

CAREdesign NEW YORK

Internet Safety

Peer Empowerment Group

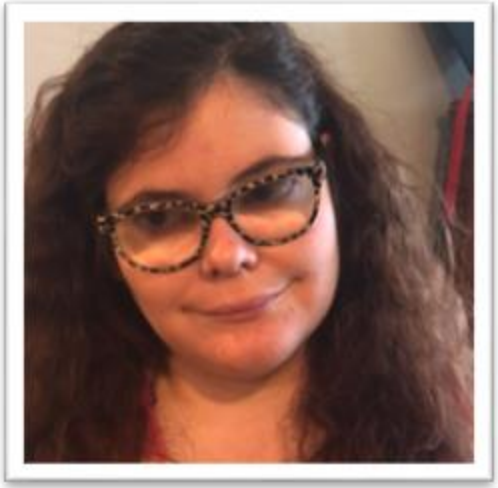
September 24th 2026

Self Advocacy
PEER
EMPOWERMENT
inclusion

Today's Speaker:

Veronica Crawford

Individual and Family Liaison



Welcome Housekeeping

- Please have your camera on. We want to see you!
- If on by phone, you can take yourself off mute to say "Hi!" ***6 to mute or unmute. Or use the chat.**
- You can raise your hand to comment
- Be mindful of time and listen to each other
- Empower each other to advocate!
- Stay engaged and participate



What We Will Chat About And What Technology Can Be Used For

- The world is more exposed to technology
- Knowing how to use an app safely, knowing if you are hacked
- What to do if someone you know is hacked
- False website links
- Never send or post information or pictures you do not want the public to see
- Technology can be used for:
  - Entertainment
  - Research
  - Work and communication
  - Webinars and news
- **We use the internet every day, so it is important to be safe!**

Different Types of Technology

- Smartphone
- Laptop
- Tablet
- Gaming devices, etc.

Internet Safety Video



Stop and Think

T — True: Is what you are sharing based on facts, or is it a rumor or speculation?
H — Helpful: Will this content benefit someone, or could it cause harm or hurt?
I — Inspiring: Does the message uplift, or encourage the audience?
N — Necessary: Is this worth sharing, or is it irrelevant and unnecessary gossip?
K — Kind: Is the tone respectful and polite, rather than harsh or rude?



Smartphones

- A smartphone is a type of technology
- We use phones to stay in touch with family and friends
- Sometimes you will get a phone for work
  - It is important to use your phone only for work and separate it from outside work hours.

Scenario of Using Your Work Phone Inappropriately.

Example:

- Veronica got a job at a library as a receptionist. For the job, she is offered a cell phone. Veronica is excited and thinks she can use it off work hours. Veronica uses her phone at home and looks up YouTube videos.
- Veronica’s boss talked to her and said: "This is only for work, and if I see you use it outside of work, you will get a warning." Veronica continued to use it and take pictures to post on Facebook, where all her information can be shared. Veronica got requests from people she did not know.

Scenario of Using Your Work Phone Inappropriately.

This made Veronica anxious, and she could not focus on her job. What could Veronica do to keep her information safe?

Here are some tips:

- Only use your phone for work. Never mix work and personal life
- Do not download other apps like Facebook. It can be hard to delete from a phone
- Do not take photos of yourself. Once you take a photo, it is there forever

Facebook Friend Requests & Tips: Do's & Don'ts

Do's

- Use a strong password
- Stay in touch friends
- Post interests
- Make it fun for YOU!
- Clean up your friend requests

Don'ts

- Don't keep the same password
- Don’t post your personal information
- Don’t friend people you don’t know
- Don’t post inappropriate pictures
- Don’t click on website links you don’t know

Creating your Facebook Profile

- Your Facebook profile should be about YOU
- You can add interests, shows you like or trips
- You don’t need to post a lot of information, and you choose what you want to share
- You can also create a private account
- If you’re not comfortable adding a photo of yourself, you can add a picture of something you like

Personal Cellphone Safety

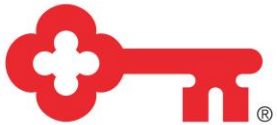
You can use a phone in your personal life. Your phone has apps on it to keep in touch with friends.

We can go over some apps.

Never exchange your personal password, even if you are friends.







Password Sharing Scenario

- Veronica and Mike are friends and like to use their phones for games. Mike downloaded a new game on his phone and wanted Veronica to join. Veronica asked Mike to share the password with her, and Mike did. Veronica ended up being hacked. Veronica was not sure what to do. She wanted to keep being friends with Mike.

On the next slide, let's go over some tips...



Password Tips…

- Do not share your password with anyone
- Update your Password to stop hacking. Keep your personal device safe
- Most phones have locked Passwords. You can also use your face to unlock your phone or tablet
- You can use a password app called Keeper. This can help you create or delete passwords

Keeper App

- Keeper Password Manager App - Apple Store
- Keeper Password Manager - Apps on Google Play
- It is good to use the App Store or Google Play when downloading anything on your device. This can prevent your device from getting a virus.
- Never click on links you do not know.

False Links: How to be Safe

- Look out for links with misspelled words
- Safe sites match the subject or brand you are looking up
- Always read the whole web page before clicking on any link.
  - You can use this link to check: Is This Link Safe? Free URL Safety Checker | Security.org

Trust Pilot Website Safety

- You can use it to search for a new job, or other websites of interest.
  - Trustpilot Reviews: Experience the power of customer reviews

The Takeaway: Open Chat

- The main message about today's chat:
  - Stop and think before you post something online. Think about how you can stay safe.
  - Ways to prevent being hacked and being bullied.
- **Does anyone have any last thoughts?**

Next Peer Empowerment Group!

- Thank you for coming!
- Our next Self –Advocate Peer Empowerment Group will be….
  - **When: Thursday, November 19th**
  - **Topic: Peer Empowerment Group – Finding the Good!**
  - **Where: Virtual Teams meeting**
- Please spread the word. We hope to see you soon.
- Please feel free to share our flyers

Peer Empowerment Flyer



Link to Register for Next Month's Meeting:

[Peer Empowerment Group - Finding the Good-Peer Empowerment Group - Care Design NY]

Start Date	**Thu, November 19th 6:00 pm**
End Date	**Thu, November 19th 7:00 pm**
Registration Start Date	**Mon, September 14th, 2026, 12:00 am**
Registration Closing Date	**Thu, November 19th, 2026, 12:00 pm**