Block the user right away, then tell a real-life trusted adult — parent, teacher, or sibling.

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