

Session Two for Caregivers:

Teaching and Upkeep for Your Adolescent About Online Safety



AutismONTARIO

Our Presenters

Sarah Southey, MSW, RSW

Nicole Lisi, BA, MSW Student

Katie Sedej, Self Advocate



Content

- ❑ Setting the stage
 - ❑ Setting up a time to talk
 - ❑ Agreeing upon a plan
 - ❑ Safe spaces
- ❑ Open & Clear Communication
- ❑ Questions to consider
- ❑ Online Safety Contract



Setting the Stage and Safe Spaces

We want our adolescents to feel safe and supported

Setting a time where both parties are likely to be engaged is crucial to online safety

Preparing for the conversation: Have all materials ready (ex. Contract or app open to share), prime your teen to think about what's important for them in their online use in advance of the conversation(ex. How late can they have access to the wifi...)

Think about and agree to boundaries and guidelines (see contract)

Regularly revisit the discussion



Open and Clear Communication

- Have a conversation - listen to your adolescent, don't just provide them with information
- Getting and keeping their attention... use their name, make sure they're paying attention before you ask a question or give an instruction, use interests to engage them
- Processing information... don't include irrelevant information, say less and say it slowly, repeat specific keywords, give time to process and a chance to think of a response, use less nonverbal communication, use visual supports if appropriate, be aware of environment



Open and Clear Communication

- Avoid open-ended questions... keep questions short, only ask the most necessary questions, be specific in what you're asking
- Being clear... avoid using sarcasm, irony, figurative language, rhetorical questions, idioms, exaggeration, as they can be taken literally.



Questions to Consider Asking...









- 1) What are some examples of types of information we don't give out online?
- 2) Who are two adults who you can trust to help you be safe online?
- 3) If something makes you sad, scared, or uncomfortable, what should you do? (walk through the plan, step by step)
- 4) Are there any types of content or sites online that may be inappropriate? Why?



Online safety contract

Online Safety Contract

Online safety is a partnership. To make sure everyone stays safe and responsible on the Internet, it's important for kids and adults to agree on the ways that personal devices and technology will be used.

-  Be honest and share with me/us what you're doing online
-  Always be kind and polite to others online
-  Think before you post a comment, photo or video
-  Go online at times that we agree and respect limits
-  Don't access inappropriate content or apps, and don't share any personal information
-  Use security and privacy settings
-  Tell me/us if you see bad or disturbing content and report it online
-  Have fun, be creative and explore safely

What other rules are best for our family?

I agree to these rules.

Online User Signature

Date









I/we agree to enforce these guidelines fairly. However, using technology is a privilege, and there will be consequences if you break the rules. I/we will friend and follow, but not stalk you online.

Parent/Guardian Signature(s)

Date

Katie's Online Safety Contract

Online safety is a partnership. To make sure everyone stays safe and responsible on the Internet, it's important for kids and adults to agree on the ways that personal devices and technology will be used.

-  Be honest and share with me/us what you're doing online
-  Always be kind and polite to others online
-  Think before you post a comment, photo or video
-  Go online at times that we agree and respect limits
-  Don't access inappropriate content or apps, and don't share any personal information
-  Use security and privacy settings
-  Tell me/us if you see bad or disturbing content and report it online
-  Have fun, be creative and explore safely

What other rules are best for our family?

Mom will monitor the amount of time I use my phone through the "Screen Time App"

Mom will monitor safety through another app (TBD)

I will not engage in the following behaviour: OD, show my naked body or any specific body parts, do inappropriate things with pets, do unsafe things to myself or my house, send people money or gifts, say any racialized comments, masturbate

I agree to these rules.

Online User Signature

Date

I/we agree to enforce these guidelines fairly. However, using technology is a privilege, and there will be consequences if you break the rules. I/we will friend and follow, but not stalk you online.

Parent/Guardian Signature(s)

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Questions



Additional Resources

Family Institute Safety Institute: fosi.org/parenting

Communication Strategies: <https://www.autism.org.uk/advice-and-guidance/topics/communication/tips>

Internet Safety for Teens with ASD:

<https://csesa.fpg.unc.edu/sites/csesa.fpg.unc.edu/files/Internet%20Safety%20for%20Adolescents%20with%20Autism.pdf>

NetLingo: <http://www.netlingo.com>

Why is internet safety for kids so important? <https://www.besafe-online.co.uk/wp-content/uploads/2012/05/Internet-Safety-V-Imp.pdf>

Internet safety: Planning and Prevention for Adolescents with ASD <https://www.cigna.com/static/www-cigna-com/docs/individuals-families/october-autism-seminar-handout.pdf>



Future Sessions

- ❑ Session Three: Technical Online Safety for Adolescents - Do's and Don'ts
- ❑ Session Four: Social Safety and Positive Interactions For Adolescents - Reading the Room

REGISTER HERE: <http://bit.ly/Webinar-Cyber-Safety>



Contact

Sarah Southey, MSW, RSW

sarah.southey@redpathcentre.ca

www.sarahsouthey.com



Thank You

