




## 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.



**ADD-vance**

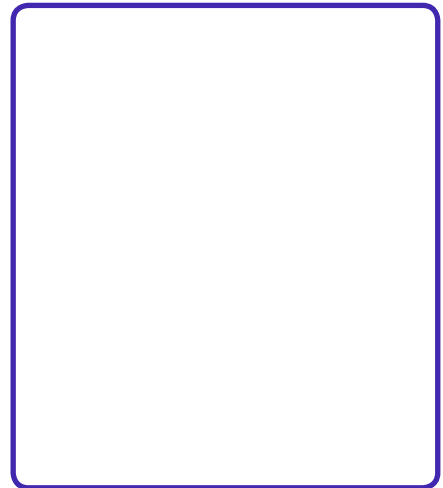
The ADD-vance ADHD and Autism Trust  
Understanding, empowering and celebrating neurodiversity  
Registered Charity No. 1158968



# When I spend time on my device

**A social narrative about spending an appropriate amount of time using electronic devices**

My name is ..... I am ..... years old.  
This is me. (Draw, stick or paste a picture of yourself in the box on your favourite device\*.)



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 .....

\*My favourite device is a:

- Phone
- Tablet
- Games console
- Computer or laptop

When I am on my device, I like to .....

I like going on my device because .....

I really like going on my device so I want to spend a lot of time on it.

Tech companies make games, videos and social media to be fun and exciting so that people spend more and more time on them. This is how they make money.

When I spend too much time on my device, it is bad for my health and wellbeing. For example it stops me from doing important activities such as eating, sleeping and exercise. People who spend too much time on their device often feel ill, tired or upset. They may find it difficult to come off their devices and might need some help.



Continued...





Continued...

I will try not to spend too much time on my device:

 <p>Before I go on my device, I will decide:</p> <ul style="list-style-type: none"> <li>• what I am going to do on my device</li> <li>• how much time I am going to spend or how many games I am going to play</li> <li>• what I am going to do when I have finished</li> </ul> <p>My trusted adult can help me with this.</p>	 <p>I will not go on my device:</p> <ul style="list-style-type: none"> <li>• without a plan of what I want to do</li> <li>• without setting a time limit</li> <li>• unless I know what I will do when the time limit is up</li> </ul>
<p>I will come off my device if I begin to:</p> <ul style="list-style-type: none"> <li>• feel ill</li> <li>• feel angry or upset</li> <li>• shout</li> <li>• throw things</li> </ul>	<p>I will not stay on my device if I feel ill, angry or upset, shout or throw things.</p>
<p>When time is up or I have played the number of games I decided to:</p> <ul style="list-style-type: none"> <li>• I will come off my device as planned</li> <li>• I can check with my trusted adult about when I can go on my device again</li> <li>• I know what I am going to do next</li> </ul>	<ul style="list-style-type: none"> <li>• I will not stay on my device until I get tired, angry or upset.</li> <li>• I will not stay on my device so that I miss important activities like school, meals or sleep.</li> <li>• I will not shout or throw things, even if I am feeling sad or frustrated.</li> </ul>

# TechSafe

## Social Narratives

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



### ADD-vance

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