



Philadelphia Coordinated Health Care  
a core program of PMHCC, Inc.

Empowerment through  
education, support and **advocacy**

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# ACTIVE NEWS

This Publication is for Individuals with Intellectual and/or Developmental Disabilities and their families

## How To Be Safe In A High Tech World

Now more than ever we need to be aware of what is going on around us. It is getting easier for people to take your personal information without your knowledge.

From  
Phishing  
E-Mails



To  
Identity Theft

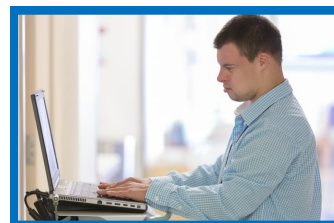


**Get Informed**

Watch or listen to the news



Beware of what you share



# Get Informed

**Social media** is a great way to stay connected to family and friends. That is why it is very important to know who you are sharing your information with. Every day there is a new way for people to get your information. This is why you need to be aware of what you share on social media.

Facebook

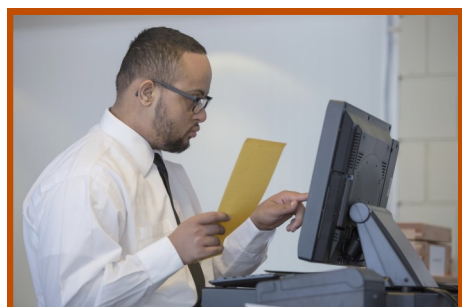


Retrieved from: facebook.com



Twitter

Retrieved from: twitter.com

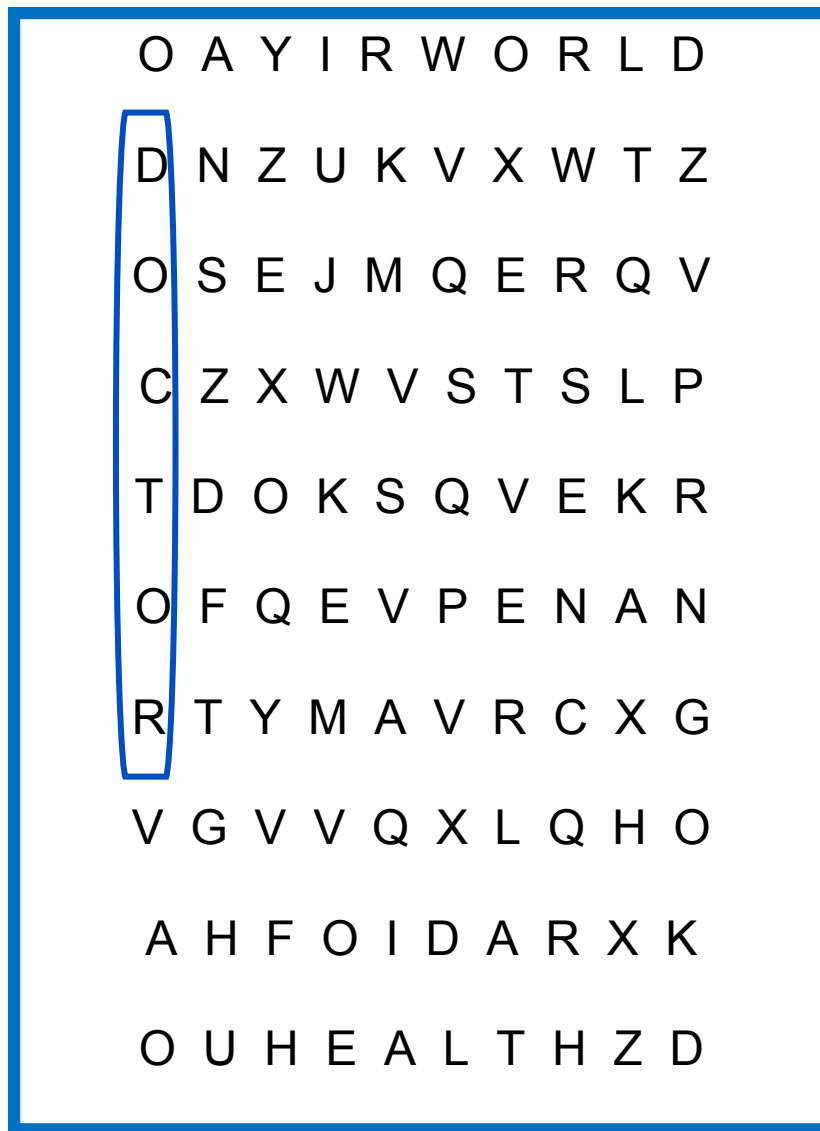


**Phishing e-mails**, is just another way that people can get your information. **Phishing e-mails** are e-mails that are sent to you to look like someone you know or a business you know. If you are not sure of who sent the e-mail, call them. Do not open up the e-mail, or attachment until you are sure of who sent it to you.

**Identity thief** or **hacker** is a person who uses computers to steal private information from your computer, tablet or cell phone for illegal use without your permission.



Find the words below in the puzzle. Circle the word when you find it. The words can go across, up and down, diagonal or backwards. **Have Fun!!**

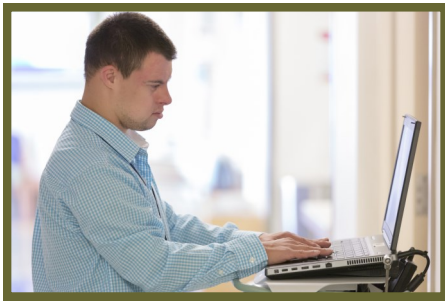


~~DOCTOR~~  
HEALTH  
NEWS  
RADIO  
TV  
WORLD



# Tips On How To Be Safe Using Social Media

- Never post your private information.
- Avoid posting photos where your address and street name can be seen.
- Do not post vacation photos while still on vacation.
- Do not give money to someone who asks for money on-line.
- Take advantage of privacy settings. Ask for help!
- **Be careful of what you post on-line.**



To schedule a training: e-mail  
[pcragin@pmhcc.org](mailto:pcragin@pmhcc.org) OR [bdowns@pmhcc.org](mailto:bdowns@pmhcc.org)



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**Information and education provided by PCHC is intended as general information only and is not all inclusive or intended to replace medical advice. If you believe that you, or someone you support, have physical, dental or behavioral health issues, please seek professional advice**

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Learn more at [www.pchc.org](http://www.pchc.org)

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