




## 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

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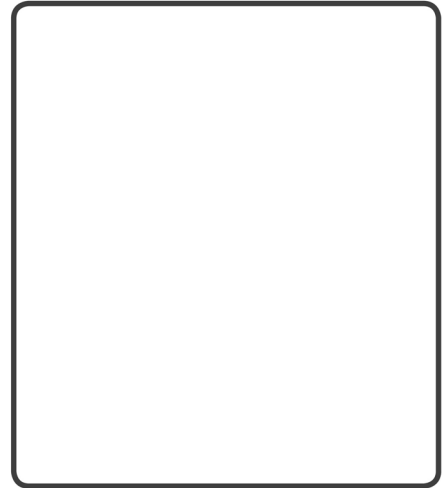
# When I am watching videos

## A social narrative about seeing inappropriate video content

My name is ..... I am ..... years old.

This is a picture of me online.

(Draw, stick or paste a picture of yourself in the box watching videos online.)



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 looking at videos about: .....

I watch them on my .....

I like watching them because .....

There are lots of videos on YouTube. Some of them are fun and interesting. The videos on my playlist are videos I have seen before and I enjoy watching them. If I search for new videos, I might see videos that make me feel worried or confused. My trusted adult can help me find new videos to watch that I will enjoy watching.

I will keep myself safe online:

	
 I will only watch videos on my playlist.	 I won't click on videos I haven't seen before.
 I can ask my trusted adults to help me find new videos to put on my playlist.	 I won't search for videos on my own.
 If I see something online that makes me feel worried or confused, I will tell my trusted adult.	 I won't keep my worries to myself.