

Social Narratives



Social narratives are a great way to start a conversation with a child with learning difficulties. They:

-  **Make rules and solutions clear**
-  **Promote independence**
-  **Provide a useful reminder for the child to refer to**

These social narratives about online safety can be used as they are or adapted to make them more relevant for your child. You can include symbols that your child uses in school or photographs of your child to illustrate the information and support their understanding.

An important feature in these narratives is the concept of *'talking to a trusted adult'*. It is important that you talk to your child about who his or her trusted adults are. Children with social communication difficulties, like those with autism, language disorder or ADHD, are not always clear about who they can trust, even if it is obvious to you.

There are some useful resources about talking to children about trusted adults on the INEQE website: <https://ineqe.com/2021/02/08/trusted-adults/>

NetSmartz also has information about how to be a trusted adult:
<https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/being-a-trusted-adult.pdf>



ADD-vance

The ADD-vance ADHD and Autism Trust
Understanding, empowering and celebrating neurodiversity
Registered Charity No. 1158968

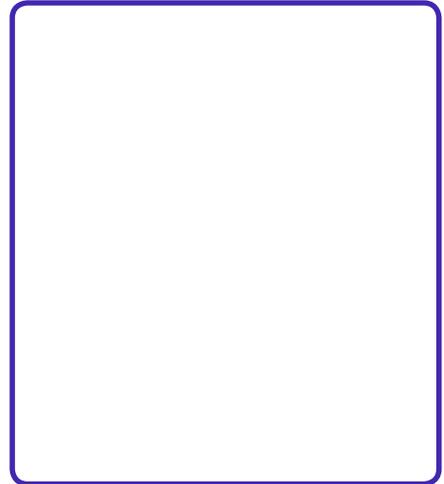
With thanks to ADD-vance for their input in the TechSafe Social Narratives.



When I see information on social media

A social narrative about fake news

My name is I am years old.
This is me. (Draw, stick or paste a selfie or your favourite post from your social media feed in the box.)



My trusted adults are:

- when I am at home
- when I am at school
- when I am at my friend's house
- when I am at
- when I am at

I like going on these social media apps:

I look at them on my

I like social media because

There are lots of cool pictures and interesting information online. Some of them are:

FACT - true information from someone I can trust (eg the BBC)

Facts about the world can be interesting and help inform our opinions. They may also be overwhelming and upsetting.

OPINION - thoughts from someone on a subject they care about

There are lots of opinions on social media. Opinions should always be respectful of other people. Everyone thinks differently because everyone has different life experiences so opinions are not right or wrong. You can choose to agree or disagree with them.

FAKE - false information from someone

Sometimes people accidentally spread information that is not true. They may not have checked their facts or they have misunderstood the information. Other times, people will try to trick me into believing something that isn't true because they want to change my opinion or to make me go to their website/feed where they can make money for having lots of followers. Because this kind of fake information is designed to get my attention, it is often shocking or too good to be true.

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I will think carefully about what I see and post online:

	
<p>✓ I will go to sources I trust to check facts. My trusted sources are: https://www.bbc.co.uk/news https://fullfact.org/</p>	<p>✗ I will not believe what I see online from people and websites I do not know to be trustworthy.</p>
<p>✓ I will respect other people's opinions, even if I don't agree, and try to understand why they think the way they do.</p>	<p>✗ I will not dismiss other people's opinions.</p>
<p>✓ I will look for alternative views so my thinking is balanced.</p>	<p>✗ I will not only follow people who all have the same views.</p>
<p>✓ I will only share posts from trusted sources or if I have checked the information with a trusted source.</p>	<p>✗ I will not share posts that may be fake.</p>
<p>✓ I will be kind and positive when I post online.</p>	<p>✗ I will not post or share negative or unkind messages.</p>
<p>✓ I will only look at posts that make me feel inspired, happy and positive about myself and the world. I will mute or block the rest.</p>	<p>✗ I will not focus on posts that make me feel negative about myself or the world.</p>
<p>✓ If I see anything online that makes me feel sad, angry or bad about myself, I will tell my trusted adult.</p>	<p>✗ I won't keep sad, angry or other difficult feelings to myself.</p>

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