

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM

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Stay

HEALTHY

at Home

# **STAYING SAFE ONLINE:** **TIPS FOR STUDENTS AND ADULTS** **WITH INTELLECTUAL AND** **DEVELOPMENTAL DISABILITIES**

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# INTRODUCTION

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- ▶ I am a Licensed Social Worker and the Director of the [New Jersey Self-Advocacy Project \(NJSAP\)](#)
- ▶ NJSAP has been a program of The Arc of New Jersey since 1983
- ▶ NJSAP supports a statewide network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel



# Healthy Lifestyles Project

*improving health, improving lives*

**Logged In:  
Online Relationships, and  
Cyber Safety**

- **Trainings** on a variety of topics related to health and wellness
- **Community-based wellness and fitness events**



HEALTHY LIFESTYLES PROJECT IS  
FUNDED BY THE HORIZON  
FOUNDATION FOR NEW JERSEY

[www.HealthyLifestylesProject.org](http://www.HealthyLifestylesProject.org)  
for more information and resources

# WE WILL DISCUSS...

- ▶ The benefits and potential risks of online access
- ▶ Case examples of internet use
- ▶ Tips and techniques for avoiding online scams
- ▶ Resources for staying safe online

# LET'S THINK ABOUT...

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- ▶ How did you learn to use the internet?
- ▶ At home, at work, at school?
- ▶ Did your parents and caregivers promote responsible internet use?
- ▶ People with disabilities are often left out of discussions that people without IDD have at an early age. Let's end this practice.
- ▶ The internet is a tool that takes some practice to use safely and effectively.



**INTERNET ACCESS = FREEDOM**

# INTERNET ACCESS IS FREEDOM

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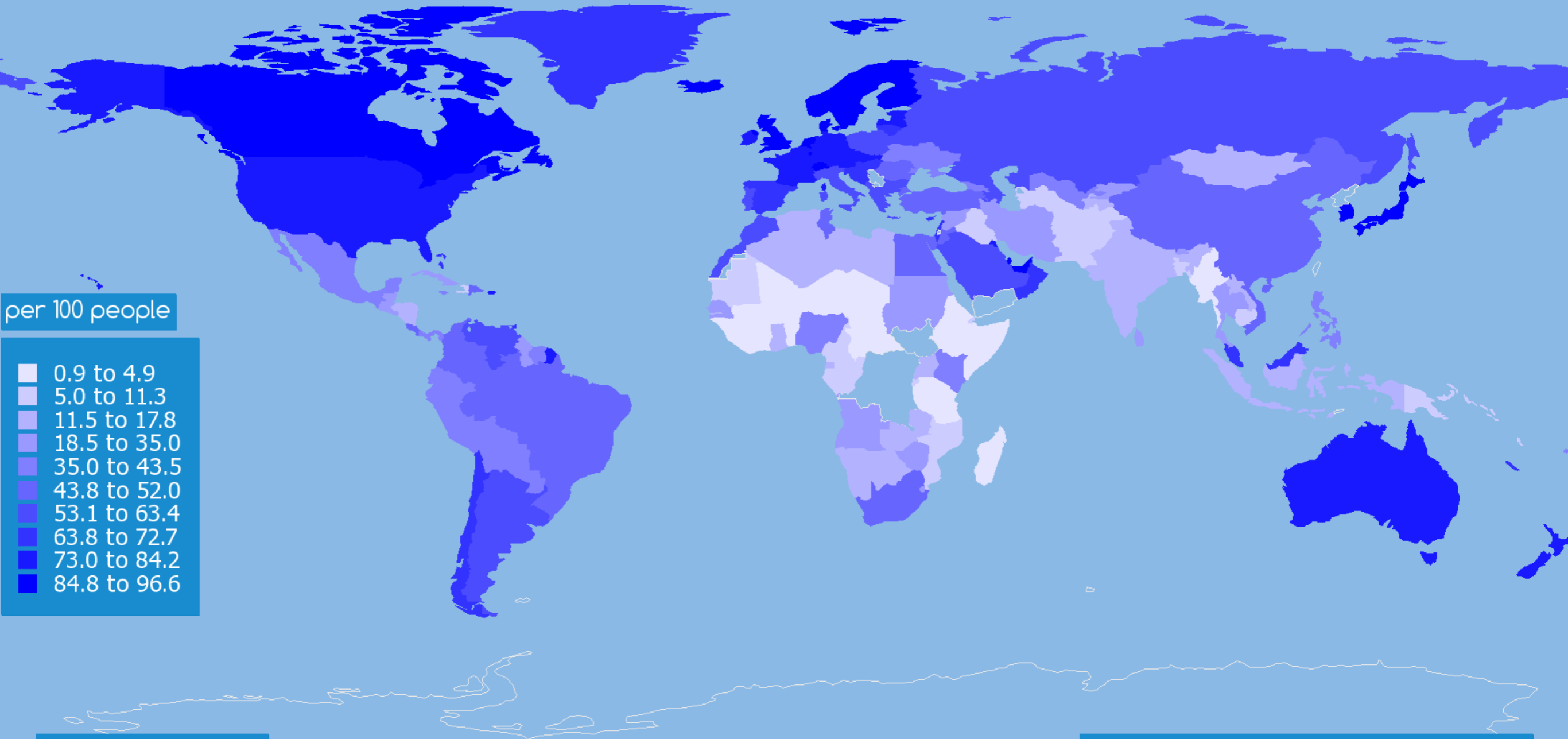
- ▶ Freedom from **isolation**
- ▶ Freedom from immediate **identification** as a person with a disability
- ▶ Freedom from **constraints** of daily life (strict schedule, parental influence, lack of privacy/obtrusive housemates, etc.)
- ▶ Freedom to create your own **persona**
- ▶ Freedom to **explore** the world, areas of **individual** interest, and **relationships** with people they might not otherwise meet



# HOW MANY PEOPLE ACTUALLY USE THE INTERNET, ANYWAY?

MacroECOlogy Meter

Internet users

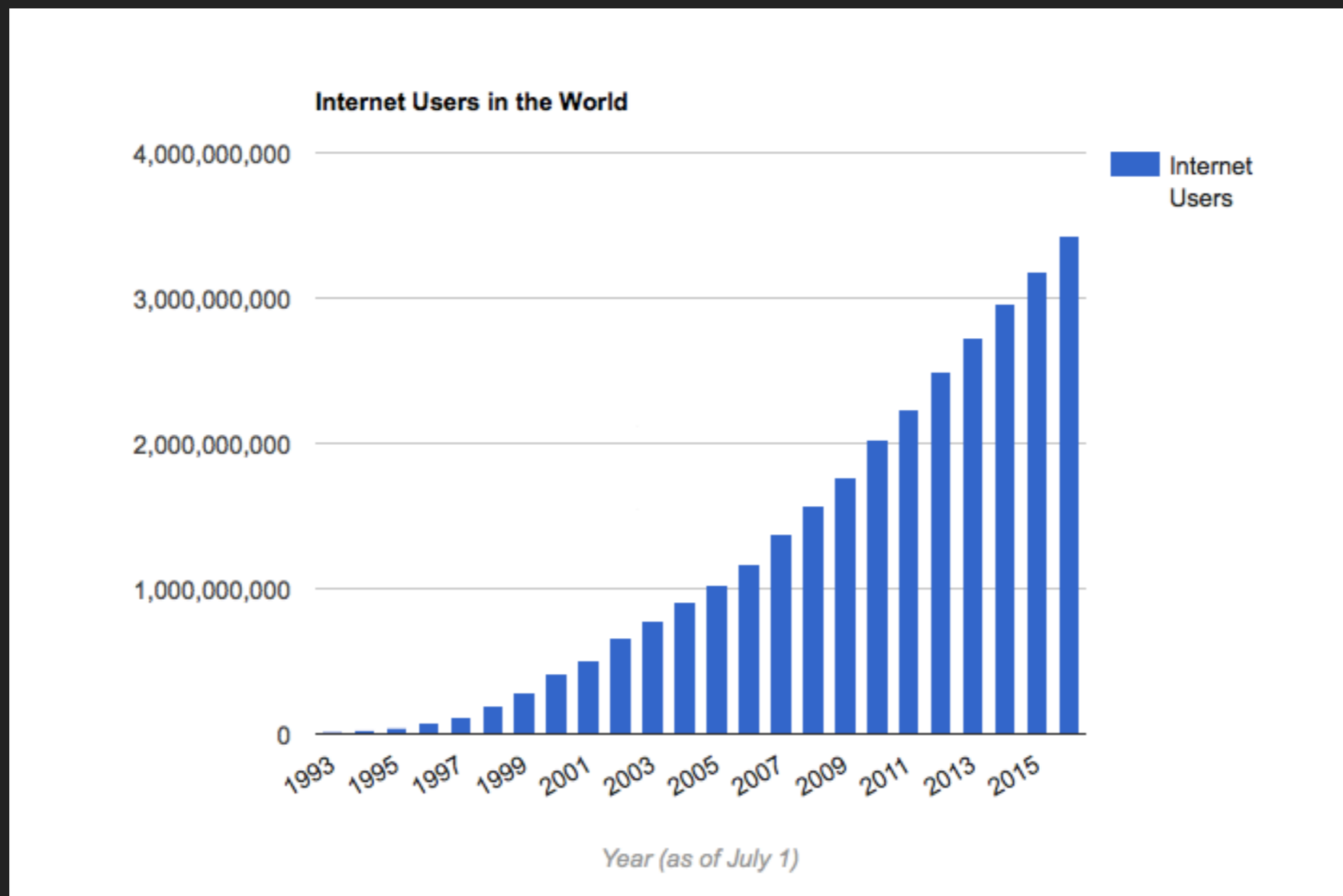


created by: mecometer.com

Data Source: Workbank - World Development Indicators

# LIVING IN THE AGE OF THE INTERNET

► Let's take a look: <http://www.internetlivestat.com>



# MORE ABOUT SOCIAL ISOLATION

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- ▶ Lack of **transportation** is a major issue that prevents many adults with IDD from exploring social or recreational venues in their communities
- ▶ The New Jersey Self-Advocacy Project teamed up with Rutgers Center for Advanced Infrastructure and Transportation to conduct a statewide survey of people with IDD and their family members
- ▶ Listen to **In Their Own Words Podcast** here: <http://www.arcnj.org/programs/njsap/intheirownwords.html>
- ▶ **Takeaway:** Many people with I/DD and their family members are frustrated by lack of accessible transportation options statewide.

# DATING ONLINE

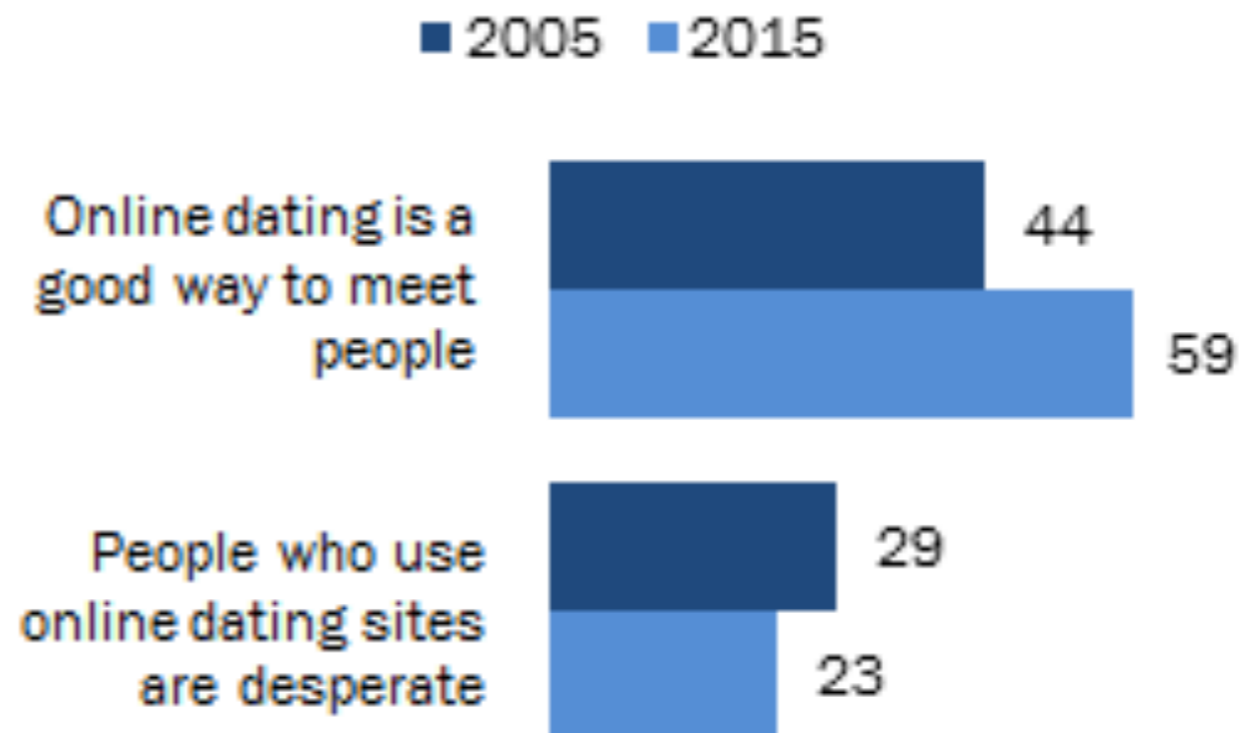
According to Pew Research Center, approximately one-in-five 18- to 24-year olds (22%) now report using mobile dating apps; in 2013, only 5% reported doing so.

Examples of mobile dating apps include Bumble, Match, Tinder, Lulu, Grindr, OK Cupid.

Some dating apps are *free* but others require a membership *fee*.

## Attitudes toward online dating grow more positive

*% of U.S. adults who agree with the following statements*



Source: Survey conducted June 10-July 12, 2015. Trend data from previous Pew Research Center survey.

PEW RESEARCH CENTER

# CASE EXAMPLE: INTERNET ROMANCE & MANIPULATION

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- ▶ Leo is a 25-year-old man with intellectual disability. Leo was gifted an **iPad** for his birthday and immediately set up an **online dating** profile.
- ▶ Within a few days, Leo had made a match and spent much of this time chatting on **Skype** with his new girlfriend. Within a few weeks, Leo's girlfriend said that she wanted to visit him for the holidays but could not afford a plane ticket on her own.
- ▶ Leo willingly **shared his credit card number and security code** so that she could book a flight. Unfortunately, Leo's card was not used to purchase airfare; several expensive orders were placed on various retail websites and shipped to an address in another state.

# LET'S DISCUSS LEO'S EXPERIENCE

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- ▶ **Leo's experience is not unique and happens to people with and without I/DD.**
- ▶ What could have been done **differently**?
- ▶ What if Leo's family members or support team had engaged in a conversation around **healthy adult relationships**?
- ▶ We all want to be accepted and loved. At a certain age, this desire for acceptance may turn to desperation. Desperation can lead to poor decision making.
- ▶ **Discussing potential schemes and scams *before* they happen is the best method of prevention.**

# YOUR SOCIAL MEDIA ACTIVITY IS A REFLECTION OF YOU.

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- ▶ Deleting a photo or comment **does not** completely remove it from the internet.
- ▶ Limit the amount of **personal information** you share online.
- ▶ Manage your **privacy settings** to make sure you are not sharing your location.
- ▶ Don't accept "**friend requests**" from strangers.

# CYBER BULLYING

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- ▶ Cyber bullying: Using technology to support “deliberate, repeated, and hostile behavior by an individual or group that is intended to harm others” (Besley, 2009)
- ▶ In-person/school-based bullying is a well documented issue impacting students and adults with I/DD
- ▶ Cyber bullying is a new frontier for bullies and challenging to eradicate in our hyper social internet lives.
- ▶ Let's review some resources...



# THINK BEFORE YOU POST.

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**T** - Is it TRUE?

**H** - Is it HELPFUL?

**I** - Is it INSPIRING?

**N** - Is it NECESSARY?

**K** - Is it KIND?

# CELL PHONE CONTRACT

## Family Cell Phone Contract

From: "Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying"



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.

### Child Expectations

1. I acknowledge that using a cell phone is a privilege and, therefore, will not take it for granted.

2. I will not give out my cell phone number to anyone unless I first clear it with my parents.

3. I will always answer calls from my parents. If I miss a call from them, I will call them back immediately.

4. I will not bring my cell phone to school if it is prohibited. If allowed to bring it to school, I will keep it in my backpack or locker and turned off between the first and last bell.

5. I will not use my cell phone for any purpose after \_\_\_am/pm on a school night or after \_\_\_am/pm on a nonschool night, unless approved by my parents.

6. I will not send hurtful, harassing, or threatening text messages.

7. I will not say anything to anyone using the cell phone that I wouldn't say to them in person with my parents listening.

8. I will pay for any charges above and beyond the usual monthly fee.

9. I will not download anything from the Internet or call toll numbers without first asking my parents.

10. I will not enable or disable any setting on my phone without my parent's permission.

11. I will not take a picture or video of anyone without that person's permission.

12. I will not send or post pictures or videos of anyone online without that person's permission.

13. I will not send or post any pictures or videos to anyone without first showing them to my parents.

14. I will not be disruptive in my cell phone use. If my parents ask me to end a call or stop text messaging, I will.

### Parent Expectations

1. I will respect the privacy of my child when my child is talking on a cell phone.

2. I will not unnecessarily invade my child's privacy by reading text messages or looking through call logs without telling my child first. If I have a concern, I will express it to my child, and we will look through this material together.

3. I will pay the standard monthly fee for the cell phone contract.

4. I will be reasonable with consequences for violations of this contract. Consequences will start at loss of cell phone privileges for 24 hours and progress according to the seriousness of the violation.

Child's signature: \_\_\_\_\_

Parent's signature: \_\_\_\_\_

Sameer Hinduja, Ph.D. is an Assistant Professor in the Department of Criminology and Criminal Justice at Florida Atlantic University. Justin W. Patchin, Ph.D. is an Assistant Professor of Criminal Justice in the Department of Political Science at the University of Wisconsin-Eau Claire. Together, they lecture across the United States on the causes and consequences of cyberbullying and offer a comprehensive workshop for youth, parents, teachers, counselors, mental health professionals, law enforcement and others concerned with addressing and preventing cyberviolence. For more information, visit <http://www.cyberbullying.us>. © 2009 Sameer Hinduja and Justin W. Patchin.

This contract, developed by Dr. Sameer Hinduja and Dr. Justin W. Patchin, can be adapted to encapsulate your **expectations** concerning your loved one's internet use.

Consider including a clause about potential **consequences** for failing to adhere to the contract.

Source: <https://cyberbullying.org/cell-phone-use-contract>

# ANTI-BULLYING ALLIANCE: STOP, SPEAK, SUPPORT.

## STOP SPEAK SUPPORT



...when you see online bullying

# STOMP OUT BULLYING: CHANGE THE CULTURE



NEED HELP?  
KIDS & TEENS:  
VISIT OUR  
HELPCHAT LINE

**DONATE NOW**

**CONTACT US**

- Home
- Get Help Now ▾
- Ways to Help ▾
- Campaigns ▾
- Media
- Blog
- Events
- About ST



Source: <http://stompoutbullying.org>

# TECHNIQUES TO COMBAT CYBER BULLYING

- ▶ Cyber bullying violates **Terms of Service** agreements of all major social media providers. Follow the steps to report instances of cyber bullying on Facebook, Instagram, Twitter, etc.
- ▶ If a threat involves physical violence, contact law enforcement immediately.
- ▶ Gather evidence in the form of screenshots of conversations, Tweets, photos, or public posts
- ▶ Contact the **Office of Civil Rights** to report bullying based on race, gender identity, or disability.

**Think twice before you post.**



**“Do not post anything you wouldn't want your grandparents or bosses to see.”**

# CASE EXAMPLES

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- ▶ Using the GoToWebinar chat box, let us know if it's a **scam** or a **legitimate** message.
- ▶ Feel free to submit **comments** or **questions** into the GoToWebinar chat box. They will be addressed at the end of the presentation.

# CASE EXAMPLE: ASD & LITERAL INTERPRETATIONS

- ▶ Kathy's son Mike is 30 years old. Mike has Autism Spectrum Disorder and lives at home with Kathy.
- ▶ One afternoon on her way home from the office, Kathy receives a call from her credit card company alerting her of "**suspicious activity**". Someone has just attempted to purchase \$1,000 in gift cards with the card linked to her **Amazon** account.
- ▶ When Kathy arrives home, Mike is sitting at the computer in the family room. Kathy notices that Mike is online so she asks him if he has placed any recent orders; Mike freely admits to ordering gift cards and explains that because they are **gift cards** they would be sent to him for free, as a *gift* from Amazon.



# ONLINE SHOPPING: IT'S ALMOST TOO EASY

**Subtotal (10 items): \$147.93**

This order contains a gift

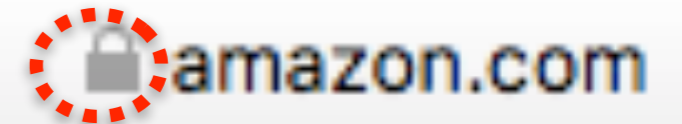
Proceed to checkout

or 1-Click Checkout



Buy all items with 1-Click

Ship to: Add an address



Do you or your loved ones have a credit or debit card? If so, you can very **easily** and **quickly** purchase goods online.

A discussion around personal budgeting and using only **trusted, secure** websites to purchase goods is a prerequisite to online shopping.

# THINK TWICE & TRUST YOUR GUT: STAYING SAFE ONLINE

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- ▶ Scam or legitimate opportunity? Let's review.



WARNING:Criminal  
Investigation Division of  
I.R.S is filing a lawsuit  
against you, for more  
information call on  
+1-2026843345 on  
urgent basis otherwise  
your arrest warrant will be  
forwarded to your local  
police department and  
your properties, social  
benefits and bank  
accounts will be frozen  
by the government.



(813) 430-1303



Text Message  
Today 7:33 AM

NOTE CHASE - We are running site maintenance! Review your account with the required info:

[Tap to Load Preview](#)

chase.mobironlin...





# CASE EXAMPLE: EMPLOYMENT SUPPORTS

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- ▶ Marian and her job coach Jen created a **LinkedIn** profile to showcase Marian's vocational skills and connect with other professionals in the field. The two worked together to create a resume which was uploaded to Marian's **LinkedIn** page.
- ▶ Marian and Jen browsed the internet for job applications and seasonal hiring opportunities. Marian and Jen filled out applications online, using only secure, trusted websites.
- ▶ Within a few days, Marian received a call requesting a job interview and was excited about her employment prospects.

LEGGIT

●●●●○ Optus 3G

5:37 pm

🌙 ↗ 24% 🔋

⏪ Messages

Harris

Contact

Today 1:12 pm

hello! my name is Harris  
and I represent a Fortune  
500 company. I would like  
to interest you in a chance  
to earn US\$5000 a month  
in the comfort of your own



Fake

C

uine



# Inbox

Search

**LEGIT!**

**A.C. Moore** 6:20 AM >

Ornaments 70% OFF!

Plus Save BIG on Gifts for Everyone on Your List! | View in browser PROJECTS GIFT CARD...

**Gift Archives** Yesterday >

Amazon Reward Open Immediately!

Hi [redacted], Amazon Reward Open Immediately!  
Can't view images?.

**SCAM!**

But how do I know?

The bold font is the name of the company/sender. *If* this was a message from Amazon, it would read Amazon, not Gift Archives.

If you receive a message from your bank or credit company, their name will appear in bold.

# CASE EXAMPLE: INBOX INVASION!

- ▶ I open my inbox to see a message from a person who is on my e-mail contact list. The message is asking for my help: the person went to visit family members in another country and they were robbed. The message goes on to ask me to wire money to their bank account. The message explicitly asks me not to attempt to contact the person because they lost their phone, too.
- ▶ **What should you do?** Contact that person right away. Their account was hacked and they need to act immediately to protect their personal information.

# THINGS TO CONSIDER

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- ▶ Talk about these types of scams with the people you support.
- ▶ If you think you are being scammed by someone online, tell someone you trust right away.
- ▶ **You cannot take back a photo or comment, so think twice before you post.**
- ▶ If it seems too good to be true, it usually is.
- ▶ Keep a list of your passwords in a secure location. **Longer password = stronger password!**

# MORE TIPS & TECHNIQUES

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- ▶ Some apps track your **location**: Manage privacy settings to make sure that you are not revealing your whereabouts to strangers/other users.
- ▶ Excessive phone and internet use diminishes **quality time** with the people who are right in front of you. Set limits. Be present.
- ▶ Talk to your loved ones about appropriate communication. This may include difficult conversations about the dangers of “sexting” or engaging in conversations that include sexually explicit content.




# RESOURCES

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- ▶ **[cyberbullying.org](https://cyberbullying.org/what-to-do-when-your-child-is-cyberbullied)** (Tip sheet for parents): <https://cyberbullying.org/what-to-do-when-your-child-is-cyberbullied>
- ▶ **Anti-Bullying Alliance:** <https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/cyberbullying-0>
- ▶ **[SafeKids.com](http://www.safekids.com/bullying-cyberbullying-resources/)** (comprehensive bullying and cyberbullying resources for parents): <http://www.safekids.com/bullying-cyberbullying-resources/>
- ▶ **[ConnectSafely.org](http://www.connectsafely.org/great-internet-safety-resources/):** <http://www.connectsafely.org/great-internet-safety-resources/>
- ▶ **[NetSmartz.org](http://www.netsmartz.org/internetsafety)** (discussion prompts for parents and children): <http://www.netsmartz.org/internetsafety>
- ▶ **ConnectAbility.CA** (includes links to videos on cybersecurity): <https://connectability.ca/2014/01/29/online-safety-and-social-media/>
- ▶ **YO! (Youth Organizing) Safety Tips:** <http://www.yodisabledproud.org/resources/safety-online.php>

# QUESTIONS?

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- ▶ Stay in touch: [ARitchey@ArcNJ.org](mailto:ARitchey@ArcNJ.org)
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NewJerseySAP](https://www.instagram.com/NewJerseySAP)
- ▶ NJSAP Website: [http://  
www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)