



## Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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### Online Isn't All Fun and Games

People are always talking about internet safety and there is a good reason for it. Every day more and more of our lives are being changed by computers and the internet. Keeping your digital information safe and secure is an important responsibility that you must take for yourself. Here at KY-SPIN, we know you are up to the task! Check out this (and other videos) from Common Sense education.

<https://youtu.be/ottnH427Fr8>



Check out [Safe Online Surfing \(SOS\) Internet Challenge — FBI](#) This is a online computer game developed by the FBI to help teach youth about the internet and internet safety. In the game you have a character that walks around an island, collecting coins .....and information on internet safety.

Did you miss Nick and Davis at the Transition Tuesday webinar? No worries! Click [here](#) to watch Davis and Nicks's YouTube video on Internet Responsibility



Sometimes a reminder can help. Print out this handy flyer that tells you 8 things to do to keep yourself in control of your internet safety.

The FBI-SOS competition opened September 1 for the 2023-2024 school year.

The FBI Safe Online Surfing (SOS) Internet Challenge is a free, educational program for children that teaches cyber safety and helps them become better digital citizens in a fun and engaging way.

The program, created for students in third through eighth grades, covers age-appropriate topics like cyberbullying, passwords, malware, social media, and more.

The SOS activities are open to anyone to explore. To participate in the testing and national competition, teachers must register their eligible classes.

The website is currently available in English. The Spanish version of SOS is undergoing updates and is expected to launch again in 2024.



**Davis Rodriguez**  
Youth Engagment Coordinator

"I love online games, but I really have to watch what information I share when signing up and playing. I have learned to be really careful about the information I share."

**Nick Carpenter**  
Youth Educator

"The internet is a huge part of my life. I use it for work, I use it to keep in contact with friends, and I use it for my own personal enjoyment. That means I have to pay attention to everything. I can't just click on random links or open files. I need to be responsible with my own information."



## Coming Next Month.....

Winter breaks, holiday parties, and family get togethers can be a lot of work.... What is even harder is just keeping it all together. Check in next month to learn some tips and tricks on how to advocate for yourself in sticky situations.

## If you need someone to talk to...

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call or text)  
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press "2" for 24/7 bilingual services.  
Website: <https://www.samhsa.gov/ddh>

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