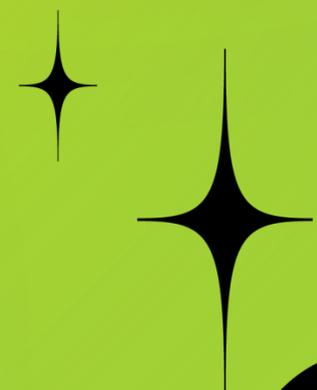


# **Understanding Internet Safety**



# A Little about NJSAP

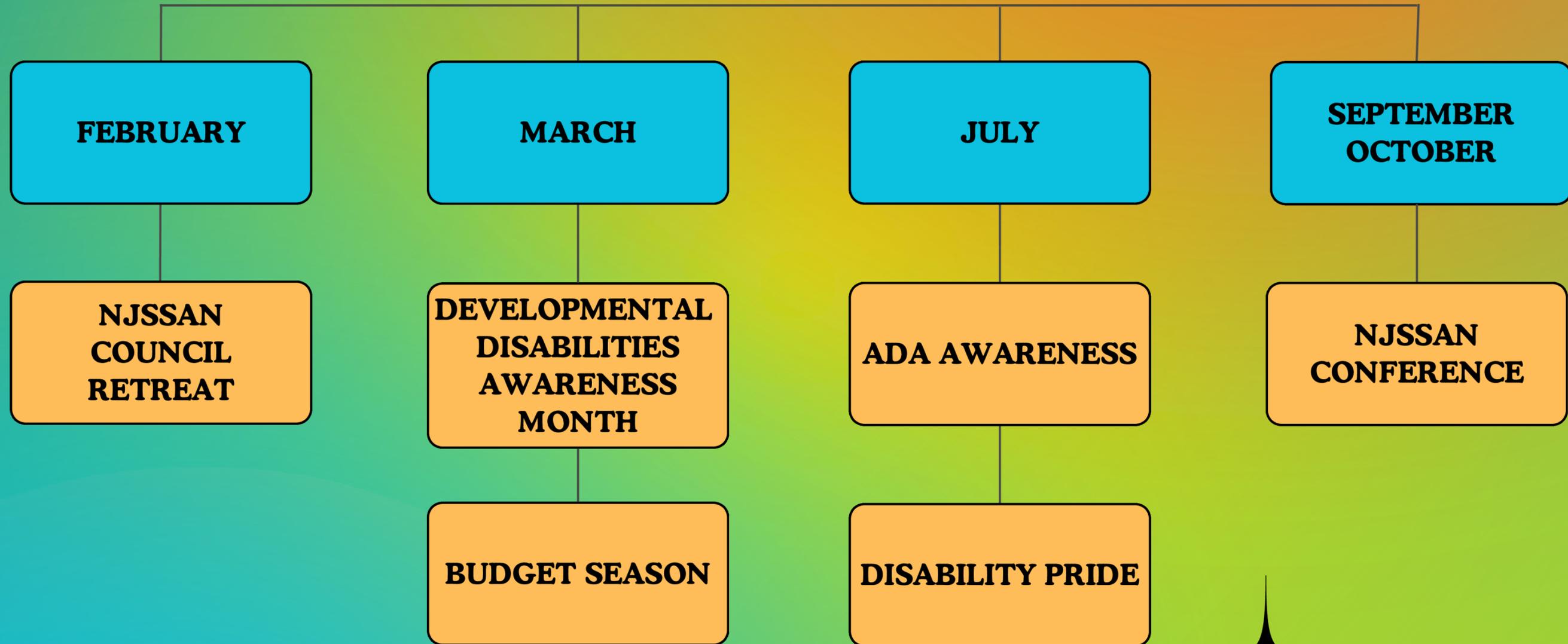


The New Jersey Self-Advocacy Project (NJSAP) was established in 1983 to challenge individuals with intellectual and developmental disabilities to become involved in events, legislative policies, and issues that affect their lives or lives of others with disabilities.

Our work includes conducting trainings and leadership seminars for self-advocates and group advisors across the state, supporting more than 150 self-advocacy groups across the state, facilitating fundraising and public outreach initiatives, conducting presentations to community groups, schools and conference audiences, and educating state legislators regarding issues of importance to people with disabilities.



# NJSAP Events





# Internet Use 101

How many people in the world use the internet?





# Internet Use 101

As of October 2025: 6.04 Billion individuals worldwide were internet users, which amounts to 73.2% of the worlds population





# Internet Use 101

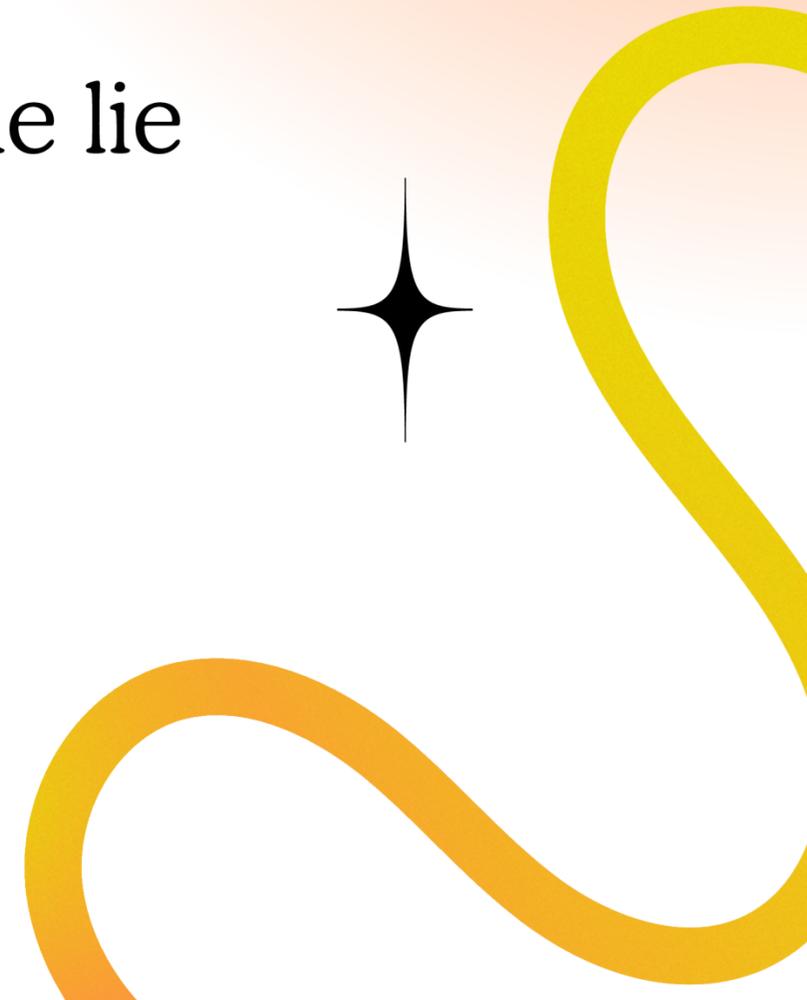
What percentage of people lie on the internet?





# Internet Use 101

According to a 2016 study: 68% - 84% people lie  
on the internet





# Internet Use 101

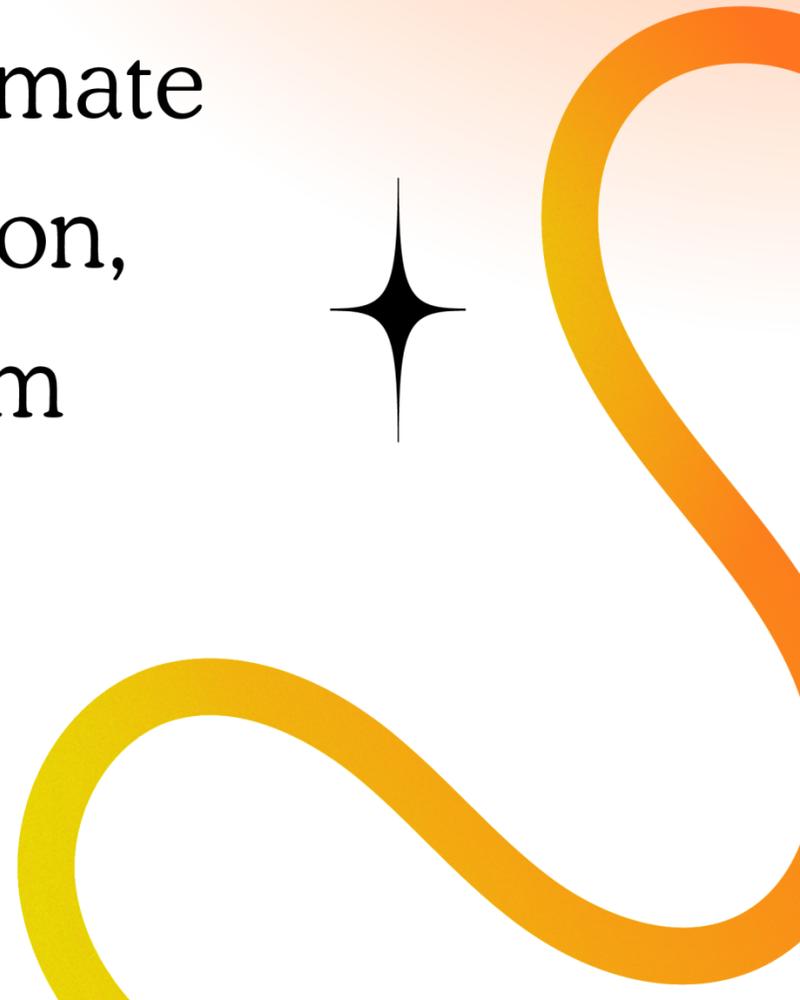
What is an Internet Bot?





# Internet Use 101

A bot is a software program designed to automate tasks online, such as searching for information, simulating conversation, or spreading spam





# Internet Use 101

What percentage of internet users are bots?





# Internet Use 101

As of 2025 Bot traffic has surpassed human traffic,  
reaching 51% of all web activity.



# Prevention

Learning to look for red flags and signs of malicious content can keep you safe!



1. **Use Strong Passwords**
2. **Always Be Cautious**
3. **Use Secure Connections**
4. **Update Your Software**
5. **Protect Personal Information**
6. **Educate Yourself On Scams**
7. **Use Privacy Settings**



# Time it takes a hacker to brute force your password in 2025

Hardware: 12 x RTX 5090 | Password hash: bcrypt (10)

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	57 minutes	2 hours	4 hours
6	Instantly	46 minutes	2 days	6 days	2 weeks
7	Instantly	20 hours	4 months	1 year	2 years
8	Instantly	3 weeks	15 years	62 years	164 years
9	2 hours	2 years	791 years	3k years	11k years
10	1 day	40 years	41k years	238k years	803k years
11	1 weeks	1k years	2m years	14m years	56m years
12	3 months	27k years	111m years	917m years	3bn years
13	3 years	705k years	5bn years	56bn years	275bn years
14	28 years	18m years	300bn years	3tn years	19tn years
15	284 years	477m years	15tn years	218tn years	1qd years
16	2k years	12bn years	812tn years	13qd years	94qd years
17	28k years	322bn years	42qd years	840qd years	6qn years
18	284k years	8tn years	2qn years	52qn years	463qn years



Hive Systems

Read more and download at [hivesystems.com/password](https://hivesystems.com/password)

## Create a Strong Password

1. Make It Long
2. Mix Character Types
3. Keep It Unique
4. Avoid Personal Information
5. Avoid Common Words & Patterns



# Tips for Better Password Security

1. Use a Password Manager
2. Use Passphrases
3. Enable Multifactor Authentication
4. Change Passwords Periodically
5. Use Different Passwords
6. Don't Share Passwords



# Always Be Cautious with Links

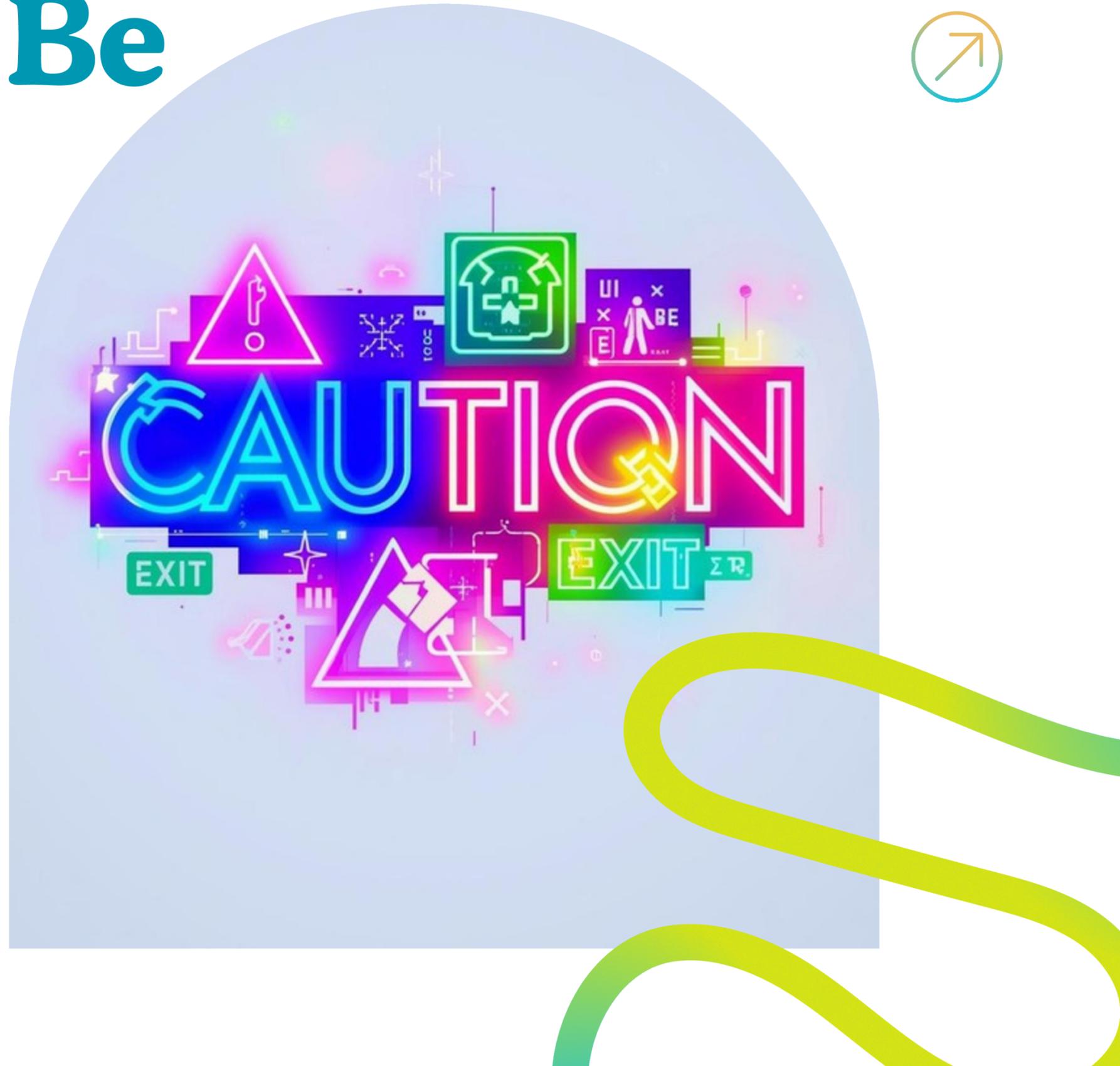
1. **Don't Click on Suspicious Links**
2. **Don't Leave a Secured App**
3. **Be Wary of Urgency**
4. **Verify The Sender**



# Always Be

# Cautious: Attachments

1. **Check The Sender**
2. **Don't Open Unsolicited Attachments**
3. **Scan With Antivirus**
4. **Analyze The File Type**
5. **Look For Spam Warnings**
6. **Don't Reply**





# Trust Your Gut







# Update Your Software

*Regularly update your operating system, browser, and security software to get the latest patches and security fixes.*



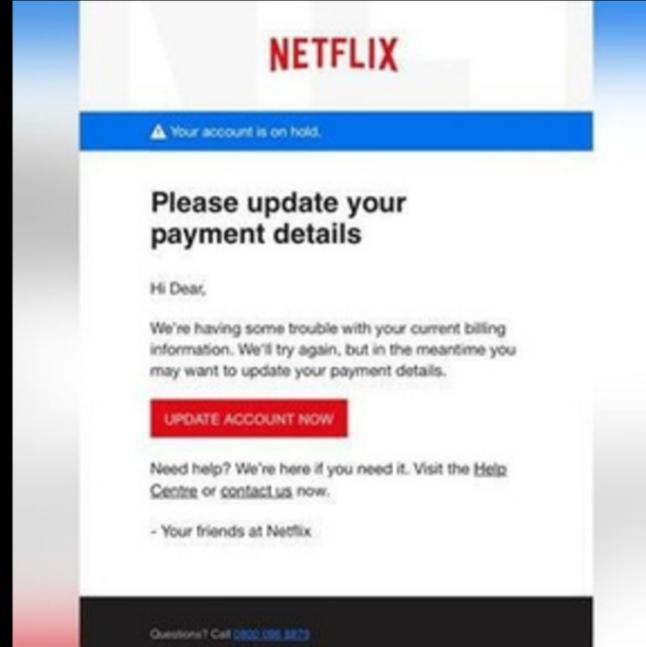
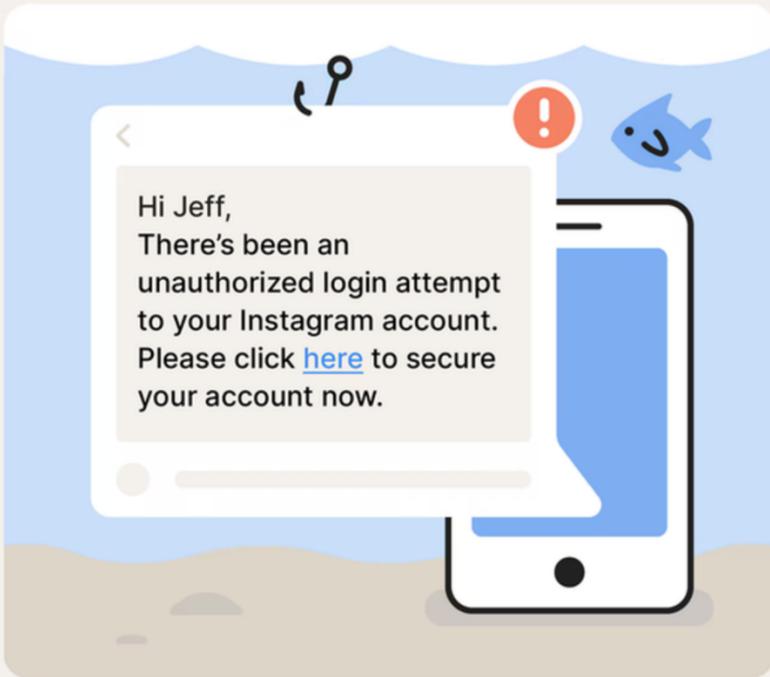


# Protect Personal Information

*Limit what you share online. Avoid posting details like your address, phone number, or financial information.*

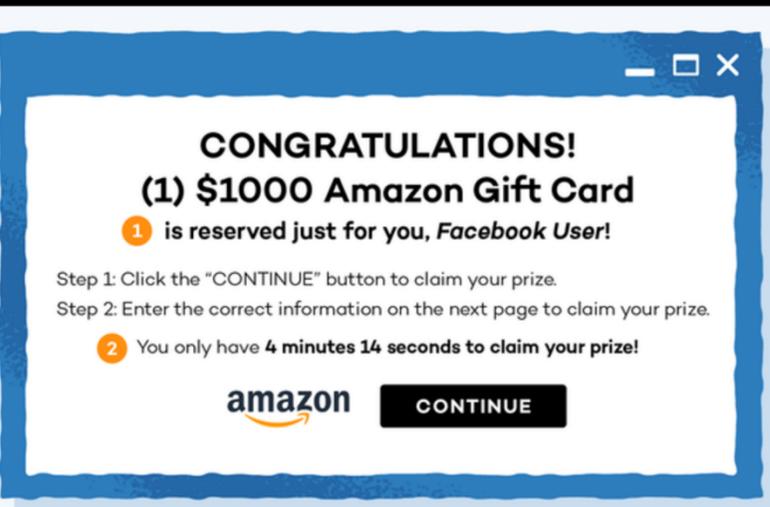


## Social Media Phishing Scam Example



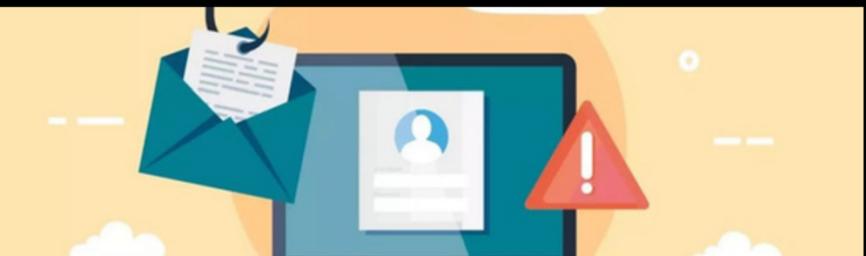
# Educate Yourself on Scams

1. Stay Updated
2. Research Scams
3. Be Skeptical



- 1 Unpersonalized phrasing
- 2 Wording that sounds urgent





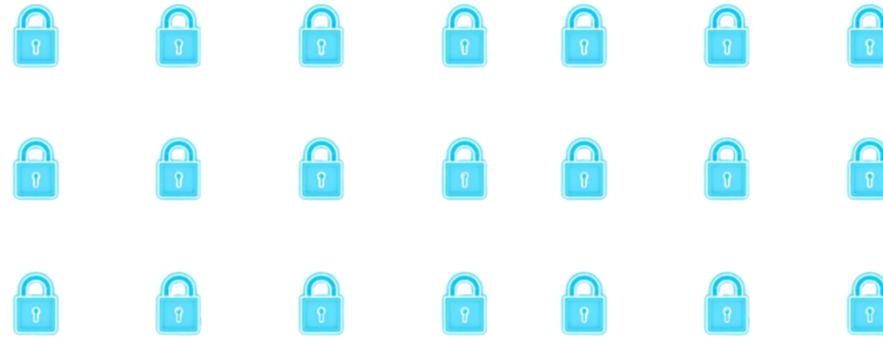
# Transaction Safety

1. **Be Cautious**
2. **Use Credit Cards**
3. **Check Statements**
4. **Use Secure Services**

# Use Privacy Settings



Check Regularly



Check App Permissions

Control Data & Sharing



Browse Safely

# Resources



## **World Internet Usage Statistics**

[https://www.statista.com/statistics/617136/digital-population-worldwide/?srsltid=AfmBOoomf\\_DG0OcVZzuAjj0YW\\_fFAn8zTdax-lspMtc0nFb0GVbbhU\\_o](https://www.statista.com/statistics/617136/digital-population-worldwide/?srsltid=AfmBOoomf_DG0OcVZzuAjj0YW_fFAn8zTdax-lspMtc0nFb0GVbbhU_o)

## **Bot information**

<https://www.forbes.com/sites/emmawoollacott/2024/04/16/yes-the-bots-really-are-taking-over-the-internet/>

## **Scam Information**

<https://www.ncsc.gov.uk/guidance/shopping-online-securely>

## **FTC**

<https://consumer.ftc.gov/scams>

## **Social Media Security Guide**

<https://static1.squarespace.com/static/5ffe234606e5ec7bfc57a7a3/t/68c386faba8797245591c050/1757644538450/Hive+Systems+-+Social+Media+Security+Guide.pdf>

## **Better Business Bureau**

<https://www.bbb.org/>

# NJSAP Resources



## Website

[https://www.arcnj.org/programs/njsap/self\\_advocacy.html](https://www.arcnj.org/programs/njsap/self_advocacy.html)

## Email

[NJSAP@arcnj.org](mailto:NJSAP@arcnj.org)

## Phone

732-749-8514

## Email List

<https://tinyurl.com/mpmzz29j>

## Social Media

@NJSAP

**Twitter/X**

**Facebook**

**BlueSky**

**YouTube**

**Instagram**

# Case Example #1

Perry gets a phone call that someone is with his mother in a hospital and she needs help. They ask Perry to send a money order so his mother can get help.

Is this situation safe or a scam?

# Case Example #2

Joshua is talking to Mary online. They talk for a few months and finally want to meet up. Mary lives in a different state. Mary asks Joshua to send him a plane ticket so she can meet him. Joshua says he can't so Mary buys her own ticket to meet him.

**Is this situation safe or a scam?**

# Case Example #3

**Evan gets a phone call from the IRS. They tell him that he owes money from his taxes and that if he doesn't pay the police will be dispatched to his house and he will go to jail.**

**Is this situation safe or a scam?**

# Case Example #4

Sandra keeps getting a call informing her that her car's extended warranty is about to expire. Sandra knows that fixing cars can get expensive but she doesn't remember signing up for an extended warranty. Sandra talks to the people on the phone and they want her information so they can fix her warranty.

Is this situation safe or a scam?