Fostering Safe Social Connection During COVID-19

Ontario Association for Behaviour Analysis (ONTABA)

Professional Webinar Series

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Autism ONTARIO
see the potential voir le potentiel

ONTABA
The Ontario Association for Behaviour Analysis, Inc.

Overview

1. Remote social opportunities for children
2. Remote social opportunities for teens & adults
3. Challenges & Strategies
4. Tips for staying safe online

Importance of Social Connection





Supporting Social Contact for Young Children

Supporting Social Contact for Young Children

- “No more play dates?”
- Play dates over video-chat can work (with some planning and evidence-based strategies)
- Possible benefits:
  - Children may feel more relaxed in their own homes
  - Parents/caregivers can provide any needed support



Facilitating Play Dates

1. Pick a playmate
2. Plan an activity
3. Prepare your child
4. Promote interaction
5. Review



Guided Play Dates (Vismara et al., 2006)	Remote Context Considerations
1. Pick a playmate	- Many more options! Possible playmates near and far - Consider age, developmental level; Look for common interests
2. Plan an activity	- Novel toys and activities - Coordinate with playmate in advance - On-screen games
3. Prepare your child	- Who, what, where,... - Priming
4. Promote interaction	- May need to clarify questions or requests - Start by modeling some natural play statements - Parallel play is okay too!
5. Review	- What went well? - Troubleshooting

Fostering Safe Social Connection - Apps for Kids









Supporting Social Contact for Teens and Adults

Supporting Social Contact for Teens & Adults

- At risk for increased loneliness and social isolation
- May need explicit facilitation of social connections
- Caregivers can help by scheduling calls or creating opportunities for regular social contact
- May need to build prerequisite skills
    - Task analysis to break down and shape new skills



(Hume et al., 2020)

Chat with Michau



- Life before covid
- How covid restrictions have changed things
- Strategies for staying socially connected
- Any challenges?

Fostering Safe Social Connection - Common Platforms

Google Hangouts

Zoom

Facebook Messenger

FaceTime

WhatsApp

Skype

Marco Polo

CAUTION

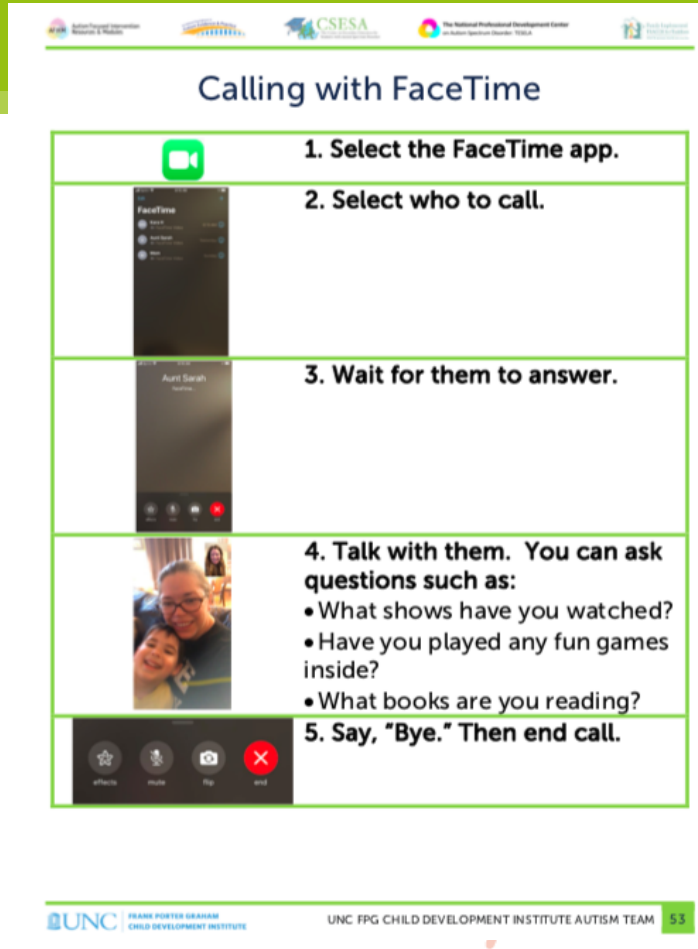
Video Chat Challenges & Strategies

- Technical difficulties
  - internet delays, freezing, etc.
- Video chat etiquette
  - talking over each other
- Emotional reactions from you or your friends
  - We are all learning!
- Set some “rules”
  - keep microphone off while others speak, raise hand to speak, etc.



Task Analysis

1. Pick a task with a clear start & end
2. Write down every step in order
3. Make sure it's clear
4. Teach the steps
    - Set the occasion
    - Prompt
    - Reinforce
    - Fade



Community Resources

- Virtual social groups, coffee hours, meetups
- Online classes & workshops
- Online religious services
- Other (sing-alongs, fitness/wellness, etc.)




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VIRTUAL EVENTS SIGN IN CREATE AN ACCOUNT

Welcome to MyCommunityHub.ca's virtual events page! Please see our Events Calendar for live programs or the Activities section below for archived programs, videos, and more information.

If you're interested in having your event posted on the calendar or if you know of other agencies hosting virtual events/seminars/fun-filled activities, please let us know! Email us at support@mycommunityhub.ca

<< JUNE >>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 • Corbrook: Coffee Talk • KP: Employment Works • L'Arche London: Monday Morning Music Club • CLYS: Get Social Monday • KWH: Online Sing-Along • Corbrook: Mindfulness and Meditation • Corbrook: Fitness, Health	2 • CLYS Learning Tuesday • Corbrook: Arts and Crafts • Corbrook: Self-Advocacy and Activism • Corbrook: Pre-Employment Training • Corbrook: Karaoke • KP: Caregiver Nonviolent Crisis Intervention Webinar	3 • Corbrook: Fitness, Health, and Wellness • KP: Employment Works • CTN: Family Yoga Online • KWH: Online Sing-Along • Corbrook: Cooking and Nutrition • Corbrook: Arts and Crafts • CLYS: Wellness Wednesday	4 • Corbrook: Mindfulness and Meditation • Corbrook: Life Skills • Corbrook: Fun and Games • CLYS: Training Thursday • Corbrook: Karaoke	5 • CLYS: Fun Friday • GCA Friday Fun Sensory Crafting • Corbrook: Coffee Talk • KWH: Online Sing-Along • Corbrook: Fri-Yay! Social • Corbrook: Fri-Yay! Social	6 • KP: Caregiver Nonviolent Crisis Intervention Webinar • KP: Introduction to Autism Spectrum Disorder - Webinar	7


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Corbrook is offering free workshops on Zoom!

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These workshops will give you the opportunity to gain new skills, explore various topics of interest, meet new people and expand your horizons! We are offering a variety of topics including:

- Mindfulness and Meditation
- Pre-Employment Training
- Arts and Crafts
- Karaoke
- Money Management
- Yoga and Fitness
- Cooking and Nutrition
- Self-Advocacy and Activism
- Life Skills
- Fun and Games
- Dance
- Social Drop-Ins

To register or get more information please email Louise louise.scott@corbrook.com or Irene irene.cvetkovski@corbrook.com. Please provide a phone number you can be reached at. Registration will be first come, first serve with a maximum of two workshops per week. See the attached schedule for program descriptions and workshop times.

Community Resources - Links

https://www.mnjcc.org/welcome/important-notices/1374-special-notices.html

http://brightonsocialgroups.ca/

http://corbrook.com/2020/04/24/corbrook-has-launched-weekly-workshops-on-zoom/

http://mycommunityhub.ca/events/

https://ontarioautismcoalition.com/covid/

https://www.hcarddcovid.com/info#events





Tips for Staying Safe Online

Tips for Staying Safe Online

- Don’t use social media when you’re feeling stressed or upset
- Do keep all personal information private
- Do create non-identifying screen names; Use nicknames for chat
- Do create private groups for you and your friends
- Do exit any chats that make you uncomfortable and tell someone (i.e., parent)

https://mediasmarts.ca

Internet Safety Tips for Caregivers

- Keep devices and online activities in common family areas
- Keep teen's bedroom 'tech-free' at night
- Be aware of, and visit, websites your teen frequents
- Have ongoing, open communication about your expectations

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Internet Safety Tips for Caregivers (cont'd)

- Model the behaviour you wish to see
- Provide strategies for handling online conflict
- Talk explicitly about the risks and dangers of online activities (e.g., cyberbullying, online pornography, illegal downloading, phishing, etc.)

https://mediasmarts.ca



Staying Safe Online Links

- Internet Safety Tips (https://mediasmarts.ca)
  - Ages 2-4
  - Ages 5-7
  - Ages 8-10
  - Ages 11-13
  - Ages 14-17









Thank you!