

Living Safely

with disabilities and special health needs

Basic Internet Safety

The internet can help you to do many things. These are some things that the internet is used for:

- Reading
- Playing games
- Listening to music
- Watching videos
- Looking up news and information
- Searching information about locations, events, and fun things to do
- Looking for schools and jobs
- Shopping
- Interacting with people by texting, message chats, emails, live videos, and using social media
- Banking

It is important to use the internet safely.

These are some safety tips to remember when using the internet:

- Looking at the screen for a long time can be harmful to your eyes, neck, and back. Try to take breaks for some physical activity and interactions with other people as much as possible.
- Try to press the buttons softly and hold game controllers gently.
- If you snack while using the computer, portion out your food before you start using the computer to avoid overeating. Try to eat away from your computer and wash your hands before and after you eat. You want to keep your computer and the space around it clean.

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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