


So You Wanna Make Online Friends: How to Safely Navigate the Online World



June 20th, 2024
7pm-8:30pm

Steven Isaacson & Kristen Letnick

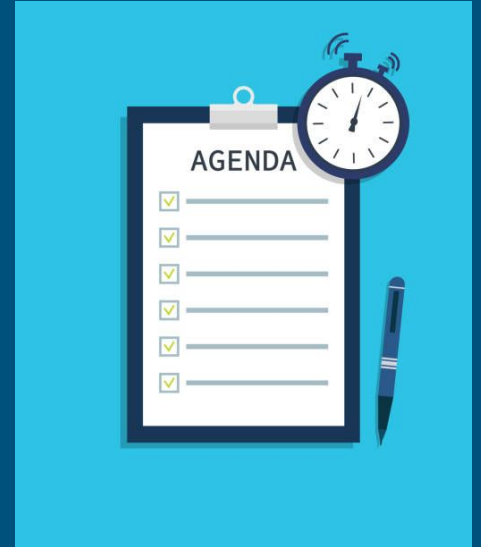


Self-Love Series: Strategies to Safely Make Online Friends

- Part 1: Introduction to Loneliness and Isolation
- **Part 2: So You Wanna Make (Online) Friends: How to Safely Navigate the (Online) World**
- Part 3: Embracing Neurodiversity: Getting to Know Your Own Brain
- Part 4: It's a Beautiful Day in the Neighborhood: Building Your Supportive Community and Facilitating Integration

Agenda

- Introduction to Autistic People and Online Spaces
- Meet our Panelists
- Panel Discussion
- Q&A
- Wrap-Up
- When's the next session?

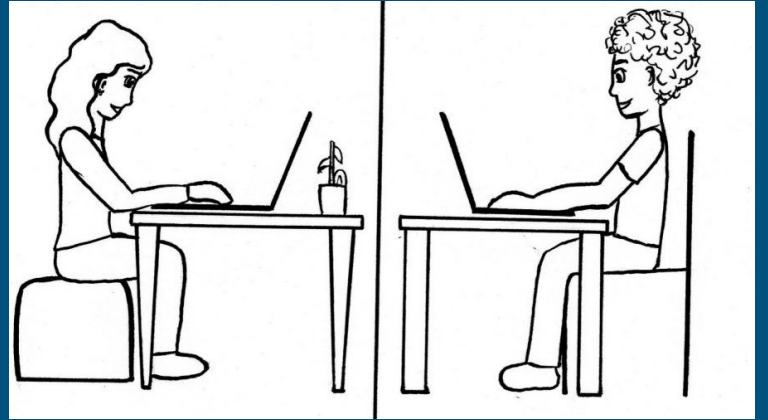


Why are autistic people drawn to making friends online?

- Lack of NT social norms
- COVID/health issues
- Matches Autistic processing and communication styles
- Increased access to people with similar brains and interests
- More socialization opportunities and improved mental health
- Safe space to initiate contact

Why is online safety a concern for autistic people?

- Unknown and potentially unsafe people
- Online scams
- Internet's overuse effects on health



Panelists

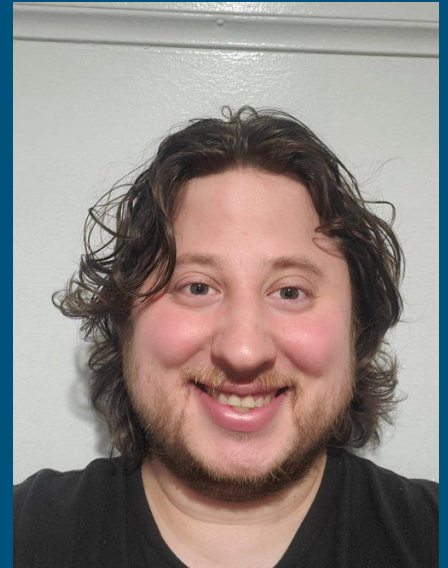
Sue Abramowski



Avi Krishan



Jacob Weisman



Panel introductions

1. Introduce yourself and how you got into making friends online
2. What's your experience been with making online friends?



Panel questions

- i. How do you make friends online?
- ii. What have you done to protect yourself online when talking to people (preventative, such as privacy settings)?
- iii. What tips do you have to navigate a situation when you feel unsafe?
- iv. Has there been a time when you needed to step away and take a break from your device?
- v. Have you ever tried to meet online friends in person?

Q&A

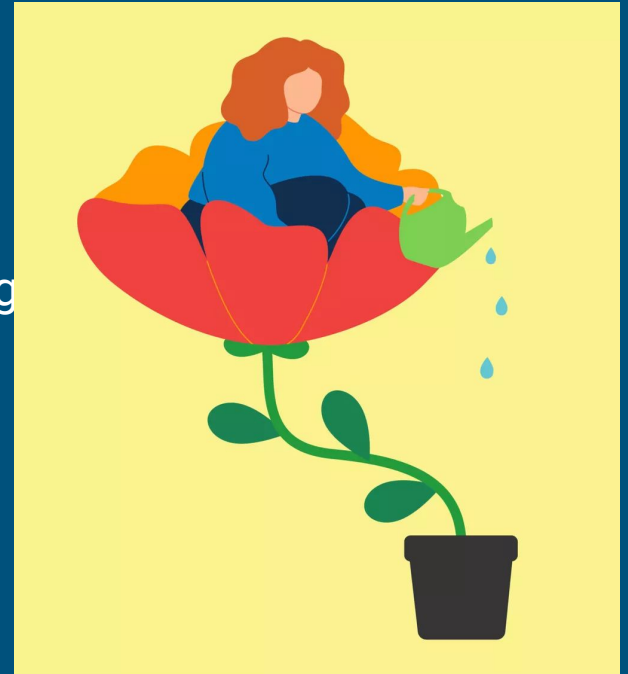


Wrap-Up: Self-Love and Online Friendships

Set Yourself Up for Success - you deserve friendships in the best environment for you.

Self-Respect - seeing yourself as worthy of protecting online.

Healthy Boundaries - your time and energy are valuable. Don't spend it all online.



Next Session

Part 3: Embracing Neurodiversity: Getting to Know Your Own Brain

TBA in the Fall!