Our Top Tips for Staying Safe Online

The internet has now become a normal part of everyday life for most people. It's become so normal to use it that we often forget the risks involved. For an autistic person the risks can be even greater due to the possibility of them not being able to risk assess situations themselves.

Set time limits

It is easy for a person to become absorbed in spending hours online which can carry its own risks- health problems, lack of social interaction etc. You could consider having a certain time of the day in the person's daily routine when they are allowed online. You could reward positive behaviour by giving the person extra time online.



Personal security

Do not save your credit card details online and leave any personal accounts open. The person might unintentionally purchase things such as add-ons in games etc.



Privacy settings

Make all apps the person uses private e.g., if they have a Facebook account set their profile to private.



Establish rules

Talk to the person about what is appropriate to look at and what isn't, talk about things the person should tell you about e.g., if they receive messages off strangers. Look at what is appropriate to post/share online e.g., private photos, personal details, passwords, etc. You can make a rule where any devices which have internet access are used in family rooms and not to be used when alone.



Monitor the person's internet history

His ensures the person is not accessing anything they shouldn't be.



Set parental restrictions

We know the internet can be a wonderful place but there is also a lot of inappropriate content on there. Consider putting filters on your browser which will control the content the person can see and access. You can also put parental guidance locks on certain websites and programmes the ensure the person can't access them. Also installing anti-virus software will make any programmes or apps less vulnerable to hackers and viruses.





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