How being online can help you
When you are **online**, you can find some great information. Here are five ways being online can help you.

1. There is information online that can help you be more **independent**.
   
   Being independent means doing things by yourself and being in control, with support if you need it.

   - tinyurl.com/mencap-connected-living
   - tinyurl.com/aceanglia-technology-helps-me

2. Going online to meet people.
   
   Sometimes it is hard to meet new friends. There are safe online groups for making friends, such as Mencap and Luv2meetU.
Be careful about sharing private information online. You can find out more about being safe online here:

- [tinyurl.com/mencap-friendsonline](tinyurl.com/mencap-friendsonline)
- [tinyurl.com/hft-luv2meetu](tinyurl.com/hft-luv2meetu)

You may like to look at what other people are doing, such as paintings, poems and stories on Your Voice Wall:

- [tinyurl.com/online-new-friend](tinyurl.com/online-new-friend)
- [yourvoicewall.co.uk/](yourvoicewall.co.uk/)
3. Going online to learn about looking after money.

Here is some more information about getting help with looking after their money online:

- www.dosh.org/
- tinyurl.com/arcuk-understand-money
- tinyurl.com/mencap-money-and-benefits

4. There is lots of help online about how to eat well and be healthy.

- The UK Health and Learning Disabilities Network: tinyurl.com/UK-health-and-LD-network
- EasyHealth resources: tinyurl.com/health-leafletsandfilms
5. Going online can link you to fun things to do such as: music, dancing, learning new things.

- Include.Org, Things to Do: include.org/things-to-do/
- YouTube: tinyurl.com/you-tube-dance-syndrome
- CKLearn: tinyurl.com/CK-Learn-online-learning

Here is some more information in EasyRead:
- tinyurl.com/getting-online-cheaply
- tinyurl.com/staying-safe-online-guide
- tinyurl.com/learning-to-use-computers
**What the words mean**

**Independent:** being independent means doing things by yourself.

**Online:** using a computer, tablet or a mobile phone to look at the internet, send emails or talk to other people.
Credits

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