

This resource accompanies the ‘**Helping neurodiverse young people manage strong emotions online**’ film.

It provides a suggested activity to help you discuss with your neurodiverse child how some online situations can produce strong emotions, and this can affect the choices that they make online. The activity is suitable for most children **aged 7 onwards**.

Note: This activity provides some suggested strategies for use with neurodiverse young people. Depending on the needs of your child, you may wish to run the activity differently. If the examples provided are not suitable, you could choose an example based on your child’s online experiences.

Before running the activity

- ✓ Watch the ‘**Helping neurodiverse young people manage strong emotions online**’ film.
- ✓ Print out and cut up the **emotion cards** (page 5) and **choice cards** (page 2). Alternatively, you can display these on your device’s screen and refer to them in your discussion with your child.
- ✓ Print either the **Discord chat example** (page 3) or **TikTok comments example** (page 4), depending on which is most suitable. Alternatively, you can display either example on your device’s screen.

Running the activity

Before showing your child an example, show the **emotion cards** from **page 3** to your child and check how familiar they are with the different emotions. You may wish to just use the emotion cards that they are familiar with.

Explain to your child that they will be looking at a situation that can happen online and will consider what it makes them feel, what they might do/say as a result and what might happen next.

Show your child either the **WhatsApp chat example** (page 2) or **TikTok comments example** (page 3) and discuss what it shows. In these examples, SuperPro13 is the username of a best friend, RoyaleKing08 is another user in this online space who is saying unkind things about the best friend.

Ask your child to imagine that they see this conversation amongst these users and to consider what it would make them feel. They can hold up one or more emotion cards and you can discuss why they might have these feelings.

Using the **choice cards** (page 4), ask your child to decide what they would do or say next. Discuss with your child why they might take that action.

Finally, ask your child to consider what they think might happen as a result of their action and discuss if that is something that would be safe or unsafe, or would make the situation better or worse.

As part of the discussion, it is useful to consider the following advice:

- ✓ People may say or do things online that make us feel strong emotions – they may do this to get us to show a strong reaction.
- ✓ Making decisions online while feeling strong emotions can often cause problems.
- ✓ Using strategies to calm down before making decisions can help us do things to keep ourselves and others safe.
- ✓ Treating other online users badly is not acceptable behaviour.
- ✓ Many games and apps have tools to help deal with unacceptable behaviour (block, mute, report, etc.).
- ✓ Trusted adults can help discuss online situations that might leave you feeling worse rather than better.

What next?

Agree with your child 1-2 actions they could take to respond to this online situation in a way that might keep them safe. Encourage them to always speak to you or a trusted adult if they are unsure or worried about an online experience.

Choice cards

I say
something
straight away
in the chat

I do
something
to help me
calm down

I decide to
ignore the
conversation

Something
else



happy



sad



excited



scared



frustrated



worried



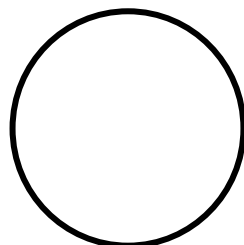
angry



confused



lonely



**a different
emotion**

