

WELCOME TO THE AUTISM TEAM NEWSLETTER

Welcome to the second edition of the Autism Team Newsletter – our thoughts are with everyone and we hope you are safe and well.

There is a vast amount of information available on our local offer to support your children at home during these challenging times. The focus of this edition is E-Safety and advice regarding keeping your child safe online, we hope you find it useful and informative.







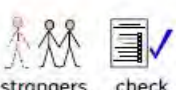







Your Questions

Safety Online:

This week we have been asked about keeping our children safe online. We are currently going through a very challenging time, where our routines have changed dramatically; we are not in school seeing our friends and having our usual interactions, we are not mixing with other family members that we might usually see, and we may have reduced contact overall with others. This could make us feel lonely and a little isolated. Luckily, to help us with this, we have the wonderful world of social media! Using our electronic devices allows us to remain in contact with others.



When used appropriately and safely, it's a great way for our children to feel up to date with the world around them and have a positive impact on their social, emotional and mental wellbeing. However, we are very aware that the online world can cause confusion for children with a diagnosis of Autism and there can be situations that arise within the world of technology, that some children find difficult to manage.

S S	M M	A A	R R	T T
 Stay safe	 Do not meet  with  strangers	 Accepting files  and pictures from  strangers check  with parents	 Really is  the person  telling the truth	 Tell someone  if you are  worried

This is an example of the type of resource you can use with your children to explain safety online. This can be placed next to your computer as a visual reminder.

Find more like this on our local offer!

Parent Information :

We know how tricky it can be to monitor what our children can access online. Here are some simple tips to get started:

- Keep computers in family rooms
- Use parental guidance locks
- Install a virus detector
- Talk to your child- navigate sites with them
- Use routines to have allocated computer time and manage time spent online using timers/symbols etc

Use the links at the bottom of the newsletter to increase your knowledge and ensure your child's safety online.

Children 's Information:

Explaining the online world to children can be tricky, please use the resources shown and further links to help your child understand how to keep safe online

- Ages 4-7:
<https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/>
- Ages 8-11:
<https://www.thinkuknow.co.uk/parents/playlikeshare>
- Ages 11-13:
https://www.thinkuknow.co.uk/11_13/
- Ages 14+:
https://www.thinkuknow.co.uk/14_plus/
- Word search:
<https://thewordsearch.com/puzzle/9763/online-safety/>

Be Safe Online



- **Do not** give out your personal details: such as your full name, address or school
- **Keep** your password safe
- **Do not** speak to strangers online and do not agree to meet with them
- **Check** with your parents before downloading apps, emails or files
- **Check** with your parents before posting pictures online
- **Talk** to your parents if someone online has upset you

Signposting to Useful Websites:

- Find out about the types of social media and age restrictions:
<https://www.autism.org.uk/services/nas-schools/robert-ogden/school-life/online%20safety%20parents%20information.aspx>

NAS Online Safety Policy SO-0106.pdf (thirdlight.com)

- Parental guidance and helpful tips to keep safe: <https://cerebra.org.uk/download/learning-disabilities-autism-and-internet-safety/>
- Be aware of online exploitation: <https://www.childrenssociety.org.uk/news-and-blogs/our-blog/online-exploitation>
- Autism West Midlands helpline 0121 4507575 or email info@autismwestmidlands.org.uk
- Solihull Local Offer: <https://www.solihull.gov.uk/children-and-family-support/localoffer>
- SISS Autism team on the Local Offer: <https://www.solihull.gov.uk/Children-and-family-support/localoffer/Autism-Team>
- SISS twitter feed: https://twitter.com/SISS_Solihull

