

CENTER FOR Autism Spectrum Disorders

www.childrensnational.org/CASD



Children's National.

CASD CHAT E-Newsletter

Internet Safety

Dear CASD families and friends,

May's CASD Chat (by Srishti Rau, PhD and Bridget Makol, MS, with the support of research assistant Jessica Smith, BS) focuses on providing families tips and resources for internet safety. **Young people with ASD are at higher risk for compulsive internet use, exposure to inappropriate materials online, victimization by online predators, cyberbullying, and sleep disturbances.** Young

people with ASD use the internet more than neurotypical young people, and their parents report noticing more negative impacts of internet use.



It is important to mention that there are also several benefits of internet use, including opportunities for social interactions around shared interests, vast resources for learning about topics of interest, use of visuals, and reduced discomfort and anxiety when communicating with peers compared to face-to-face interactions.



Caregivers can consider implementing the following strategies to reduce risk associated with internet use:

- Set clear limits on internet use, including the amount of time, times of day internet can be used, and specific websites (websites to support these strategies include [Bark](#), [Qustodio](#), [Norton](#)).
- Manage privacy settings and block inappropriate material using internet filters and special browsers (e.g., [Google Family Safety Center](#)).
- Encourage technology or computer use in the same room as an adult or a common space in the home.
- Discuss the differences between facts and opinions online, such as when encountering comments and posts on social media that may be upsetting.
- “Friend” your child on social media sites so that you can monitor their activity.
- Have frequent discussions about internet safety including:
 - Dangers and consequences of visiting inappropriate websites.
 - Information that should never be provided to strangers online (e.g., date of birth, address, personal images).
 - Make it clear that your child should not meet online contacts in person.
 - How to identify and respond to cyberbullying.

Additional websites and books that may be helpful for families to support safe internet use include

- *Online Safety for Children and Teens on the Autism Spectrum: A Parent's and Carer's Guide* by Nicola Lonie. This book includes strategies parents can use to address risks of internet use for young people with ASD, including strategies specific to compulsive internet use, cyberbullying, social media challenges, mobile and gaming technology, and computer hacking.
- Pathfinders for Autism resources for Internet Safety, Cyberbullying, and Cyber Crimes, is available at:
<https://pathfindersforautism.org/resources/safety/internet-safety/>

Images from [PrivacyAustralia.Net](#) and [ActiveKids](#)

Profiles Celebrating Neurodiversity

Continuing with CASD Chat's new feature, "Profiles Celebrating Neurodiversity," this month we feature Swedish climate activist, **Greta Thunberg**. Greta first learned about climate change when she was 8 years old, and by the age of 11, she became depressed that very little was being done to combat it. She stopped talking and eating and lost a great deal of weight. Greta was subsequently diagnosed with Asperger syndrome, obsessive-compulsive disorder (OCD), and selective mutism. Greta and her family made her diagnosis of Asperger's public in May 2015, to help other families. While Greta has acknowledged that her diagnosis has limited her before, she does not view Asperger's as an illness but rather refers to it as her "superpower."

Greta initially channeled her passion for environmental activism to convince her parents to adopt changes in their lifestyle and choices to limit her family's carbon footprint. At the age of 15, Greta began a school strike, spending her days outside the Swedish Parliament to demand action on climate change. Eventually, she was joined by other students and together they organized a school climate strike movement called *Fridays for Future*. Greta has spoken at multiple United Nations conferences/summits to raise awareness about the climate crisis, criticized world leaders for not doing enough to combat climate change, and pushed them to take more aggressive and immediate actions. Greta was named *Time* magazine's person of the year in 2019 for her activism. Her TED Talk on the need to act on climate change now, is available at:
[https://www.ted.com/talks/greta_thunbe](https://www.ted.com/talks/greta_thunberg)



Image from British Broadcasting Corporation.

rg the disarming case to act right now on climate change?language=en

2021 Calendar of Events

Ivymount IvyMoves Club

Where: Ivymount School

When: Thursdays 4-4:45 pm

Featuring a mix of stretches, beginner's yoga, and fitness exercises along with music to get you moving and shaking at home. Ivymount's own Adapted Physical Education teacher, Mr. M, will be leading the fun! During each class, participants will engage in upper body, lower body, cardio or strength training movements. Fitness challenges and rewards will be celebrated throughout the session. [Register here.](#)

Free Parent Support Group

Where: Virtual

When: every Monday at 1 PM EST

Dr. Dan Shapiro, friend of CASD, will be offering a free parent support group, every Monday at 1 PM EST. To register, [click here.](#)

Pathfinders for Autism "Guardianship and Its Alternatives"

Where: Virtual

When: April 29, 2021 12-1:30

[Register here.](#)

Presenters:
Ellen Calligary and Jim Silver from
The Law Offices of Ellen A.
Calligary, PA

When do you or your family members need a guardian? When are the alternatives to guardianship appropriate? Participants will learn about guardianship alternatives including advance health care directives, powers of attorney and surrogate decision making. Jim and Ellen will walk participants through case examples and answer your questions about decision making for individuals with disabilities.

This webinar is offered free of charge, but registration is required at pathfindersforautism.org/register-for-events/.

Pathfinders for Autism Virtual Resource Fair

Where: Virtual

When: April 30, 2021 1-2:00

[Register here.](#)

AGES 6-17: LIFESPAN CHECKLIST

Wandering & Elopement Awareness • Prevention • Response

Advocacy PFA Tips Explaining Autism Using Everyday Examples

Coronavirus (COVID-19) Resources

Featuring:

- Behavioral Framework
- Brown on the Spectrum
- Self-Advocate Advisory Committee

Additional Pathfinders for Autism resources presented by Trish Kane and Neal Licher

Pathfinders for Autism "Cuando Se Escapan o Caminan Sin Sentido"

Where: Virtual

When: May 19, 2021 12-1:30

[Register here.](#)

Presentadoras:
Gisela Martínez y Rosa Lety Edurazaria de
Fuentes Bilingües, The Parent Place of MD
Laurie Rayes, Montgomery Co. Police

Los presentadores se unen en una charla de un momento, para discutir las estrategias de respuesta y las estrategias preventivas que las familias y las autoridades pueden implementar. Discutirán sobre las estrategias preventivas que las familias pueden implementar para prevenir el escape y las estrategias que las autoridades pueden implementar para la respuesta al escape. Al final de la sesión, los presentadores responderán preguntas personales como padres de niños que se fugan y describirán el impacto que tiene en su vida familiar.

Este seminario web es gratuito, pero es necesario registrarse en pathfindersforautism.org/register-for-events/.

Pathfinders for Autism "Healthy Relationships Workshop Series"

Where: Virtual 3-part Series

When: May 26, 2021 (Part 1), June 2, 2021 (Part 2), June 9, 2021 (Part 3)

[Register here.](#)



About the Presenter:
Bayade Mohamed-Omar (she/her) is an Employment Training Specialist at Kennedy Krieger Institute. She provides professional development and support to families and professionals through in-person support groups and virtual meetings. She is currently completing her Masters in Social Work at the University of Maryland Bloomberg School of Public Health. Bayade is a Sexuality Trainer for Educators and Trainees (SETT) and has been working focusing on supporting individuals with developmental disabilities.



Healthy Relationship Workshop Series (for 18 and over)

Part One, Wednesday, May 26, 2021 at 3:00 pm

Part Two, Wednesday, June 2, 2021 at 3:00 pm

Part Three, Wednesday, June 9, 2021 at 3:00 pm

***Only one registration needed to attend all three sessions.**

Participants will learn the importance of personal choices, consent, and boundaries while in turn creating and maintaining healthy relationships. They will read about different scenarios, watch videos, and participate in interactive activities during the discussions. Attendees will learn about public vs. private behaviors, forms of communication, and tips for online safety. Overall, they will learn about informed decision making and healthy boundaries in all forms of relationships. This is a three part series. Attendees are encouraged to attend all three sessions if able, although it is not required.

This webinar is offered free of charge, but registration is required at www.pathfindersforautism.org/register-for-events

Pathfinders for Autism also has more events and regularly updates their website. [Please see the website for more details.](#)

CASD is currently recruiting for a new online study in collaboration with Georgetown University. Eligible participants are adolescents 14-18 years old with or without autism spectrum disorder. The study takes place entirely over Zoom and involves completing a few tasks and answering some questionnaires with a member of the research team. Parents will also be asked to report on their child's behavior. Parents and children will be compensated up to \$80.

If you or someone you know is interested in learning more about our study please contact Rebecca Handsman at rhandsman@childrensnational.org.

Community Resources & Events

New Study at Children's Hospital of Philadelphia

Given how important the driving issue is to many teens, CASD wanted to alert families about a web-based (no in-person appointments) longitudinal study Children's Hospital of Philadelphia Research Institute designed to learn more about the experience of teens and young adults on the autism spectrum and their parents as they make decisions about transportation, including driving. More information is provided for interested families in the flyer. If you are interested in participating in the study or want to learn more, please contact our study team at autismetastudy@email.chop.edu or 267-586-5199.

Advocacy Resources

[**Autistic Self Advocacy Network-Navigating College: A Handbook on Self Advocacy**](#)

Resources on Racism/Supporting Black People

[**Spectrum Support's Social Stories on Racism**](#)
[**ASAN's What is Police Violence?: A Plain Language Booklet**](#)
[**@TheMorganCruise Worksheets for Black Children**](#)

COVID-19 Safety Resources

[**Behavioral Directions LLC's Safety Teaching Protocol**](#)

COVID-19 National and Local Government Resources

[**Centers for Disease Control and Prevention**](#)
[**World Health Organization**](#)
[**DC Department of Health**](#)
[**Maryland Department of Health**](#)
[**Virginia Department of Health**](#)
[**U.S Department of Education's Individuals with Disabilities Education Act \(IDEA\) Part C Dispute Resolution Procedures**](#)
[**U.S Department of Education's Individuals with Disabilities Education Act \(IDEA\) Part B Dispute Resolution Procedures**](#)



Visit Ivymount 2021 Special Needs Resource Guide: Highlighting 70+ Local Organizations
Find Information about Behavioral Services, ABA Therapy, Assessment & Treatment; Schools Educational Programs, Advocacy; Social, Recreational,

[**Visit Children's National Hospital's**](#)

Fitness; Transitioning Youth & Young Adults; Accessibility, Inclusion, Safety, Health; Therapeutic Services; Camps; Financial Planning, Insurance

COVID-19 Resources