

Safer Online Lives:

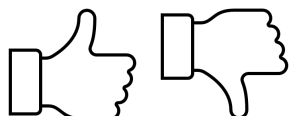
Use of the Internet & Social Media by People with Intellectual Disabilities



What is Safer Online Lives?

Safer Online lives is a research project that looks at how people with intellectual disabilities use the internet and social media.

We will be working with people with intellectual disabilities, and their carers and staff to find out:



the benefits of internet use and the risks we may come across online.

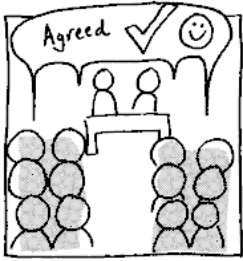


Who is running the project?

Dr Paraskevi Triantafyllopoulou (Vivi) is in charge of the project.



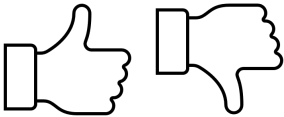
Jessie Newsome is a researcher of the project.



The Project will run for two years. It has been agreed by an ethics committee. This is a group of people who decide if the research is ok and safe.

Why is this project important?

The internet can be really good and help us with a lot of things. But the internet can also be risky.



We need to know more about both the good and bad parts of the internet.



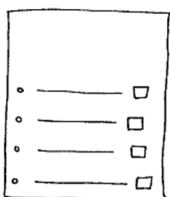
If we know more about this, we can help people with intellectual disabilities to stay safe online. It could also help staff and family to better support people to use the internet.

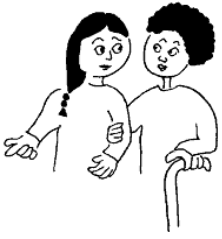
How are we going to do the project?

The project has 4 parts:

1. Survey

We will ask adults with intellectual disabilities to answer a survey about their experiences online. We will ask about both the good and bad parts.



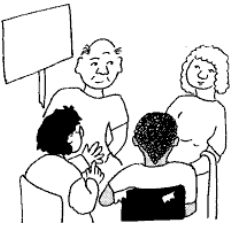


We will ask carers and people who work with adults with intellectual disabilities to answer a survey. We will ask for their views on the topic.



2. Interviews

We will interview 20 adults with intellectual disabilities, to hear their experiences of being online.



3. Group Discussions

We will invite people to talk about their online experiences in groups. There will be 4 groups:

- 1 with family carers.
- 1 with paid carers.
- 1 with people who work to keep adults with intellectual disabilities safe.
- 1 with a mix of everyone.



4. An Observation study

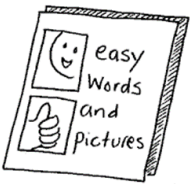
We will ask 30 adults with intellectual disabilities to use a mobile app that we have created. This will be like a game to learn more about internet use and internet safety.

We will also ask adults with intellectual disabilities to show us what they do online, and how to keep safe.

What do we do after?



We will listen carefully to people's responses and find out what they think. We will use this to make a report.



We will write this up in a science journal (this is like a magazine). We will write a summary for other people and organisations (e.g. Mencap, Dimensions etc.).



We will present the research to tell people about what we learned.

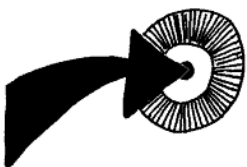
Service Users involvement



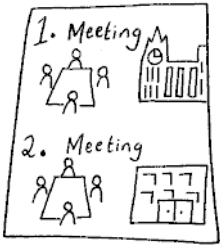
The Researching Altogether Group is a group of people with intellectual and developmental disabilities who meet to advise on research projects.



They have already provided advice on the design of the questionnaire and have helped the research team since the start of the study.

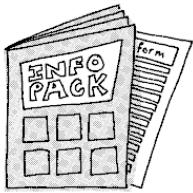


The project has 2 more advisory groups. They look at how the project is going and keep it on track.



One advisory group is made up of people with intellectual and developmental disabilities who uses the internet. The other group is made up of parents, carers and staff who work to keep adults with intellectual disabilities safe. The two groups often meet together to give us advice on the study.

Contact us



If you want to know more about the project, we can send you more information.



You can email us:

saferonlives@kent.ac.uk

Call us: 01227 824784

Follow us on Twitter: [@IDSaferonline](https://twitter.com/IDSaferonline)



Write us a letter:

Dr Paraskevi Triantafyllopoulou

Safer Online Lives Project

Tizard centre

University of Kent

Cornwallis North East

Canterbury

CT2 7NF