TECH OWL
TECHNOLOGY FOR OUR WHOLE LIVES

Internet Safety

by the PA Technology Champions

Temple University
College of Education and Human Development
Institute on Disabilities

PENNSYLVANIA DEVELOPMENTAL DISABILITIES COUNCIL

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The PA Technology Champions is a community of individuals with developmental disabilities from PA. This guide is a resource to make technology accessible to everyone.

This guide is for: Everyone interested in learning about safety on the internet.

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CHAPTER 1
What is the Internet?

The Internet is a web of computers connected to share information.

It connects people all over the world.

The internet can be a fun place to explore new things.

CHAPTER 2
Ways to Use the Internet

People use the internet in many different ways.

Some people connect on social media.

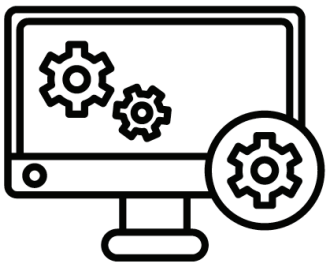
Some people play video games.

Some people use it for work or school.

CHAPTER 3
Computer Protection

The internet shares a lot between computers. They can sometimes get a virus and need repair.

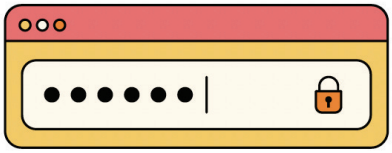
Set up a safety **browser** or **anti-virus software** to keep your computer safe.



Examples are Norton, McAfee and Malwarebytes. If you need help, ask for support to get these software programs for your computer.

CHAPTER 4
Internet Safety

Be cautious! The internet is huge. There are a lot of good and bad things to watch for.



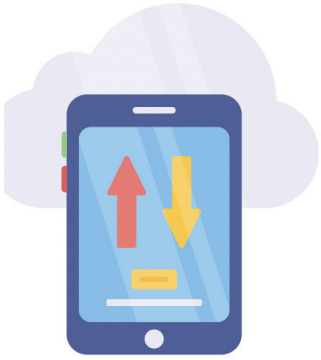
Protect with passwords. Good passwords have symbols, letters and numbers. Do not use the same password for every website.

Keep your computer software updated. This will help with protection.

CHAPTER 5
Getting on the Internet

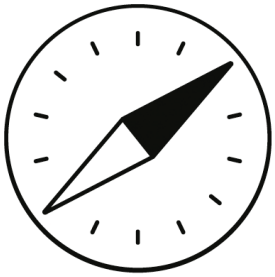
Wi-Fi lets your computer and phone connect to the internet without wires.

To use Wi-Fi: Go to Settings > Wi-Fi > Select a network.



Mobile data is internet connection from your phone service when you're not on Wi-Fi.

Data can cost money depending on your plan. Remember to check your data plan.



Open a browser or app such as Firefox, Chrome, Safari or Edge.

CHAPTER 6
Where to Go on the Internet

A **URL** is where you go on the internet. It is a place to visit like **www.techowlpa.org**

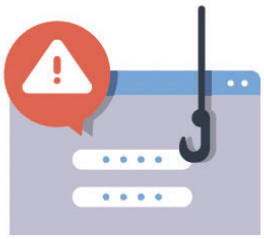
URL goes in the top left of the internet search bar. Press enter. This will take you to a website page.

Unsafe websites and links can steal your information and give your computer a virus. Be careful of what websites you visit and what links you click on.

Use anti-virus software to be extra safe.

CHAPTER 7
Email Phishing

Email is sending letters by the internet. Some emails you get can be unsafe.



This is called **phishing.**

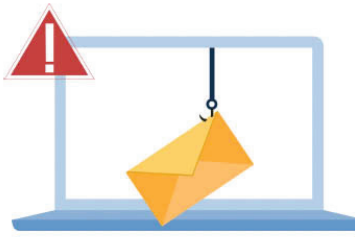
Phishing emails will ask for things like bank account numbers, birthday, address or social security numbers.

Never give out this information.

CHAPTER 7
Email Phishing
continued

Some phishing emails offer rewards or gifts and use your name or make it sound important that you respond fast.

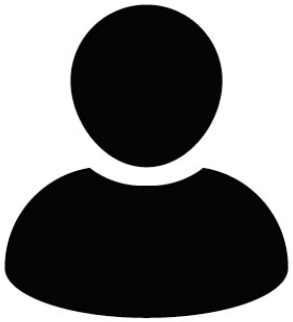
DO NOT reply or click on any links.



Report the email as phishing right away.

Delete the email.

CHAPTER 7
Email Phishing
continued



Check who sent you the email. Make sure you know the address is a person or company you know about.

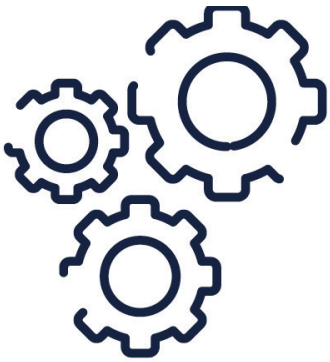
Check if the message makes sense to you. Was this an email you were expecting?

If you are unsure if you got a phishing email, show it to a trusted person. They can help you decide if the email is unsafe.

CHAPTER 8
Social Media Safety

Social media connects people on the internet. Instagram, Tik Tok, X and Facebook are different types of social media.

Just like phishing emails, sometimes people on social media lie. Be aware and cautious for people looking to harm you or steal money.

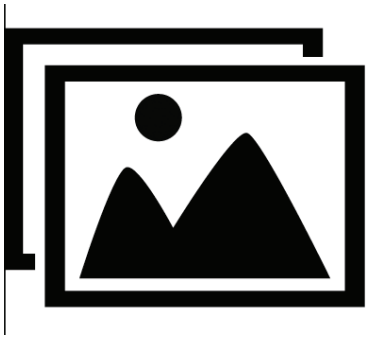


Go to your privacy settings. Is your profile private?

CHAPTER 9
Safety Meeting People Online

Meeting someone online can be great, but be careful with people you meet.

DO NOT give out your personal information like address, birthday, bank information or social security card number to strangers on the internet.



DO NOT send inappropriate pictures or comments. Anything posted on the internet can be saved. Anything you post on the internet can be shared WITHOUT your permission.

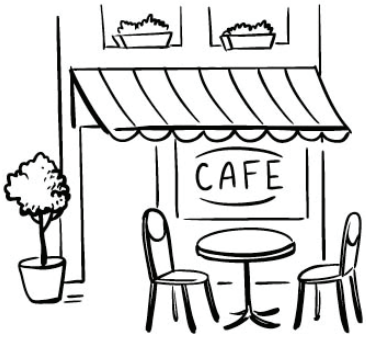
CHAPTER 10
Safety Meeting in Person

If you meet someone on a social media site and become friends, you may want to meet them in person. This can be great. But be careful.

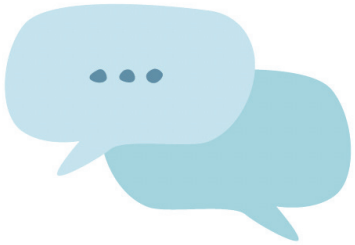
Only meet internet friends in public places like a cafe, shopping mall, library or town center. Pick a time to meet during the day.

DO NOT go alone. Bring a trusted person with you. They can be nearby in case you need support.

CHAPTER 10
Safety Meeting in Person
continued



Meet for the first few times in public until you get to know them better.

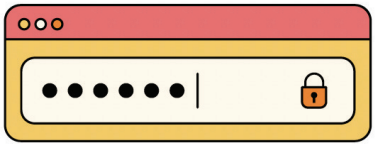


DO NOT share too much information with this person, until you get to know them.

DO NOT give anyone your money.

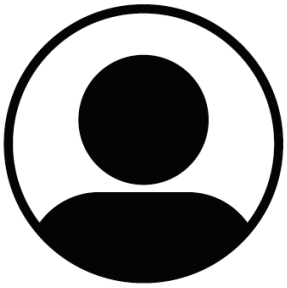
Have some questions in mind before you meet your online friend. Like, what is your favorite hobby? What is your favorite game to play?

CHAPTER 11
More Safety Tips



Protect your computer and social media with passwords. Passwords are like a key to enter.

Be careful of people you meet online. They may want money or to steal sensitive information.



Talk to a trusted person if you feel unsafe on the internet.

Enjoy your time on the internet! What are you going to do first?

CHAPTER 12
Where to Learn More

ASERT (Autism Services, Education, Resources and Training)
Cyber Safety Tips and Tools
https://paautism.org/resource/cyber-safety-tips/

Cyber Safety Tips and Tools

These resources, developed by ASERT, provide tips and tools for individuals to help stay safe when using the internet and social media.

paautism.org

Pennsylvania Office of the Attorney General
Cyber Safety
https://www.attorneygeneral.gov/protect-yourself/kids/kids-plugged-in/cyber-safety-tips/

Cyber Safety Tips

Pennsylvania Office of Attorney General Strawberry Square Harrisburg, PA 17120 717-787-3391

Pennsylvania Office of Attorney General

If you have trouble with these steps, ask a trusted person for help.

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Reach out to TechOWL to learn more about accessible technology.

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