



Social Support

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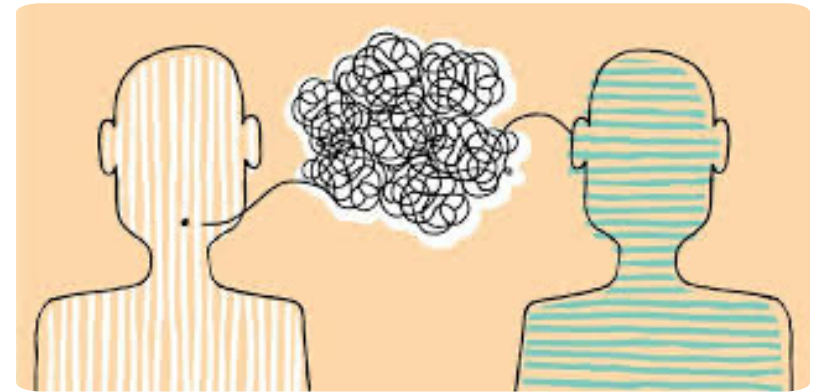
Framework for Friendships

- Communication Skills
- Social Skills
- Opportunities



Communication Skills

- Expressing Wants/Needs Effectively
- Language
 - Spoken and Unspoken
- Written Language
 - Social Media
 - Texting



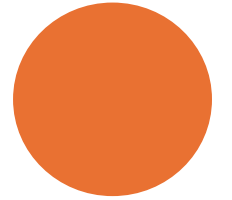
Social Skills

- Conversation Skill
- Emotional Skills
- Social Rules & Boundaries
- Problem Solving Skills
- Self-Awareness
- Advocacy Skills



Conversation Skills

- Stay on Topic
- Starting and Ending Conversations
- Interrupting Appropriately
- Volume
- Descriptive Language Skills
- Perspective Taking- Hyper-focused Interest
- Listening Skills
- Body Language



Emotions

- Identifying Emotions
 - Theirs AND others
- Expressing Emotions
- Communicating Effectively about Emotions
- Coping Skills
- Understanding Body Language of others



Learning Skills

- Zones of Regulation
- Coping Strategies
 - Meditation
 - Calm App
 - Journaling
 - Grounding Exercises
- Therapy/Support

What zone are you feeling today?

Blue Zone

Sad
Tired
Sick
Bored

What might help?

- Stretching
- Talk to Someone
- Rest
- Take a brain break

Green Zone

Relaxed
Focused
Calm
Happy

Yellow Zone

Excited
Silly
Worried
Nervous
Frustrated
Confused

What might help?

- Talk to someone
- Take a deep breath
- Make a Plan B
- Ask for help
- Take a break
- Get a drink of water

Red Zone

Angry
Scared
Panicked
Overwhelmed
Stressed

What might help?

- Take a deep breath
- Take a break
- Find a safe space
- Walk away

Social Rules and Boundaries

- Expected vs Unexpected Behaviors
- Boundaries
- Personal Space
- Public/Private
- Cultural Manners
- Safety

What's Private vs. Public talk?

Private	Public
<p><u>Things people don't like to talk about in public:</u></p> <p>Illness/deaths Personal body matters (<i>bathroom talk</i>) Hygiene (<i>bathroom talk</i>) Scary things Money problems Bad/unhappy experiences Family disagreements Politics</p> <p><u>Things unsafe to talk about:</u></p> <p>Your address Your bank info/money Your Social Security Number Your passwords</p>	<p>Things people like to talk about in public:</p> <p>Weather Weekend Plans Favorites Sports Movies/TV Music/Singers Relatable Experiences</p>



Red Thoughts

Things you can think but never say.

Example "Why is your outfit so ugly?"



Yellow Thoughts

Things you can think but only say to SOME people.

Example: "I need help in the restroom."

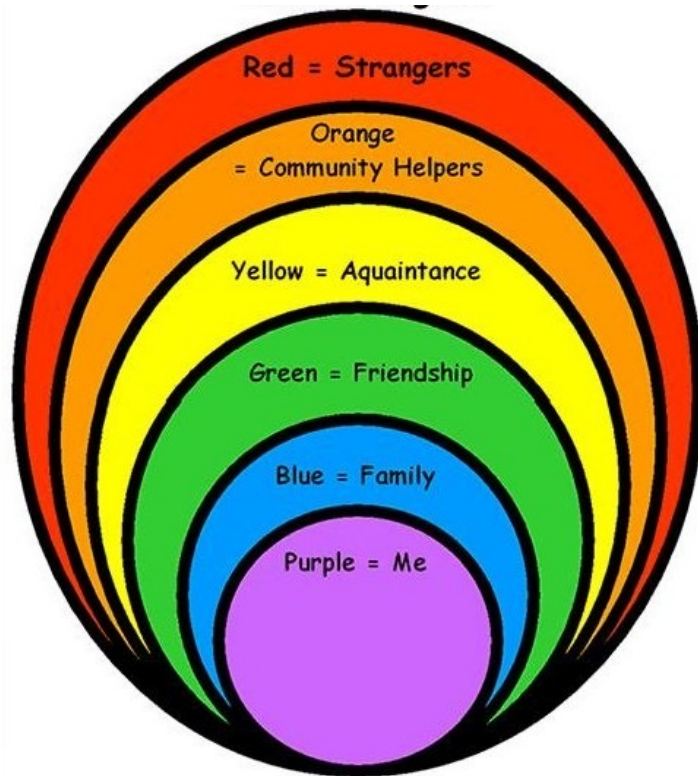


Green Thoughts

Things you can think and say to ANYONE!

Example: "It's a beautiful day!"

Learning Skills

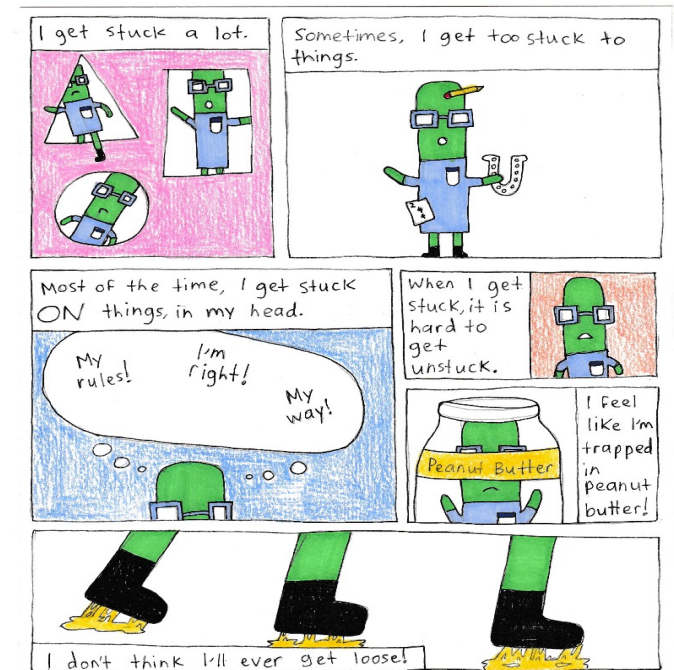


	Behavior
Intimate Space	<p>Getting very close to someone else's body is acceptable.</p> <p>High fives, fist bumps, handshakes, hugs, and sometimes kisses are all acceptable, if both you and the other person are comfortable with the touch.</p> <p>You might not need to ask first before touching this person if touch is engaged often and everyone is comfortable.</p> <p>I can talk in this zone about things that are private or might upset others.</p> <p><i>(Professionals, like doctors and hairdressers, might enter this zone to do their job).</i></p>
Personal Space	<p>Space close enough to hear a personal conversation with another person. <i>Imagine everyone has a bubble around them- don't get so close that you pop the bubble.</i></p> <p>High five, fist bumps, and handshakes are all acceptable. Ask first, and get approval, before hugging in this zone. <i>Kissing would not be appropriate in this zone.</i> <i>'Can I give you a hug?'</i></p> <p>I can talk in this zone about things that are private if I need help.</p>
Social Space	<p>Large space between you and the other person. <i>You should be to extend your arms and swing them back and forth without touching the other person.</i></p> <p>You might wave to people you recognize in this zone or sit/stand in the same area as peers in this zone.</p> <p>Do not talk about private topics or give details about personal information.</p>
Public Space	<p>Significant space between you and the other person. <i>You are in the same room but have very little or no interaction.</i></p> <p>Do not talk about private topics or give details about personal information.</p>

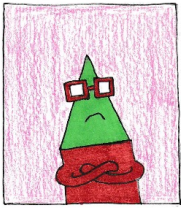


Problem Solving Skills

- Identifying Problems
- Assertiveness Skills
- Rigidity



People have a hard time being around me when I get stuck in my head.

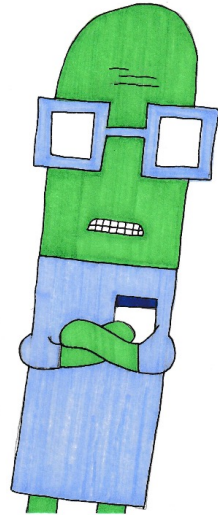
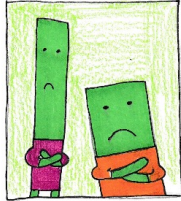


my teacher

Even I get a little frustrated at myself when I get stuck in my head. I wish I could unstuck.

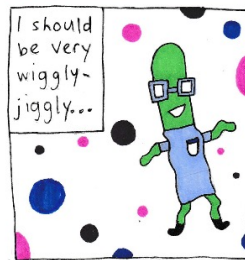
my parents

my friends

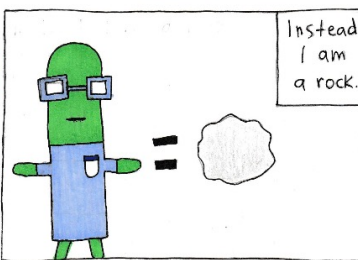


I know I need to be more flexible.

But I just get too rigid.

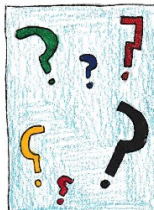


I should be very wiggly-jiggly...



Instead I am a rock.

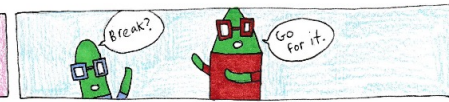
so how do I get **Un-stuck**



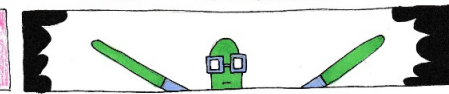
Follow these RULES →

1 Step Back

Take a break.

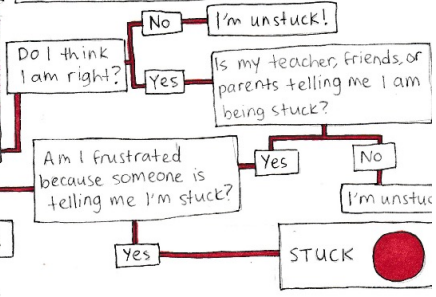


Give yourself some space.



2 Question

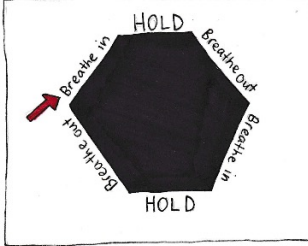
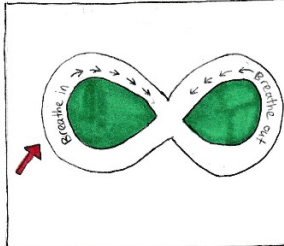
Am I being **STUCK** right now? Follow the maze.



3 Breathe

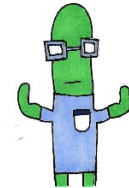
Do a "Lazy 8". Do it twice.

Do "6 sides of breathing".



4 Compromise

I **can** flex a bit.



I **can** follow the rules.

I **can** do this task.

Flexible Thinking Skills

- Switching Tracks
- Size of the Problem

Little Problem	Medium Problem	Big Problem
<p>A LITTLE problem is a problem that we can figure out on our own!</p> <ul style="list-style-type: none"> • I am the only one upset • No one is in danger • I can think of a solution fast! <p>We might need to use our coping skills to calm down first!</p> <p>Coping skills:</p> <ul style="list-style-type: none"> • Take a break • Take a deep breath & relax <p>When we are calm we can think of a solution!</p>	<p>A MEDIUM problem is a problem that we might need help with!</p> <ul style="list-style-type: none"> • Other people are upset • No one is in danger • I need help thinking of a solution <p>When we have medium problems we sometimes need to ask for help.</p> <p>When I ask for help, I need to try to stay calm & use my coping skills!</p> <p>When we talk to others about our medium problems they can help us figure out a solution!</p>	<p>A BIG problem is a problem I need help with FAST!</p> <ul style="list-style-type: none"> • Someone is in danger • Someone is hurt • It makes ALOT of people upset <p>When we have big problems, we need to ask for help right away!</p> <p>BIG problems are emergencies!!</p> <p>You might be upset. It might be hard to stay calm.</p> <p>You might have to yell or interrupt others.</p>



Self-Awareness Skills

- Aware of Interest
- Understand Diversity & Abilities
- Understanding Values

Patient:

- What does my good life look like?



Advocacy Skills

- Abuse/Neglect/Exploitation
 - Education is the BEST preventative!
- Assertiveness Skills
- Self Awareness
 - How would the patient define themselves?
 - Is Glut 1 a part of that description for them?
 - Are they aware of how others perceive them?



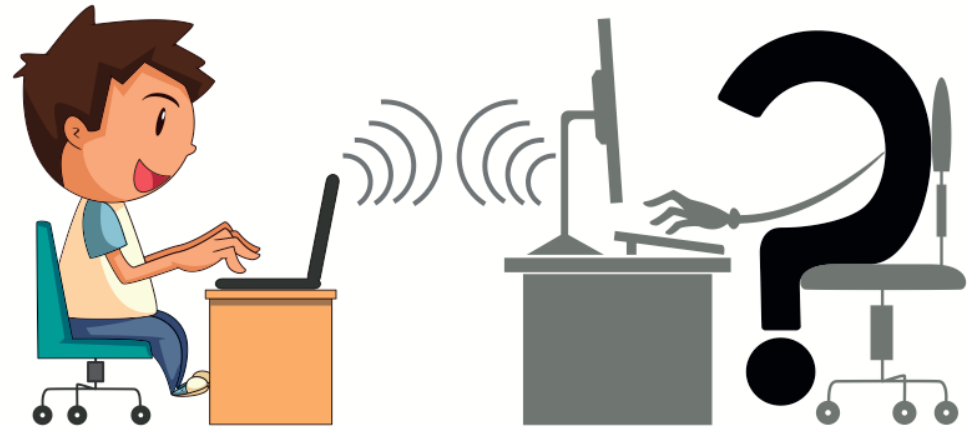
Opportunities

- Willing Participant?
- Common Interest
- Online Friendships
 - Safety (Boundaries)



Online Activity is Unavoidable

- Start Early with Monitoring Tools
 - Heavy Supervision
 - Parental Tools and Monitoring Software
 - Discuss your concerns for safety
- Create a Shame-free Space
 - Goal is communication
 - Secrets and desire to hide actions doesn't create learning opportunities
- Teach and Model Safety/Boundaries
 - The WHY
 - Use examples
 - Educate yourself- it's scary, but don't avoid learning
 - Practice it yourself!!



Navigating Supports

Find your local professionals:

(Or online professionals)

Speech Therapist

Behavioral Therapist

ABA Therapist

Mental Health Counselor

Occupational Therapist

Music Therapist

Find your local groups:

Best Buddies (High School,
College, Community)

Special Olympics

Unified Sports

Religious Groups

Community Organizations



Let's Chat



Bright

Horizons
PROJECT