




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.

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>

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



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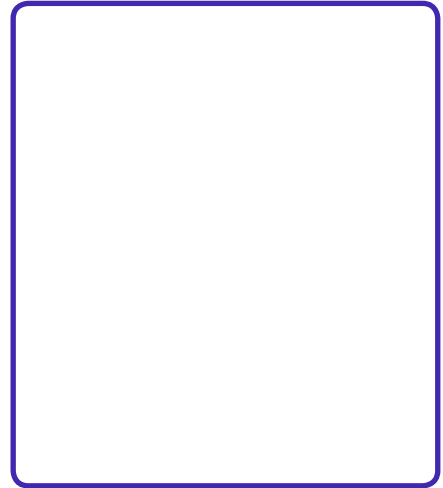
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When I share pictures

A social narrative about sharing images on the Internet

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

.....

I like taking pictures of myself and my friends on my phone or tablet. I sometimes post them on social media or message them to other people.

My good friends and family might make positive comments about my pictures if they like them. Some unkind people might make negative comments about my pictures because they think it is funny to upset others.

Anyone who sees my pictures can use technology to change them. They could send these fake images to lots of other people which could be embarrassing or upsetting.



Continued...





Continued...

I will keep myself safe online:

 ✓ • I will only post pictures of myself and my friends on my <i>private</i> social media accounts My trusted adult can help me to change my settings to private	 ✗ • I will not post pictures of myself or my friends on <i>public</i> social media accounts
✓ • I will only send pictures of myself or my friends to people I know and trust in real life ✓ • I will check with my trusted adult to make sure it's safe to send a picture	✗ • I will not send pictures of myself or my friends to people I don't know in real life
✓ • I will only send and post pictures of myself and my friends with their clothes on	✗ • I will not send naked or nearly naked pictures of myself or my friends to anyone

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