How can I turn off the LEDs when using my webcam or when my computer is turned off?

The LEDs on your webcam are controlled by the photosensitive sensor located at the top of the webcam:

Depending on the quantity of light received by the sensor, the intensity of the LEDs will be more of less powerful.

Unfortunately, there is no way to disable the usage of the lamps.

Even when your computer is powered off, a certain amount of power is still sent to the USB port. It is sometimes possible to make changes to the power management settings of the USB port through the computer's BIOS to disable this behavior. Consult your documentation or the manufacturer's web site for information related to your specific computer model.

Otherwise, you will need to disconnect you webcam every time you computer is turned off.