Online Safety Webinar Series

Session 4 for Adolescents:

Online Social Safety and Positive Interactions

‘*Reading the Room*’

Autism ONTARIO

see the potential

Our Presenters

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Content

- Social media versus Reality
- Social Media Do’s and Don’ts
- Cyberbullying (bullying and being bullied)
- Online Safety Game - Interland by Google

Social media v. Reality

- Social media only shows us the highlights of people's lives, creating a misrepresentation of their actual, every day experiences
- Having frequent exposure to “perfect” people creates a negative personal dialogue
- Individuals only share what they want to share
- Remember to take breaks from social media if you feel it’s starting to impact your mental health (i.e., beginning to feel overwhelmed, discouraged)



https://memes.com/blog/memes-about-the-reality-behind-instagram

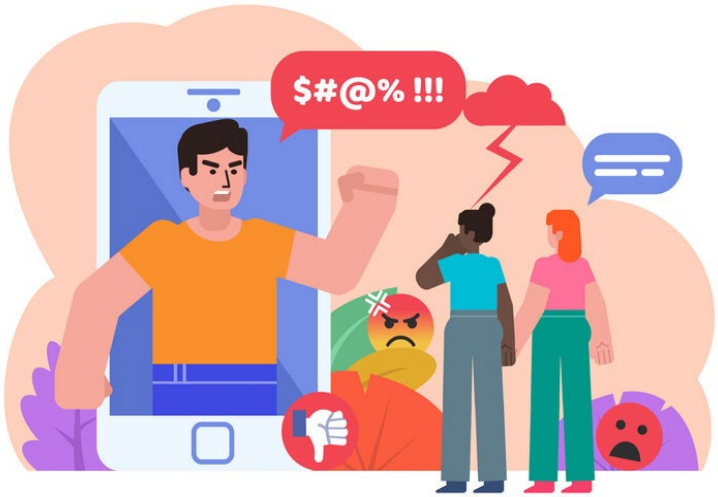
Social Media Do's and Don'ts

- If you've tried contacting the person three times and they have not responded, take a break from messaging them
- Don't post pictures without others permission
- Avoid venting or complaining about specific people or organizations online
- Don't post when you are emotionally charged up -- Take a break
- Accepting every friend/follower request that comes your way increases risk
- Think about what your friends are posting about you too
- Political and religious posts may be offensive to others

Social Media Do's and Don'ts Continued

- Check in regularly about how social media is making you feel
- Consider a social media diet where you intentionally limit yourself on certain sites if they are triggering negative emotions
- Do ensure your passwords are unique and not obvious
- Do think about the context of the relationship with the person you are trying to interact with
- Do not share personal information

Cyberbullying



- Cyberbullying is using the internet or text messaging to intimidate, put down, spread rumors or make fun of someone
- Jokes vs. Bullying
  - If you feel upset or uncomfortable, if you think others are laughing *at* you (not *with* you), if you've asked the person to stop and they continue to "joke"
- Can affect you mentally, emotionally, physically
- If you think you're being bullied seek help from a trusted adult, a school counsellor
  - Understand not everyone has the same thoughts/beliefs - are they being rude, or are they expressing a different opinion?
- How to handle cyberbullying?
  - Consider blocking the individual and reporting their behaviour through the online platform being used
  - Don't retaliate with writing a mean response back to them, or continue to reread the hateful messages
  - Make a 30 second rule - before you respond, step away from your device for 30 seconds to breathe, then ask yourself how you would feel receiving the message you intend on sending
  - Take a tech break and enjoy a tech-free activity


QUESTIONS???
QUESTIONS ARE MY FAVORITE
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Sessions On Demand

- Session One: Introduction to Cyber Safety for Caregivers
- Session Two: Teaching and Upkeep for Your Adolescent About Online Safety
- Session Three: Technical Online Safety for Adolescents - Do's and Don'ts
- Session Four: Social Safety and Positive Interactions for Adolescents - Reading the Room

TO WATCH REGISTER HERE: http://bit.ly/Webinar-Cyber-Safety

Additional Resources

Tip Sheet on Social Media Do's and Don'ts: https://cyberbullying.org/smart-social-networking.pdf

Stop Bullying Now Canada: *(877) 352-4497* Support@BullyingCanada.ca

"Reality River" Game https://beinternetawesome.withgoogle.com/en_us/interland/landing/reality-river

Crisis Text Line… Text HOME to 686868 in Canada to speak with a trained crisis responder https://www.crisistextline.ca

Talk to a teacher or principal if the issue involves peers

7 Ways to Deal with Cyberbullying https://www.talkspace.com/blog/7-ways-to-deal-with-cyberbullying/

Cyberbullying: What it is and how to stop it https://www.unicef.org/end-violence/how-to-stop-cyberbullying#1

Contact

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Thank You