



Safely Navigating Social Media: Strategies and Tools for Promoting Social Media Safety for Individuals with IDD

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Dr. Mary Jo Krile
Eastern Kentucky University
maryjo.krile@eku.edu



Agenda

Social Media Safety Features

Strategies for Empowering Safe Choices When Social Media Dangers Arise

- Predators
- Cyberbullying
- Scams
- Online Consent
- Online Trust

Question & Answer: If Time Allows

Why.....

- Individuals with IDD CAN learn to use technology independently and safely



Educate, Advocate,
Empower

EDUCATE, ADVOCATE, & EMPOWER!



- **Educate:** Provide education, strategies, and resources for helping individuals with IDD **make their own decisions** on social media use
- **Advocate:** Advocate for rights to using social media
- **Empower:** Empower individuals with IDD by providing safe spaces to discuss, and learn about, social media/technology use and safety

FOLLOWING OTHERS ON SOCIAL
MEDIA

Examples of Social Media Disability Advocates

Use disability influencers on social media as teaching examples:

- How do they respond to bullying or hate comments?
- What kind of content do they release?



abigail_the_advocate

Following ▾

Message



1,421 posts

226K followers

753 following

Abigail the Advocate

Entrepreneur

Never let anyone's opinion limit your success! Down syndrome advocate Grateful for 1.2M total followers helping promote acceptance Page by Abigail+dad shopshimma.com



grace_strobel



Following ▾

Message



577 posts

125K followers

1,052 following

Grace Strobel

Fashion Model

1ST Model w/ Down syndrome to rep Skincare. 🥰 Joy Creator.

📺 FORBES ALLURE TODAY SHOW 📺 Bella Magazine 🌐 PBS

📍 @obagiclinical

📍 @fentybeauty #joy

linktr.ee/GraceStrobel



madisontevlin



Follow

Message



889 posts

34.3K followers

472 following

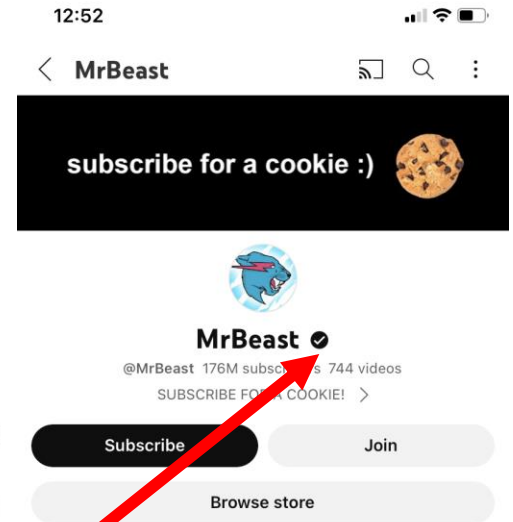
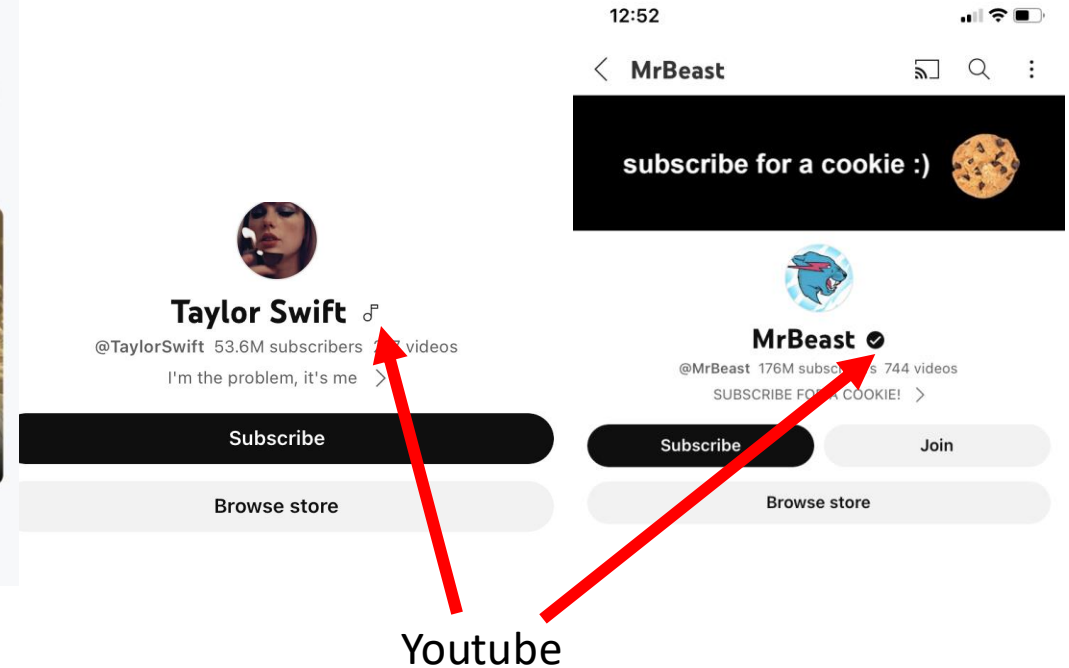
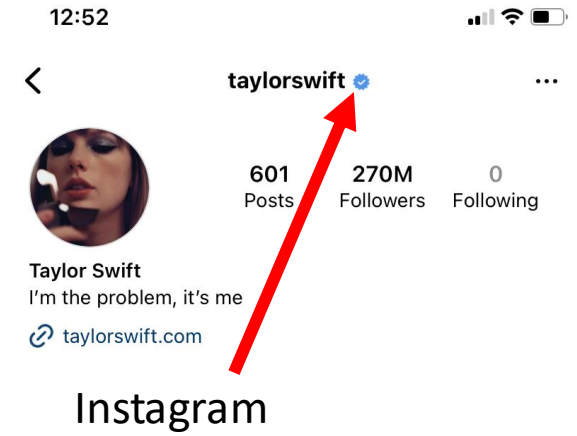
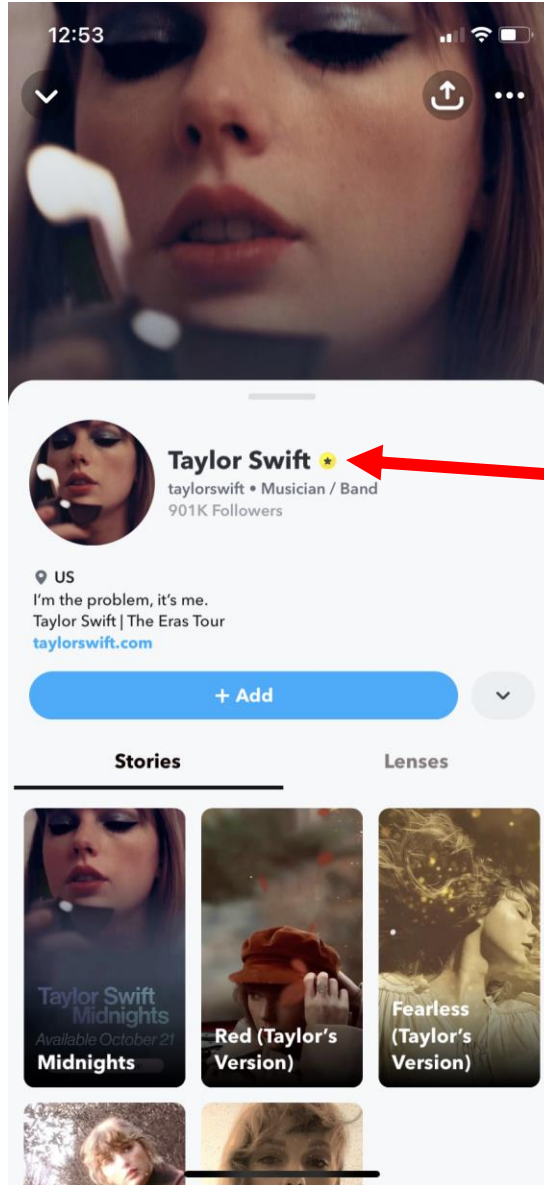
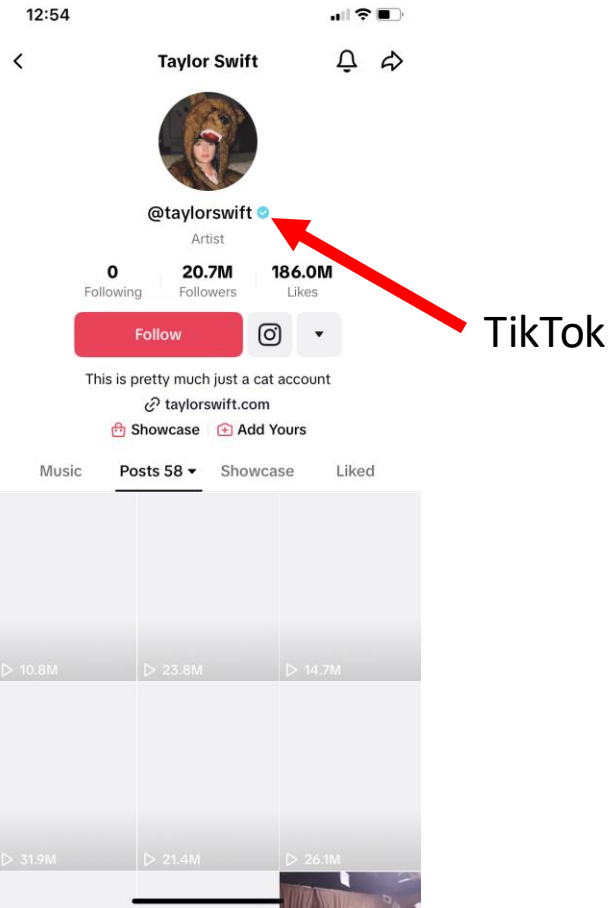
Madison Tevlin

I have Down syndrome and it's the least interesting thing about me 💖

PR & Business inquiries 📧: hello@madisontevlin.com

www.madisontevlin.com

Verified Celebrities and Influencers



STRATEGIES



Use privacy settings!



Teach, and learn,
predator, cyberbullying,
and scam behaviors



Practice in safe places
with example messages



Use visuals and visual
checklists



Block and report



Promote, or have, a Top
Three Trusted network

USING VISUALS

- Use visuals as needed and engage in dialogue about the visual
 - Example: What do you see in this picture?
 - This is a poser or cat fisher.
 - Hidden (no face is shown)
 - Taking money
 - Promising love or intimate relationship
 - Face is never seen
 - Use online resources: Common Sense Media, Thorn



Catfisher



Scam



Predator or poser?



Cyberbullying



**Too Dangerous!
Do Not Reply!
Talk to a Trusted Adult!**

- If one or more are checked**
- I do not know the person who sent the message
 - The message is inappropriate
 - The message bothers me
 - The person asked for personal information (birthday, phone number, address, social security number, debit/credit card number, banking information, etc.)



Safe to Reply!

- If none are checked**
- I do not know the person who sent the message
 - The message is inappropriate
 - The message bothers me
 - The person asked for personal information (birthday, phone number, address, social security number, debit/credit card number, banking information, etc.)

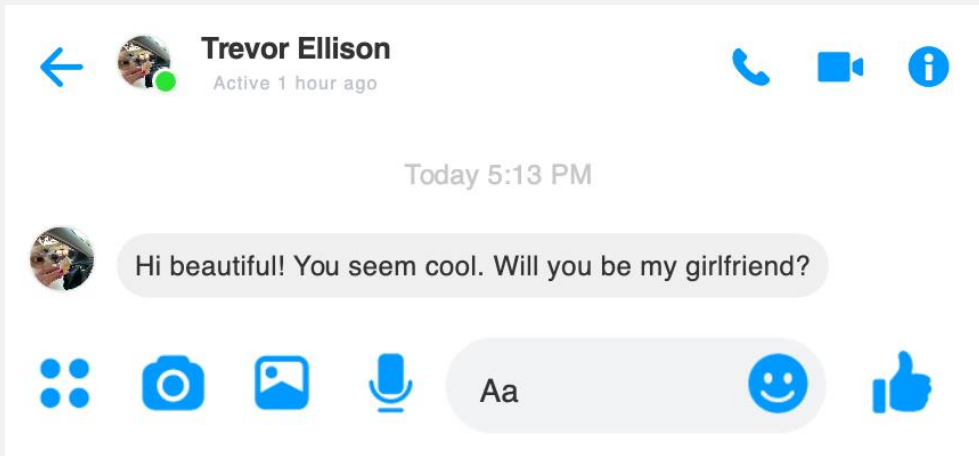
USING VISUAL CHECKLISTS

CREATING SAFE OPPORTUNITIES FOR PRACTICE

- **Spot the cyberbullyer, predator, scammer cards**
 - Ask what steps should be taken when a cyberbully is identified
- Using posts to pull apart and teach identifying behaviors of these dangers, and how to address

As sensitive topics are often present, discuss emotions/feelings after practice situations!

Through offering a safe space to make mistakes, this allows us to teach how to make safe choices, possible dangers due to choices, and eliminates the “one and done” danger risk that occurs in online situations.



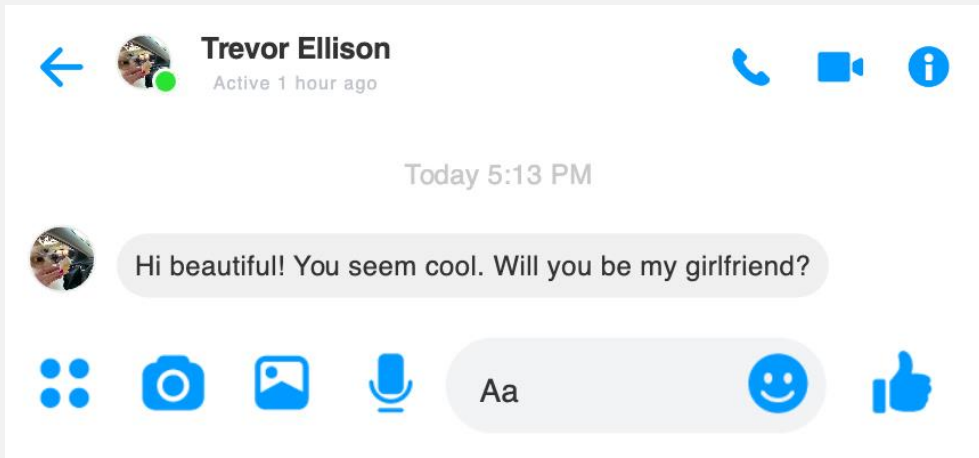
POTENTIAL PREDATOR: SARAH'S STORY

Sarah has received several messages from a stranger who wants to be her "boyfriend."

Sarah wants to have a boyfriend and begins to tell others that this stranger is her boyfriend.

This "boyfriend" agrees with everything Sarah says. One day, Sarah had a bad day. The "boyfriend" tells Sarah that if she meets him at the local shopping mall, he will take her on a date that will make the day better. But, she can't tell anyone that she is meeting him.

Is Trevor Ellison a predator?
What should Sarah do?



POTENTIAL PREDATOR: SARAH'S STORY

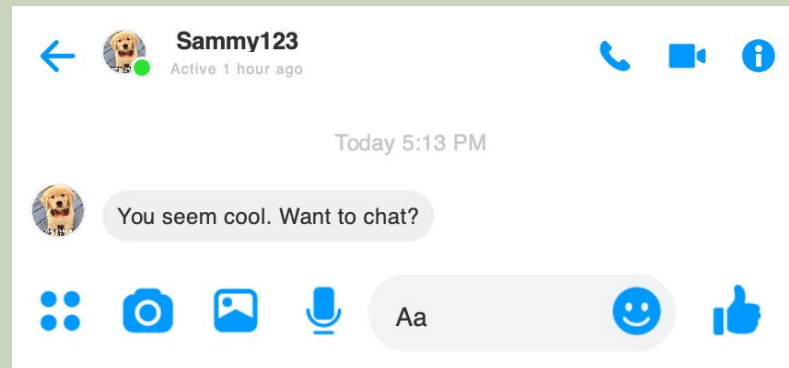


What predator behaviors does Trevor Ellison have?

Use Zeob to make posts that look real- helps with generalization

POTENTIAL PREDATORS: TEDDY'S STORY

- Teddy uses Facebook and frequently comments on a local news station's page. Soon, a stranger messages Teddy this message:

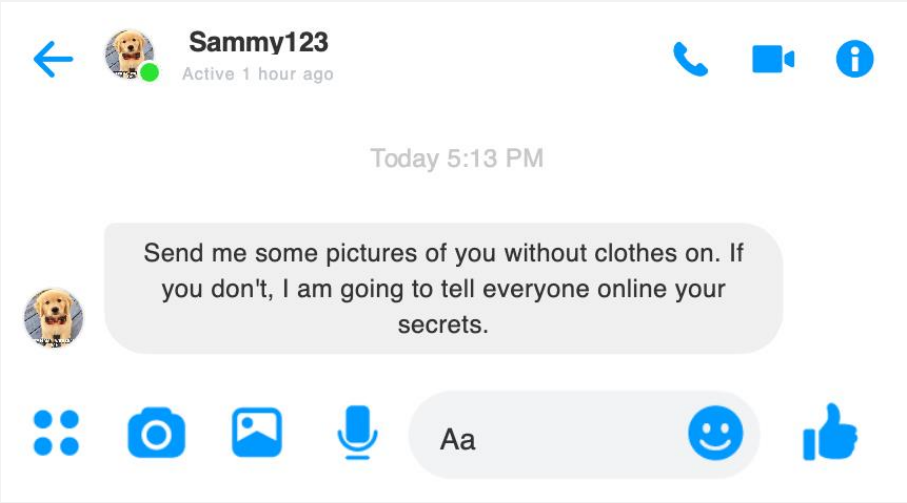
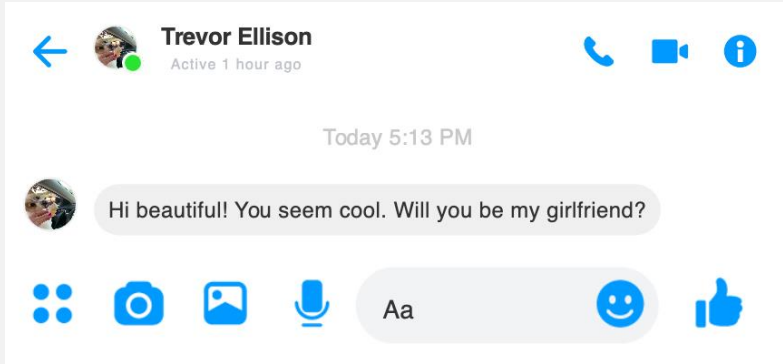
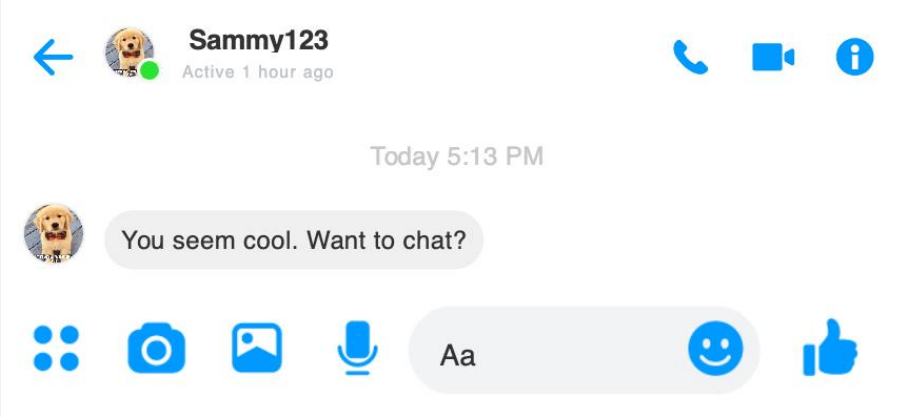


- Teddy messages back and after a few weeks of talking, Sammy123 sends the following message



Is Sammy123 a predator?
What should Teddy do?

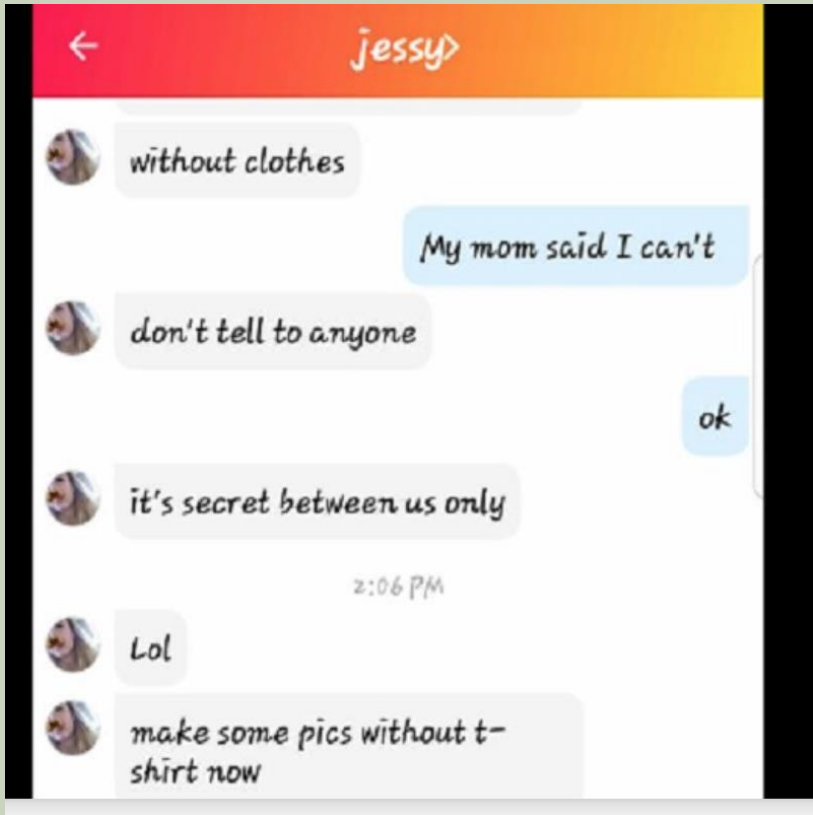
POTENTIAL PREDATORS: REVISITING TEDDY AND SARAH



What should Sarah and Teddy do?

Can find messages from cyberbullying and scams online as well

USING ACTUAL PREDATOR MESSAGES



Can use actual messages too!
Found online via news sources, Center for Missing and Exploited Children, and Homeland Security.

PROVIDING A SAFE PLACE FOR CONVERSATIONS: TOP THREE TRUSTED

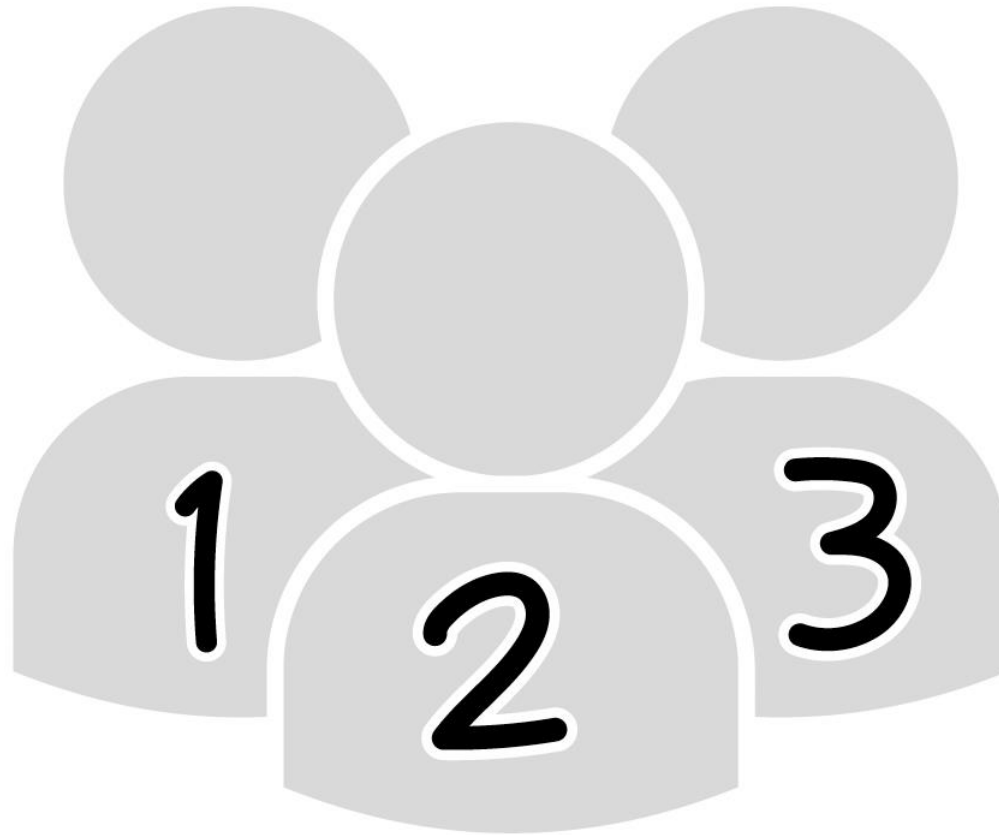
- Identify **Top Three Trusted Individuals**
 - Who do you feel safe going to if something online bothers you or is questionable?
 - Teachers, Friends, Parents, Family, Relatives, Coaches, etc.
 - Frequently review Top Three Trusted
 - Can change over time

Why three? Have options to go to when needed!



MY TOP THREE TRUSTED ADULTS

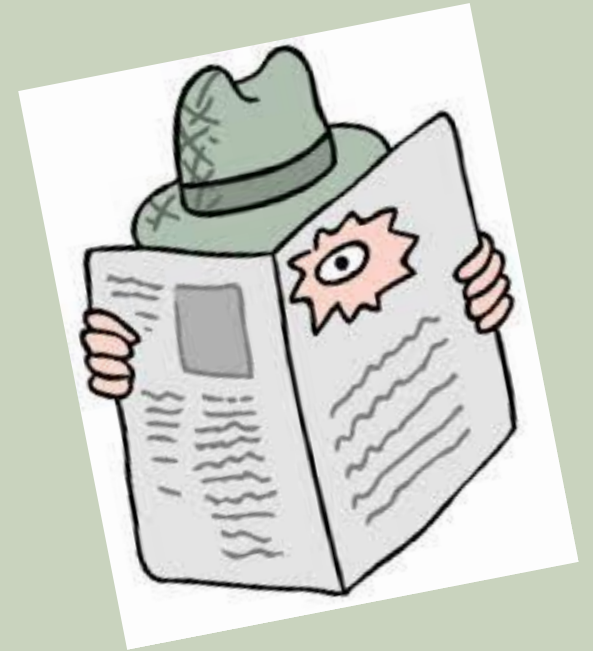
These are the three people I can tell when something bothers me on the internet or my cell phone.



Graphic organizer to help identify Top Three Trusted Network

SPOTTING PREDATORS, CAT FISHERS, & POSERS: TEACHING PREDATOR BEHAVIOR

- Quickly try to be your friend
- Ask a lot of personal questions
- Do not talk about themselves
 - If they do, it is something that relates to you
- ALWAYS agree with you- most will never disagree with you
- **Will not post publicly on your social media**
- **Try to make you promise not to tell anyone about them**
- Try to make you turn against others
 - “They are horrible. You shouldn’t hang out with them. I wouldn’t treat you that way.”
- Groom you- Make you feel special and offer you free things
- Tend to ask for sexual favors and/or pictures
- May work on meeting in-person in a private place
- Never show face or agree to video chat

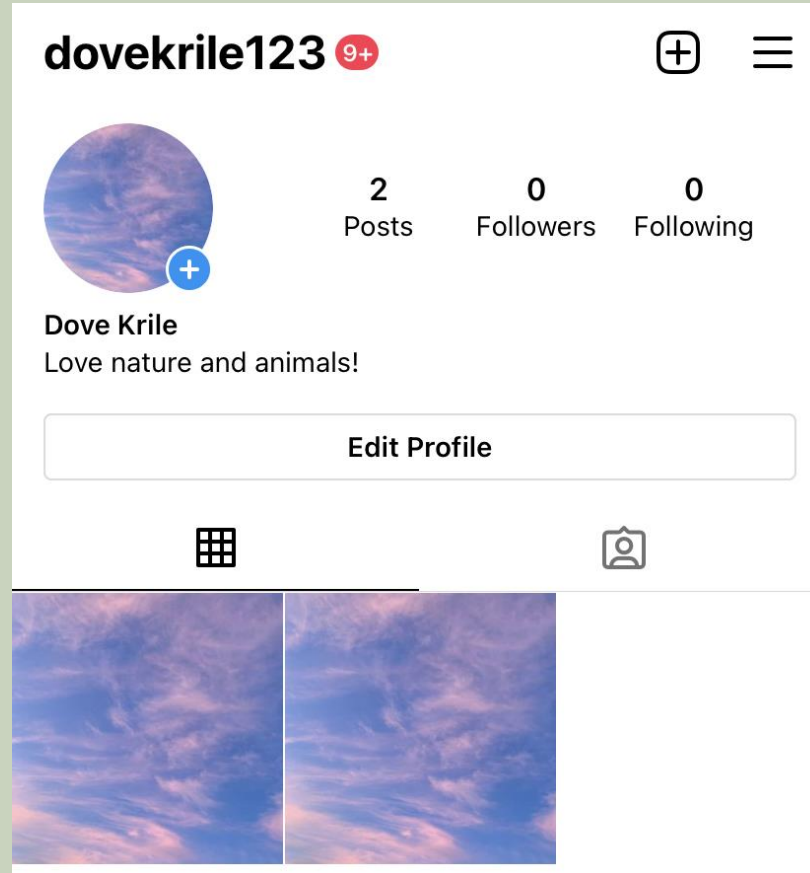


Prevention strategy: Teach and discuss these identification behaviors!

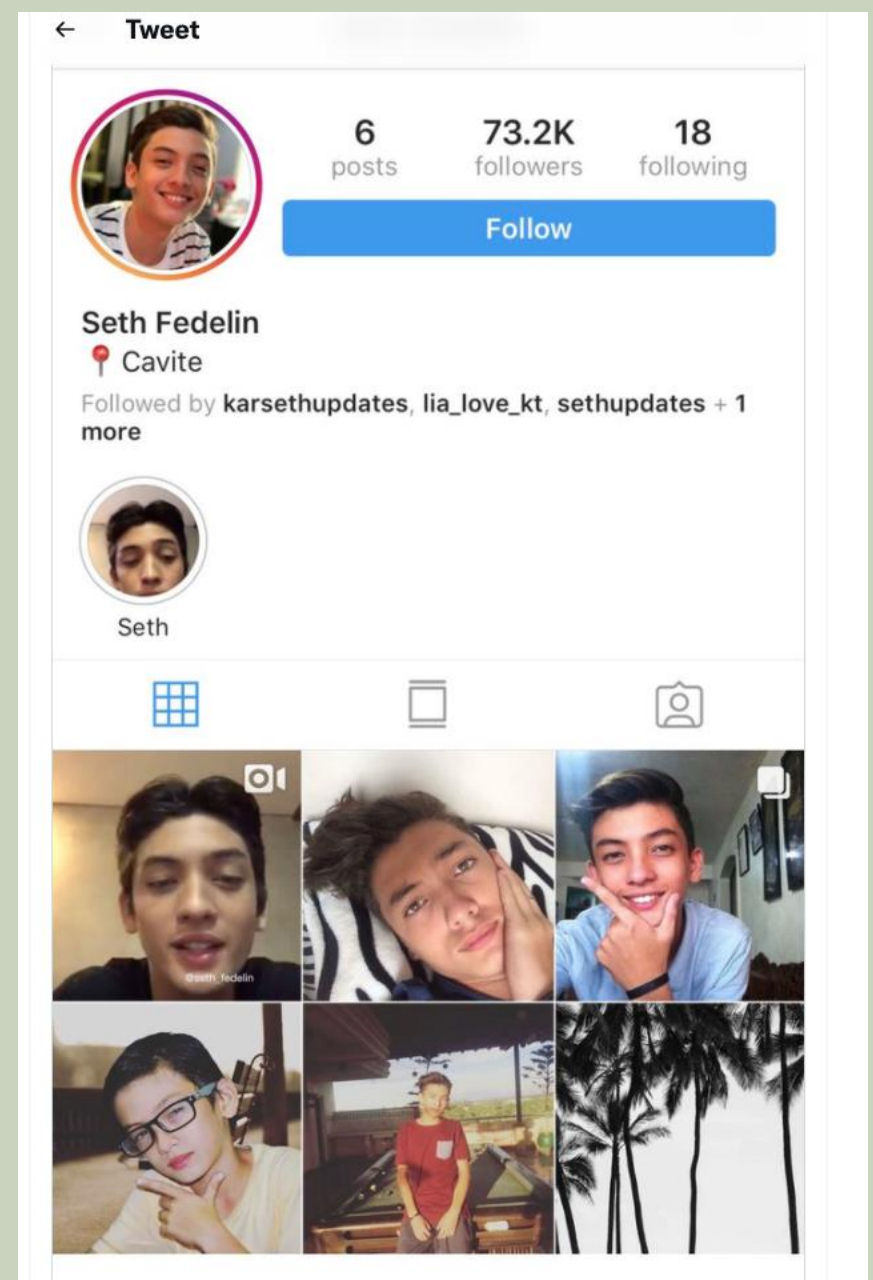
EXAMPLES OF POSER/CATFISHING PROFILES



Profile picture looks like this

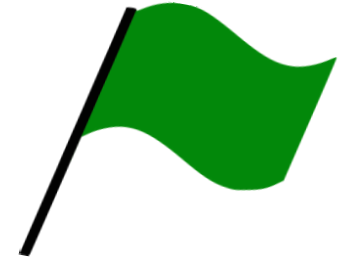


Lack of pictures/followers/posts/information



Lots of followers, but not following anyone

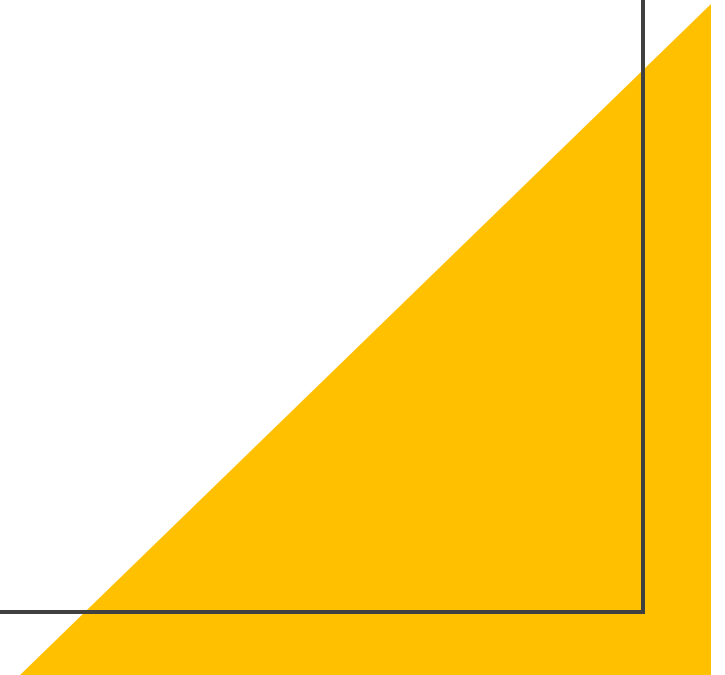
What is Online Trust?



Engaging with a person online and the person is who they say they are

They are:

- Honest about who they are
- Not intentionally going to cause you harm
 - Physical
 - Emotional



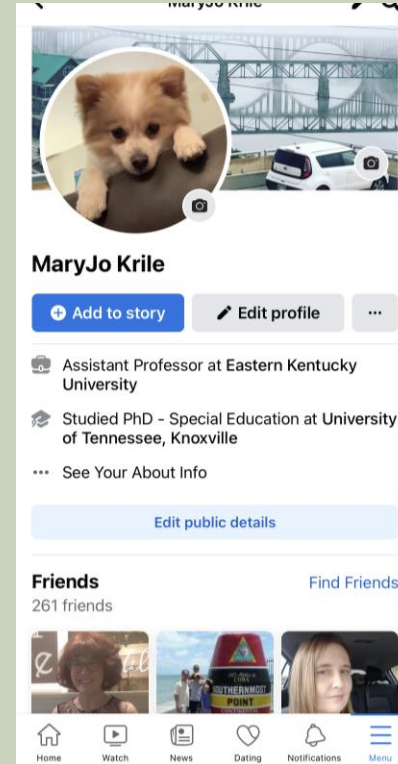
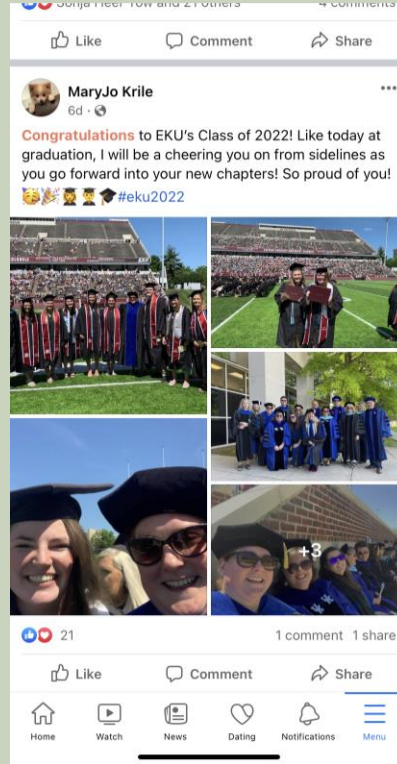
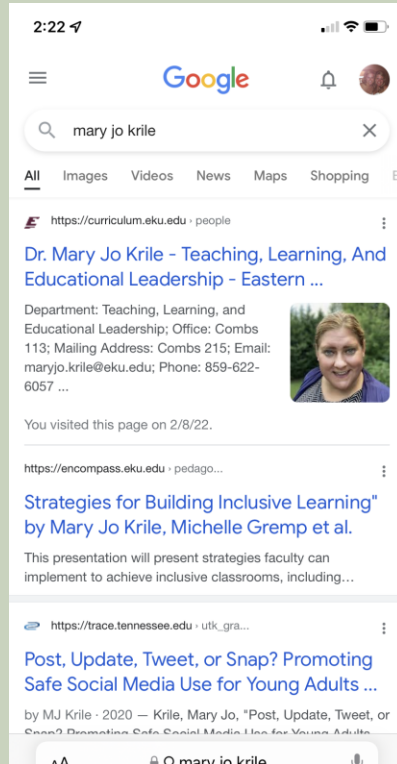
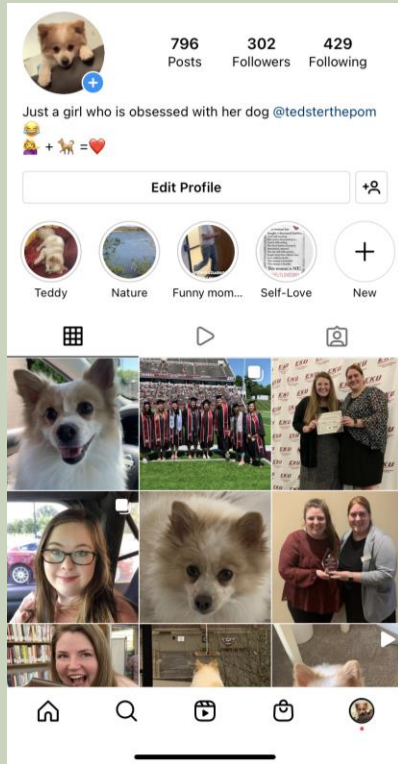
How to Know Who to Trust

The Online Trust Five!

1. The person has asked to “go private” and talk only on text message or private messages.
2. The person has told me to keep them a secret
3. The person has asked me to meet them in person before video chatting with them at least three times. Each time I have video chatted with them, I have seen their face and they look the same.
4. The person only talks about me and what I like
5. The person has asked for, or sent, inappropriate messages or pictures

If ONE of these is a “yes,” stop contact and talk to a trusted person before proceeding!





EXAMPLE OF NON-POSER/CATFISHER

Meeting Someone In- Person

- Video chat at least 3 times within the app prior to meeting in person. Does the person look and sound the same? Do you see their face? If not- end contact!
- If meeting someone in person:
 - Meet in public place
 - Never get in a car with the person
 - Tell at least three people that you are meeting someone from online
 - Have an escape plan: text someone to call with an “emergency”
 - Communicate your escape plans with others
 - Have a charged phone and know how to activate SOS on it
 - Leave phone on the entire time



REVISITING TEDDY AND SARAH

- Teddy
 - Strategies:
 - End contact with the stranger ASAP
 - Blocking and reporting the stranger
 - Discussing any emotions that arise from the situation
- Sarah
 - Strategies
 - End contact immediately
 - Blocking and reporting
 - Stressing the importance of video chatting and seeing one's face several times (recommend at least 3) prior to meeting in public
 - Form a plan for meeting up that includes informing others and meeting in a public place

Going forward: Both individuals need to be taught to identify the behaviors of predators/posers/catfishers



WHAT IF IT
IS ALL
DONE IN
SECRET?

- Look for warning signs!
 - Constantly on a mobile device
 - Secretive about what happens online
 - Withdrawing from others
 - Changing screens, or exiting an app when someone comes close to their phone
 - Receives items in the mail from strangers
 - Begins suddenly talking about a new friend
 - Become upset when can't access their chat or messages



CYBERBULLYING

ADDRESSING CYBERBULLYING

- Individuals with IDD have identified that it is hard to talk to someone about cyberbullying that has occurred.
 - Afraid of retributions
 - Ensure that there is consequences for cyberbullying
 - Banned from social media
 - If banned for more than three times, banned for life
 - Policy
 - Extreme cases- fines
 - **By reporting, we are preventing the cyberbully from doing harm to others.**
- Tell a Top Three Trusted individual, block, unfollow, report, unfriend, etc.

TEACHING BEHAVIORS OF CYBERBULLIES- IDENTIFICATION OF BEING THE CYBERBULLY

- Some individuals with IDD do not catch themselves cyberbullying others
- It is important to also teach what behavior consists of cyberbullying
- If I say something mean back, am I a cyberbully too?
- Teach netiquette rules: social etiquette of the internet

SCAMS: IDENTIFYING AND ADDRESSING

WHAT ARE SCAMS?

Individuals using social media or online sites to gain personal information or money from others



SCAMS, SCAMS, AND MORE SCAMS!

- How many of us have fallen for scams?
- Scammers are getting smarter every day, especially with artificial intelligence

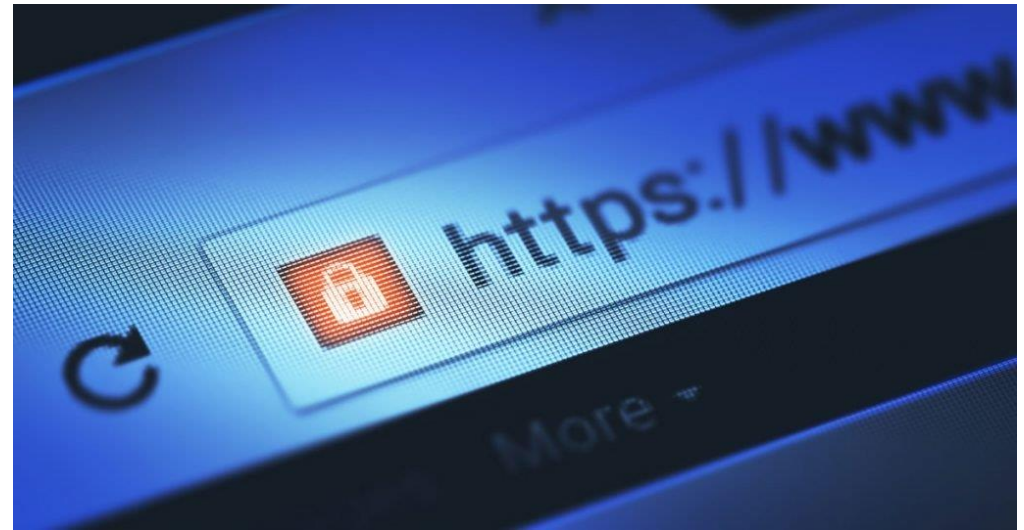
IDENTIFYING SCAMS: THE FOUR QUESTIONS!

- Four questions to ask when identifying scams:
 - **Is it from someone I don't know?**
 - **Does it have anything misspelled?**
 - **Does it ask for personal information?**
 - **Does it have a long link to a website I don't know?**

- If yes to at least two of these questions, it is most likely a scam!

MUST CONSIDER STRONG DESIRE FOR A SCAM ITEM!

- Strong desire for a scam item can result in the sending of personal information!
- **Always look for the padlock** on a site when purchasing or sending highly personal information!
- Define and review personal information



IDENTIFYING AI GENERATED

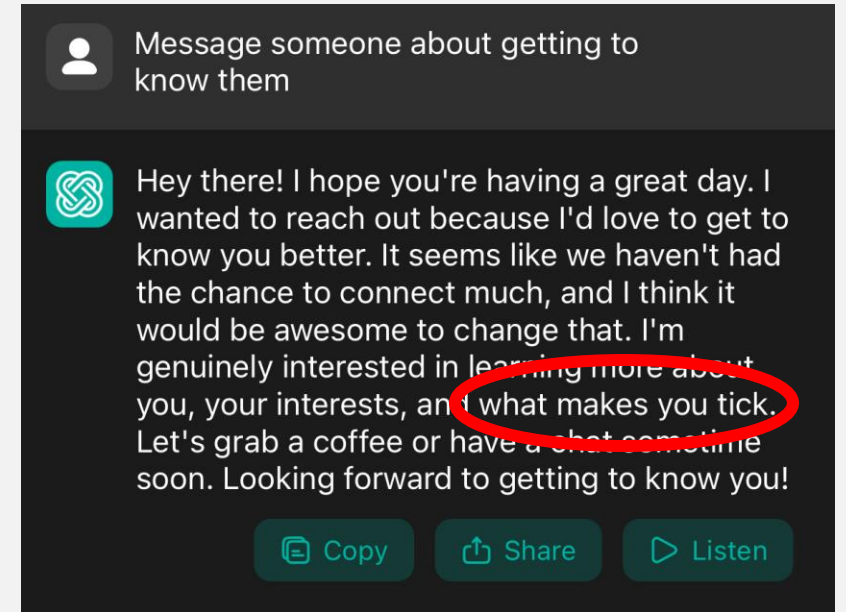
- AI Generated Images or Messages Tend to Contain:
 - Unusual or unnatural elements: strange characteristics
 - Perfect symmetry or flawless patterns: Too good to be true
 - Overly vivid or saturated colors: Unrealistically vibrant or saturated
- Perform a reverse image search
 - <https://tineye.com/>



Overly saturated- darker in places
Flawless pattern of fur on ears and chest- looks painted
ID tag on collar is just a round ball that, if you zoom in, attaches to fur.



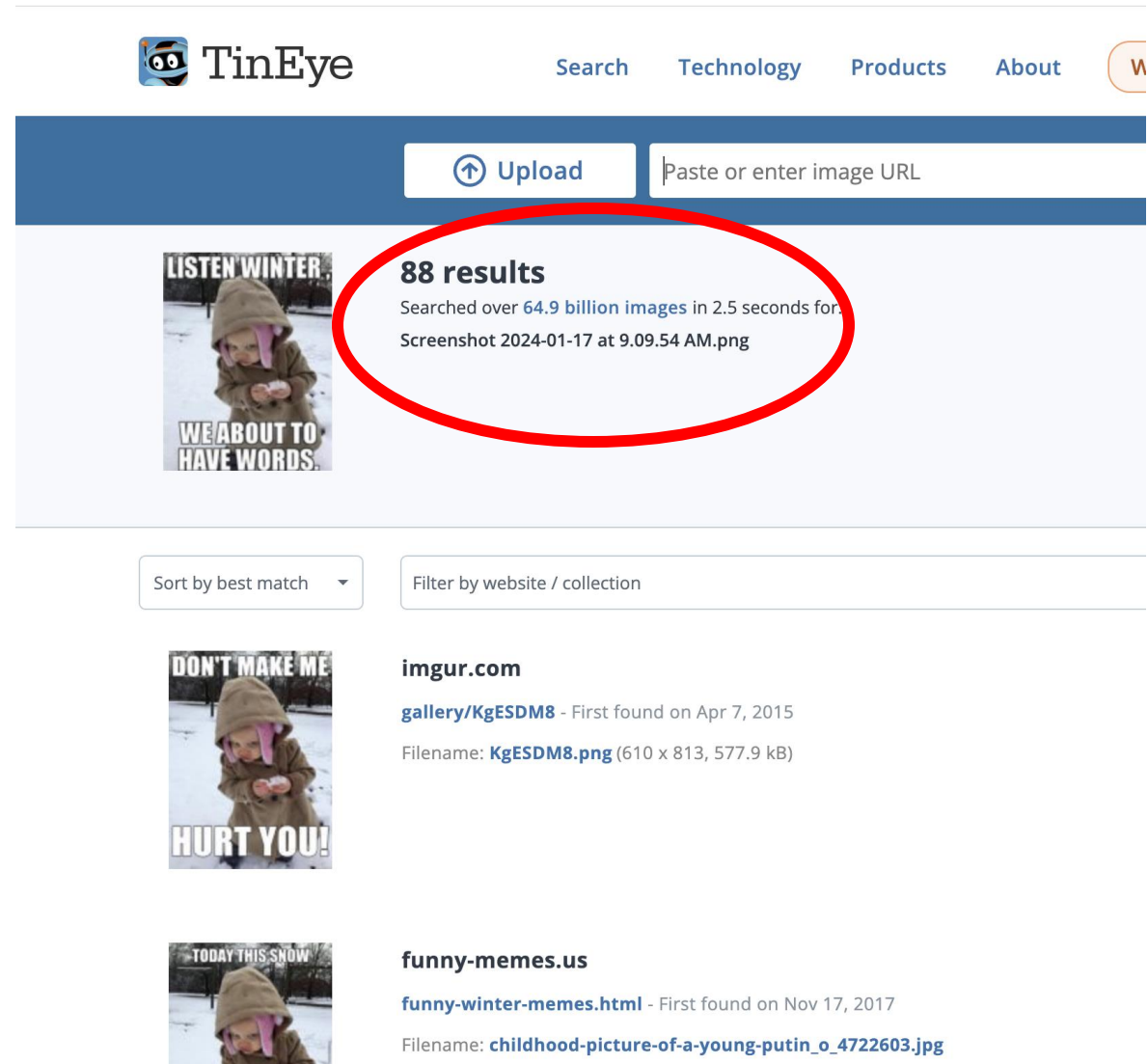
Word on shirt is gibberish
Overly saturated
One lens on glasses is much larger



Uses weird phrases that casual conversations don't use

REVERSE IMAGE SEARCH USING TINEYE

- Upload picture (this was a screenshot I took)
- Number represents how many times this appears on the internet
- If number is high and no source is consistent, it is highly likely that it was stolen content and/or AI Generated



The screenshot shows the TinEye website interface. At the top, there is a navigation bar with the TinEye logo and links for Search, Technology, Products, and About. Below the navigation bar is a search bar with an "Upload" button and a text input field labeled "Paste or enter image URL". The search results are displayed below the search bar, showing a red circle around the text "88 results" and "Searched over 64.9 billion images in 2.5 seconds for Screenshot 2024-01-17 at 9.09.54 AM.png". Below the search results, there are two filter options: "Sort by best match" and "Filter by website / collection". The search results are listed in a grid format, showing the source website, the image, and the filename.

TinEye Search Technology Products About

Upload Paste or enter image URL

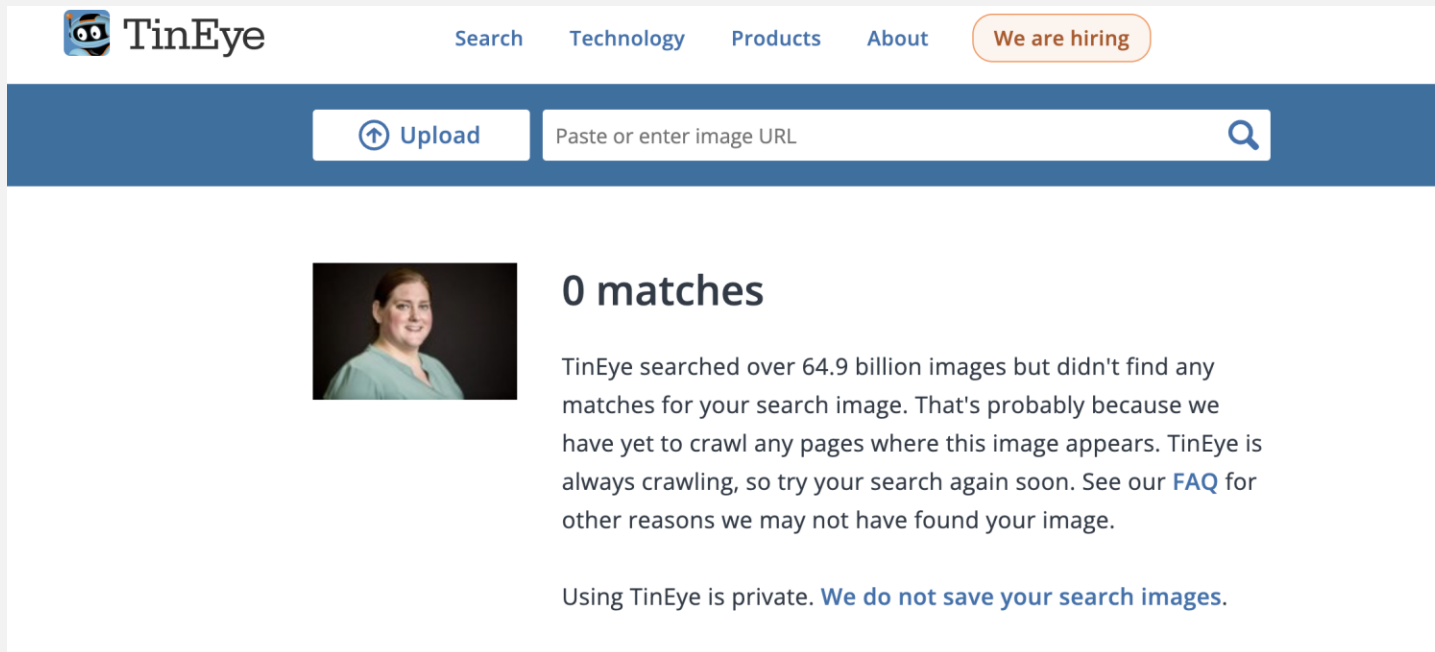
88 results
Searched over 64.9 billion images in 2.5 seconds for
Screenshot 2024-01-17 at 9.09.54 AM.png

Sort by best match Filter by website / collection

imgur.com
gallery/KgESDM8 - First found on Apr 7, 2015
Filename: KgESDM8.png (610 x 813, 577.9 kB)

funny-memes.us
funny-winter-memes.html - First found on Nov 17, 2017
Filename: childhood-picture-of-a-young-putin_o_4722603.jpg

TINEYE PERSONAL PHOTOS




The screenshot shows the TinEye website interface. At the top left is the TinEye logo. To its right are navigation links for Search, Technology, Products, and About, followed by a 'We are hiring' button. Below the navigation is a search bar with an 'Upload' button on the left and a search icon on the right. The search bar contains the text 'Paste or enter image URL'. Below the search bar, on the left, is a small thumbnail of a woman's headshot. To the right of the thumbnail, the text reads '0 matches'. Below this, a paragraph explains that TinEye searched over 64.9 billion images but found no matches, likely because the image has not been crawled yet. It advises the user to try the search again soon and provides a link to the FAQ. At the bottom, it states that using TinEye is private and that it does not save search images.

TinEye

Search Technology Products About We are hiring

Upload Paste or enter image URL

 **0 matches**

TinEye searched over 64.9 billion images but didn't find any matches for your search image. That's probably because we have yet to crawl any pages where this image appears. TinEye is always crawling, so try your search again soon. See our [FAQ](#) for other reasons we may not have found your image.

Using TinEye is private. [We do not save your search images.](#)

My headshot has 0 matches

High probability that this is real image

AI OR REAL?



AI

Overly vivid and saturated: looks painted
If you zoom in, you will notice distortions
(ex. Teeth are curved out and no ear on other side of head)

WHICH
IS
REAL?



real



AI

DEEPPFAKE

- Fake filters and voices applied to a live person
- Look at hands
- Look at words on clothing
- Look to see if hats or glasses blend into skin or hair
- Look for distortions, especially with quick movements or blinks
- Audio- intonation isn't human sounding.

BBC Deepfake Used for Scams: <https://youtu.be/0Qpxecldv4A?si=C6-KWt2tHs6lbcnW>

got consent?

ONLINE CONSENT

STRATEGIES!

- Teaching to give and gain consent prior to engaging in any online sexual conversations or content!
 - Discuss consent- what is it, why do you get it, and what do questions that ask for consent look like.
Question sentence starters:
 - **Do you want to.....**
 - **Can I send you....**
 - **Would you like to.....**
- Someone who does not ask for consent does not have your best interests in mind!
- **MUST** understand what the individual is consent to!
- **DIGITAL FOOTPRINTS!** Any pictures or content shared, stay in cyberworld forever!
- **MUST** be 18 or over to engage in **ANY** online sexual content
 - Under 18 is a cybercrime!

Use of Monitoring

- Allow individual with IDD to have independence online!
- Be friends/follow them on socials OR have a relative/friend follow them
- Have an open rule: ask to see messages, must show messages
- If you see something concerning, have an open conversation with the individuals
 - State why it is a concern/could be dangerous.
 - Stress importance of safety





Questions?

Feeling overwhelmed?
It is a lot of information!



THANK
YOU!

Questions?

- Email: maryjo.krile@eku.edu

