



C U Y A H O G A C O U N T Y
Board of Developmental Disabilities

Internet Safety

Presented for Transition Boosters
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Supporting and empowering people with developmental disabilities
to live, learn, work and play in the community

About the Cuyahoga County Board of DD

- Proudly serve over 12,000 people with developmental disabilities of all ages annually
- Employ 900+ professional staff who support people in natural environments, like the home, school, workplace, and community
- Use a person-centered approach to help people achieve meaningful goals
- Administer Medicaid Home and Community-Based Services Waivers to help people live their lives to the fullest
- Connect people to services and resources available in the community
- Funded in part (63%) by a continuing levy



Safety skills we already use when meeting new people in real life...

People we do not know are strangers:

- Don't trust or talk to strangers about personal matters;
- Don't share personal information;
- Don't invite strangers into your home;
- Don't get in a car with strangers;
- Don't go to a stranger's apartment or house;
- Don't give/loan money or valuable things to strangers.



What about on the internet?



The Internet...the good, the bad, and the downright scary!

- The good – access to lots of accurate information;
- The bad – access to a lot of inaccurate information and opinion;
- The scary – the internet connects us with a lot of strangers who are trying to take advantage of people!







Online Predators...



Sextortion



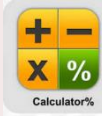



The Most Dangerous Apps

| | | |
|---|-------------------|---|
|  | SnapChat | <ul style="list-style-type: none">▪ One of the most used apps;▪ SnapMap, allows location to be placed on a map every time the app is open;▪ “Our Story” allows location to be made public. |
|  | Kik | <ul style="list-style-type: none">▪ Allows connection with only a user name;▪ Can send photos, drawings, greeting cards;▪ No age verification on app;▪ Cyberbullying. |
|  | Marco Polo | <ul style="list-style-type: none">▪ Interact with friends via disappearing videos;▪ Danger lies in that teens may be receiving inappropriate videos that could include bullying or harassment. |
|  | Sayat.me | <ul style="list-style-type: none">▪ Anonymous interaction between users;▪ “Get anonymous feedback and be a better you” - ends up being negative feedback and bullying;▪ Teens place a personal url in Instagram profile so friends can give anonymous feedback. |







The Most Dangerous Apps

| | | |
|---|--------------------|---|
|  | Yellow/Yubo | <ul style="list-style-type: none">▪ “Tinder for Teens;”▪ Users look at pictures of nearby strangers, ages 13-17;▪ Swipe right to connect as friends and send private messages. |
|  | AfterSchool | <ul style="list-style-type: none">▪ Provides anonymity for users;▪ Users can post anonymous pictures or videos for another student to see;▪ Cyberbullying risk is high with this app. |
|  | Calculator% | <ul style="list-style-type: none">▪ Pulled from Apple app store;▪ Hidden pictures and videos behind a password protected button;▪ There are other apps that look to be one thing, but are used as way to hide things. |
|  | Bigo Live | <ul style="list-style-type: none">▪ Teens can live stream video of themselves;▪ Can receive and send “beans” - virtual gifts that cost real money. |


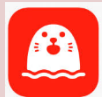




The Most Dangerous Apps

| | | |
|---|----------------|---|
|  | ASK.fm | <ul style="list-style-type: none">▪ Anonymous question-and-answer format for teens 13 and up;▪ Has high incidents of cyberbullying, which has been linked to suicides;▪ Loose regulations and lack of monitoring. |
|  | BitLife | <ul style="list-style-type: none">▪ Simulation game - assigns avatar which ages from infancy to death;▪ Teens can choose to “hook up” with other characters, drink, do drugs, gamble, and even commit crimes. |
|  | IMVU | <ul style="list-style-type: none">▪ Teens use avatars (like BitLife) and real money to buy objects;▪ Avatars’ appearance is highly sexualized and the avatars can have virtual sex. |
|  | Blender | <ul style="list-style-type: none">▪ Share messages, photos, and videos;▪ Users rate the “hotness” of other users;▪ No age restriction and teens could be interacting with adults. |







The Most Dangerous Apps

| | | |
|---|-------------------|--|
|  | Discord | <ul style="list-style-type: none">▪ Used by gamers and connects via texts, voice, and video;▪ Accessible adult content and ability to chat privately with strangers. |
|  | Holla | <ul style="list-style-type: none">▪ Teens sign up using a phone # or Facebook account;▪ Matched with strangers for video chat;▪ Location tracking indicates nearby users. |
|  | Omegle | <ul style="list-style-type: none">▪ Designed to facilitate online conversations with strangers;▪ Users text or chat with people from 190 countries;▪ Conversations filled with explicit content, vulgar language, and references to drugs, alcohol and violence. |
|  | Houseparty | <ul style="list-style-type: none">▪ Users chat through live video;▪ There is no screening, inappropriate content is not filtered. |



The Most Dangerous Apps

| | | |
|---|---------------|--|
|  | Like | <ul style="list-style-type: none">▪ Teens create short videos with lip-synching and collect “likes” in order to move up the list of popular users;▪ Can send messages and give other users virtual “gems” purchased with real money. |
|  | Lipsi | <ul style="list-style-type: none">▪ Users give feedback without revealing their identities in “ghost mode;”▪ Cyberbullying is common. |
|  | Vora | <ul style="list-style-type: none">▪ Dieting app allows users to track fasting activity;▪ Popular with teens struggling with eating disorders;▪ Connects users with other dieters and fasters who can encourage each other in this life-threatening behavior. |
|  | Tiktok | <ul style="list-style-type: none">▪ Users watch and record videos of lip-synching to popular music and sound bites;▪ Come across swearing, scantily clad adults, and suggestive dancing;▪ Hashtags on videos linked to dangerous behaviors like self-harm and cutting. |



Screen Time and the Brain

**“Taken together,
[studies show] internet
addiction is associated
with structural and
functional changes in
brain regions involving
emotional processing,
executive attention,
decision making, and
cognitive control.”**

--Lin & Zhou et al, 2012

- During early childhood studies show more screen time results in reduced grey matter;
- During adolescence the brain is constantly building neural connections and pruning away less-used ones and more screen time provides impoverished stimulation for this stage of brain development;
- Screen time causes disruption to the natural balance of body chemicals that influence sleep, hunger, memory, etc.;
- More screen time is connected to higher occurrence of isolation, depression and anxiety, insecurities, and lack of genuine connections with peers.



Internet Expectations/Rules

Clearly state expectations/rules for devices and internet time...

- Contracts or agreements;
- Visual representations and reminders;
- Social stories.



Visual Representations & Reminders

Cell Phone Rules:







1. I understand that these rules are for my safety.
Initials: _____
2. I promise that Mom will always know my password and that she can look at the phone whenever there's a need, even without my permission. Initials: _____
3. I will give the phone to my Mom at ____pm every night and I will get it back at ____am in the morning.
4. I will only call someone 1x a day. If they do not return my call that's Ok, I can try again tomorrow. Initials: _____
5. I will tell my Mom if someone calls or texts me that I do not know. Initials: _____
6. I will NEVER use my phone to bully or tease anyone, even if someone thinks it's funny. Initials: _____
7. I will not lie when asked about using my phone. I promise to answer questions openly and honestly. Initials: _____
8. I will not download any apps without permission. Initials: _____
9. I will be careful with my phone. If something happens to it I will need to earn it back. Initials: _____

If I have _____ days following the rules I will earn a special reward that Mom and I decide upon.

If I break any of these rules I will be without my phone for _____ days.

Signature: _____

Rules:

- 1) I get 5 minutes on the internet. 
- 2) I have a list of websites to choose from. 
- 3) The computer is located in a public space and a parent is near by. 
- 4) If I stay on the websites from the list, I earn a "YES" on my contract. 
- 5) For each "YES", I get a check. 
- 6) After 5 checks, I earn 5 more minutes online. 

Signature: _____

Participant

Signature: _____

Parent



Visual Representations & Reminders

Web Site Choices:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

Time online: _____

Rules followed: YES NO

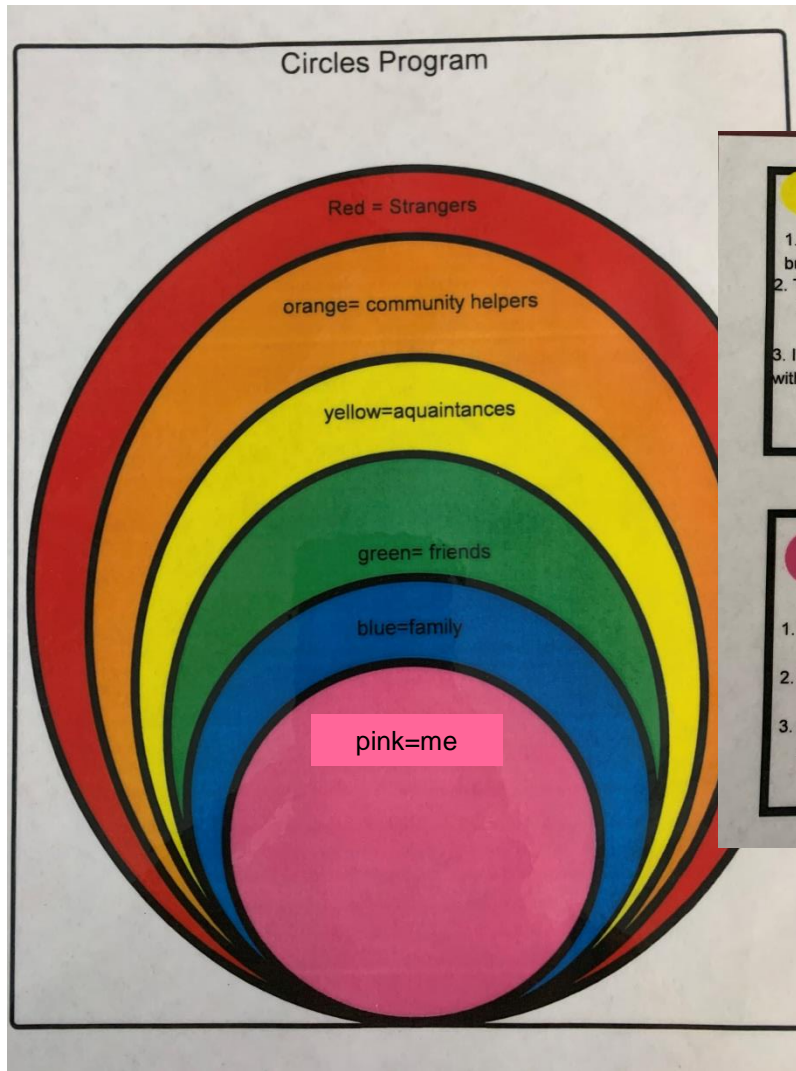
☐ ☐ ☐ ☐ ☐

Signature: _____
Participant

Signature: _____
Parent



Visual Representations & Reminders



| | | |
|--|---|---|
| <p>It may be a yellow circle area if:</p> <ol style="list-style-type: none"> 1. I see people I've met before but only know a little bit. 2. These people know my mom. 3. I'm at the playground with lots of other kids. | <p>It may be an orange circle area if:</p> <ol style="list-style-type: none"> 1. I am in a place where people are there to help me, like a hospital, school, or doctor office. 2. Some people are wearing a uniform or badge. | <p>It may be a red circle area if:</p> <ol style="list-style-type: none"> 1. I'm outside my home or school 2. I see someone or lots of people that I don't know. 3. These people don't know my family. |
| <p>It may be a purple circle area if:</p> <ol style="list-style-type: none"> 1. I'm alone: 2. I'm in my bedroom 3. I'm in the bathroom AT HOME | <p>It might be a blue circle area if:</p> <ol style="list-style-type: none"> 1. I'm in my house 2. I ONLY see my family 3. I'm visiting other family at their house with my mom. | <p>It might be a green circle area if:</p> <ol style="list-style-type: none"> 1. I'm playing with kids I know. 2. I'm with kids who make me feel good. 3. I'm at a friend's house. |



Social Stories



[Video Games](#)
[Sharing Too Much](#)



[Terrible Text](#)
[Friend or Fake](#)
[Your Photo Fate](#)



Social Stories

HOW I STAY SAFE ON THE COMPUTER



1

I will tell my trusted adult if anything



makes me feel sad, scared or confused.



I will ask my trusted adult before sharing information



like my name, address and phone number.



NetSmartz Workshop

NetSmartz.org/s

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HOW I STAY SAFE ON THE COMPUTER



3

I will not meet face to face with



anyone from the computer



4

I will not be mean on the computer.







NetSmartz Workshop

NetSmartz.org/SpecialNeeds

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Tools for Safety

| | | |
|---|------------------|--|
|  | Bark | Helps you track what your teen is doing on her various social media accounts and alerts you when potential cyberbullying or sexting is taking place. It even picks up on signs your teen may be depressed or anxious. |
|  | Limitly | Gives parents the ability to limit how much time their teens are on their screens. You can block certain apps and games and set time to limits for various apps. You can even create a different limit for different days. |
|  | TrackKidz | Similar to Limitly but it also gives you access to your teen's contacts and his or her location. This app also tries to detect cyberbullying by monitoring your teen's weekly use. |
|  | FamiSafe | Lets parents control screen time, locate real-time location and detect inappropriate content on kids' devices. |



Tools for Safety

- [Use parental controls on your child's iPhone, iPad, and iPod touch](#)
- For Android parental controls search specific device for instructions
- [ESRB for game ratings](#)
- [Game systems parental controls](#)
- [EERO Mesh router](#)



Advancing our mission

- Continue to be a vital part of the county's health and human services
- Share our expertise with a wide range of community partners
- Assure safety net services for those with the greatest needs
- Facilitate collaborative initiatives
- Provide high-quality support administration
- Fund services



INCLUSION

begins with

YOU



C U Y A H O G A C O U N T Y

Board of Developmental Disabilities

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(216) 241-8230



YouTube

www.CuyahogaBDD.org



Five things YOU can do to promote inclusion

BE INSPIRED Invite one of our Good Life Ambassadors (advocates) to speak at your agency, business or event.

1

Let's create an inclusive community, together. Schedule a Good Life Ambassador presentation by calling **(216) 736-2924**.

BE INCLUSIVE Support ways people with disabilities can fully participate in all aspects of community life.

2

Arrange a free training on inclusive practices or sensory-friendly experiences by calling **(216) 736-2722**.

HIRE someone with a developmental disability and enhance workforce diversity. People with disabilities can work and want to work.

3

Meet your hiring needs by contacting the Employment Collaborative of Cuyahoga County at **(216) 931-7458**.

VOLUNTEER with us. Share your time, interests and friendship. Become a community friend.

4

Learn more about volunteer opportunities by calling **(216) 736-2722**.

CONNECT We're here to support and empower people with developmental disabilities.

5

If you or someone you know is in need of our support, contact us at **(216) 241-8230**.

LEARN: www.CuyahogaBDD.org

LIKE: 

WATCH: 

