

Internet Safety

The Internet is a great place where you can meet new people, stay in touch with friends and find a lot of information. To keep it a great place, you also have to know some of the dangers of the Internet. Some “online friends” may not be who they seem to be and can try to take advantage of you. For example, someone may claim to be a 16-year-old girl online, but is in fact an older man who is looking for opportunities to hurt young people.



Did you know...

Once you post something on the Internet, it will be there **forever**. Even if you delete what you post, it may have already been shared with others.

Tips for young adults

- Use a screen name instead of your real name whenever possible. Never give out your full name, address, birth date, phone number, name of your school or workplace.
- Use **strong passwords** (a mixture of letters and numbers, upper and lower case) and don't tell your password to anyone else (except your parents or caregivers).
- Never give out your social insurance number, credit card numbers, PINs or banking information.
- Never send naked or other inappropriate pictures of yourself to anyone.
- If you plan to meet with someone you met online, ask for your parents' (or caregiver's) permission, and take someone with you. Always meet in a public place such as a coffee shop.
- Tell your parents (or caregivers) if something does not feel right. For example: if someone wants to meet with you alone, asks to see a naked photo of you, asks for money, or asks questions that make you feel uncomfortable.

Resources

- Royal Canadian Mounted Police (RCMP): “Interacting Online”: www.rcmp-grc.gc.ca/cycp-cpcj/is-si/io-cl-eng.htm
- Canadian Centre for Child Protection: “The door that's not locked”: www.thedoorthatsnotlocked.ca
- Connectability: “Online safety and social media”: www.connectability.ca/2014/01/29/online-safety-and-social-media/

Tips for caregivers

- Talk to your young adults how they use the Internet.
- Familiarize yourself with the latest apps, social media, and websites your young adults use. Learn about webcam capabilities and privacy.
- Instead of banning your young adults from the Internet, teach them what they should and should not do on the Internet. Explain why.
- Watch for changes in your young adults' typical behaviour patterns and emotions. They may be telling you something through their actions.
- At home, keep the computer in a common area such as the living room or kitchen.
- Ensure that the computer and any mobile devices are up to date in terms of virus / malware protection. Activate your firewalls.
- Consider using filtering programs (also called “screening tools” or “parental controls”) to modify what your young adults can and cannot access online.
- Consider setting limits on the types of video games / movies they play / see.
- Help your young adults set up the privacy setting of their social network accounts so that only trusted friends can view what they posts.
- Find out how your young adults use the Internet.
- Remind your young adults that once they post something on the Internet, it will be there **forever**. Even if they delete the original post, they don't know whether that information has already been shared. It can potentially be seen many years down the road by a job recruiter, who may use it to make a hiring decision.
- Report suspicious Internet predators to your local police.

Please contact us if you have any questions

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www.sickkids.ca/CGenetics/What-we-do/22q-deletion-syndrome-clinic/

www.22q.ca

This fact sheet was produced in collaboration with the **Good 2 Go Transition Program** at The Hospital for Sick Children. www.sickkids.ca/good2go/

Note: 22q11.2 deletion syndrome (“22q” or “22q11.2DS”) has also been known as DiGeorge syndrome, velocardiofacial syndrome, and many other names. For more information, please visit www.22q.org/awareness-events/awareness/same-name-campaign/.