



Down Syndrome  
Australia

# Staying Safe on the Internet



Part

1

Using the internet safely

# Using the internet safely



This booklet has information about using the internet including social media.



This includes the different ways you can use the internet and how to stay safe.



We have written this booklet so it is easier to read.

We use pictures to explain some ideas.

Some words are in **bold**. We explain what these words mean.



You can read this with someone who can help you to understand all the information.

This could be your family, a friend or a support person.

# About the internet



The **internet** connects people using computers and **devices**.

Devices include tablets (such as iPads) and phones.

Sometimes the internet is called going **online**.

You can use the internet in lots of different ways.

This could be to find out about things and be in touch with other people.

The internet can be very useful, interesting and fun.

But sometimes people use the internet for bad things.

They might bully people, call them names, cheat or hurt them.

Sometimes people don't know how to keep safe on the internet.





It is important to know how you can use the internet and stay safe when you are online.



You can also use this information if you are using a computer or other device such as a phone or iPad.



The information will help you to stay safe when you are using the internet for different things.



But it is also really important to have a person you can trust and go to for more information and help if you need it.

# Personal information

**Personal information** is things like:

- Your name
- Where you live and how to contact you, such as email address and phone number
- Who your family members are
- Where you go to work or school
- How old you are
- Pictures of you
- Your bank account details
- Your medical information.

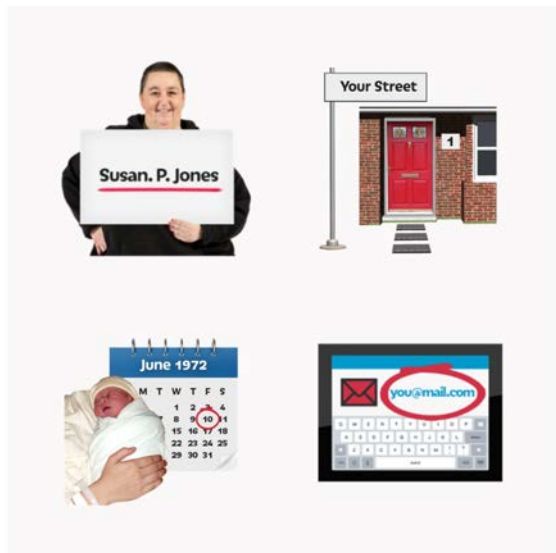
It can also be other things about you.

People who don't know you might try to get your personal information.

They could use it to steal your money or hurt you.

So you have to keep your personal information safe.

When you use the internet, don't share your personal information with people you don't know or trust.



# Using the internet to find information



The internet is an amazing place to find out about things.



This could be finding out about things you are interested in.

For example, you could look for information about your football team, or your favourite TV show.



You can also learn about things you might like to do.

This could be learning how to do or make something by watching a video.



For example lots of people use the internet to learn how to cook a meal.



You can use the internet to find out about places you could go to, when they are open and how much they cost.

This could be restaurants, sports events and movies. It could also help you plan your holidays.

# How to find information on the internet



People sometimes say '**you can Google it**'.

This means looking up information using a **search engine**.



Google is one search engine and there are others such as Yahoo.

A search engine is where you type in some words and click to search for what you want.



This will give you a list of lots of **websites**.

These are different places on the internet that might have the information you are looking for.

You can click on these to see if they have what you need.

You might need to try putting different words into the search engine to find what you are looking for.





You can also type in a website address if you already have one.

This should take you straight to the website you are looking for.



If you have some websites you like to look at a lot, your search engine will remember the address.

You just have to start typing the address and the whole address will come up to help you.



You can also use **YouTube** to find out about things. It has videos about just about everything.

You can use it to find out about things, to learn how to do things or for entertainment, such as music videos.



You can ask someone to show you how to use a search engine and YouTube and practise it with you.



# Things to be careful about when you are looking for information



**Not everything on the internet is true.**

There is a lot of good and useful information on the internet.

But anyone can write information for the internet and it might not be true or correct.



If you aren't sure, ask someone you trust to help you work out what information is ok.

**Be careful what you click on.**



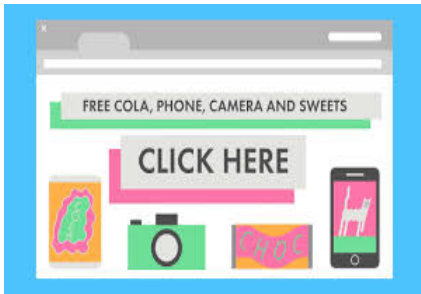
Watch out for **fake** websites. These are ones that are pretending to be real websites but are trying to **scam** people.

This means trying to cheat people into giving them money.

If you think a website might be a fake one, don't open it.

Ask someone for help if you are not sure.





Watch out for adverts that might pop up.

They might ask you to do a quiz, or say you can get something free if you click on them.



If you click on these they can find your personal information.

They might also get into your computer and damage it.



Never give your personal information in a quiz or free offer.



Never click on adverts or anything else that you aren't sure about.



This information was made by  
Down Syndrome Australia.

You may like to read our other  
guides about staying safe online.

## Part 1 Using the internet safely

## Part 2 Using money and services online

## Part 3 Using the internet to stay in touch

## Part 4 Top tips for staying safe online