Online Safety
What is Online Safety?

Online Safety means people are trying to be safer online when using their phone or computer. To be safer online people need to know the potential risks of the internet and know how to lower the risks to keep themselves safe.

Social media can be used to make people feel happy, proud, excited, and loved. But it can also be used to make people feel sad, hurt, shame and to cause people harm. It is important for everyone to learn ways to be safer online. If you learn how to use social media in safer ways you can increase your opportunities for positive experiences on social media and limit the risks of harm.

Reference: Corinna, H. (2016). S.E.X: The all-you-need-to-know Sexuality guide to get you through your teens and twenties. essay, Da Capo Lifelong Books; Action Canada for Sexual Health & Rights. (2017). Beyond the Basics A Resource for Educators on Sexuality and Sexual Health

For more information regarding content or questions, please contact:
Yevonne Le Lacheur at Autism Nova Scotia   **Email:** programs@autismns.ca   **Phone:** (902) 446-4995

Online Safety
Harassment, Discrimination, and Online Identity Theft

Harassment and Discrimination

Harassment and discrimination can take many forms on the internet. Common types are **cyberstalking** and **cyberbullying**.

Cyberstalking is giving or receiving unwanted and repeated attention to someone online and on the phone without the person's permission.

Cyberbullying is bullying that takes place over the internet. This includes posting or sharing rude, harmful, or fake information about someone else.

Being cyberstalked or cyberbullied often makes people feel uncomfortable and unsafe. Cyberstalking and cyberbullying can be illegal.

Identity Theft

Identity theft is when a person uses someone else's personal information without their permission. Sharing your personal phone number, where you live, where you go to school, and even your pet's name can make it easier for someone to hack you, take your identity, and pretend to be you!

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Online Safety
Making Safer Decisions Online

Consent

If a person is posting something (e.g., a picture) online of someone else they must get that person's consent to post it (they must ask the person if they can post something to social media that involves that person). For example, if you are posting a picture, video, screenshot, etc. that is of someone else or has information about someone else, then you have to ask and get that person's permission to post it to social media.

Information Sharing

Anything that goes on the internet stays there forever! Sharing personal information online can make it easier for someone to login to your social media accounts, your bank account, or your email and take your information without your permission and without you knowing. This is also known as someone hacking your online accounts.

Managing Online Connections

Knowing who you are talking to on social media can help protect you from cyberbullying and cyberstalking. It is important to be very cautious when interacting with strangers online. A person can easily create a fake account with fake pictures and pretend to be someone else online. This is also known as "catfishing". Knowing who you're talking to and sharing information with on social media can protect you from predators, cyberbullying, and identify theft.

Reference: Corinna, H. (2016). S.E.X: The all-you-need-to-know Sexuality guide to get you through your teens and twenties. essay, Da Capo Lifelong Books; Action Canada for Sexual Health & Rights. (2017). Beyond the Basics A Resource for Educators on Sexuality and Sexual Health

Online Safety
Using Social Media

Digital and communication technologies, including cell phones, smart phones, the internet, and social media are for people to show things they are proud of, are used for making friends, and are used for learning. These technologies can also be used for imagination and tools for communication, connection and/or making community.

Social media is also a common place on the internet for cyberbullying, cyberstalking, and harassment. This is why it is important to learn about safer ways to use social media.

Proceed with Caution

Most social media apps have safety guidelines where they describe safe ways to use the app. This is normally found in the settings section of the social media app. You can also ask a trusted school counselor or authority figure to support you in using social media in a safer way.

Safer Social Media Use Tips

- Only speak to, follow, and add people you know on social media
- Do not post about your personal information on social media
  - **Do not share:** your phone number, what school you go to, your banking information, where you live, etc.
- Keep your social media accounts private
  - People can keep their **social media accounts private**. To do this, people can go to the privacy setting and make their account private. When someone's account is set as private, this means that strangers cannot contact you, cannot see your account, and cannot see anything you post or share account. Only the people who the person allows to follow them on their social media account (e.g., friends, family) can see their information and pictures on their account.

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Online Safety
Using Dating Apps

Dating apps like Tinder, Bumble, Hinge, and Grindr make it easier to meet and connect with people. **You must be 18 years old or older to use dating apps!**
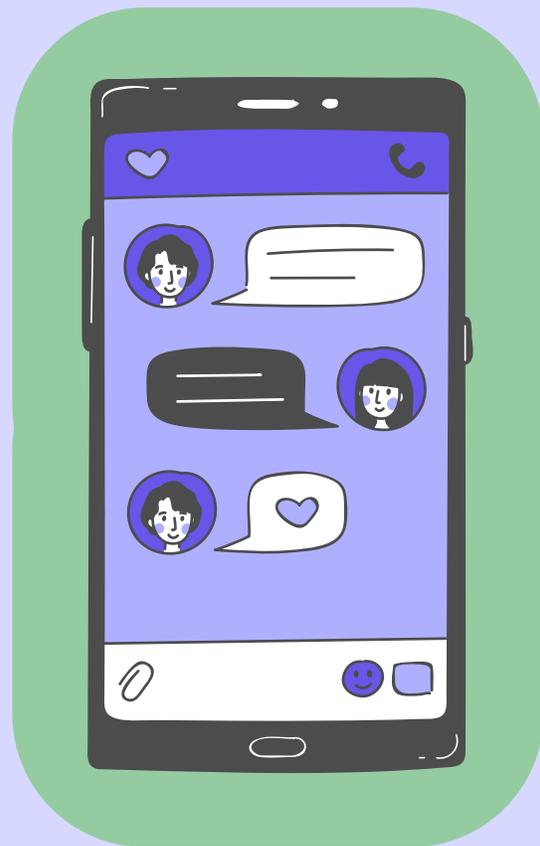
When talking to people on dating apps, do not share personal information like your address, your phone number, or your social media accounts.

When creating a dating app profile, include a picture of you with no identifying information in the background. For example do not include a picture of yourself that shows:

- your home address
- your neighbourhood
- your work

When meeting someone from a dating app for the first time:

- tell a friend where you are going and when you expect to be home
- charge your cellphone and bring it with you on the date
- meet the person in a public place (e.g. café, restaurant, movie theater, etc.)
- make arrangements for your own transportation to and from the date

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Online Safety
Important Things to Remember!

If a person's account does not have any information about them, they do not have many friends/followers, and they do not have many posts, this is a sign that the **account is fake**. It may not be a good idea to talk to them, follow or add them as a friend online.

Sometimes what people see (photos) and read (facts and information) **online is not always true.** It is important for people to question what they see online and ask trusted friends and adults if they are not sure if something is true or real online.

Keep personal information, such as your phone number, banking information, and address **private** and do not share it with other people online. Make sure all your accounts are **protected with passwords.**

Reference: Corinna, H. (2016). S.E.X: The all-you-need-to-know Sexuality guide to get you through your teens and twenties. essay, Da Capo Lifelong Books; Action Canada for Sexual Health & Rights. (2017). Beyond the Basics A Resource for Educators on Sexuality and Sexual Health

Online Safety

Important Things to Remember!

People using social media should **only add people they are comfortable and want to add**. People who you add on social media will be able to see everything you post and share on your account. So, it is important to only add people that you trust. This may mean you do not want to add or "friend" people you do not know on social media.

Do not click on a link to a website or any other online account that is sent to you from someone you do not know. Sometimes people will be sent links and messages online from people or organizations they do not know. Or the message is sent from someone you know but it is inappropriate (the message is not something the person normally shares with you). If you are unsure if the link is okay to click on, then ask a trusted person in your life such as a community leader, parent, counselor, or teacher.

WWW.

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