

Living Safely

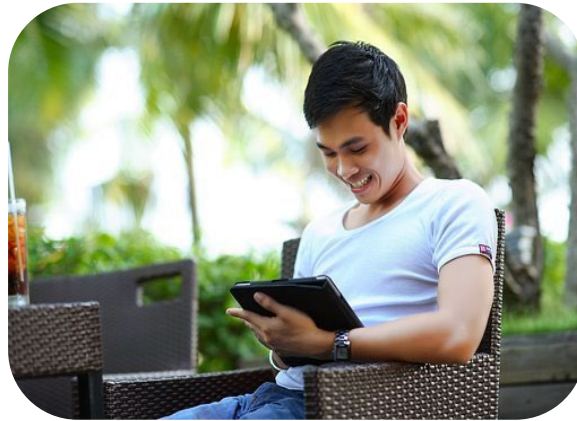
with disabilities and special health needs

Basic Internet Safety



Children's
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An RWJBarnabas Health facility



The internet can help me to do many things.

Some things that the internet is used for are 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, and banking.



It is important to use the internet safely.

There are some safety tips for me to remember when using the internet.



Looking at the screen for a long time can be harmful to my eyes, neck, and back.
I need to try to take breaks for some physical activity and interactions with other people as much as possible.



I should try to press the buttons softly and hold game controllers gently.



If I snack while using the computer, I can portion out my food before I start using the computer to avoid overeating.

I should try to eat away from my computer and wash my hands before and after I eat. I want to keep my computer and the space around it clean.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

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

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