



## THE ASD PARENTS' SUPPORT GROUP AT SMILE

Lead by Claudia Goodman

'Tech and Mental Health: are smartphones, tablets and other bits of tech harming young people, especially those with ASD or Social and Communication Difficulties?'

Thursday, 17<sup>th</sup> January, 2019

9:30am-11.45am

**Ifield Smile, Cedar Avenue, Gravesend, Kent, DA12 5JT**

**Jason Owen** is the Specialist Teacher for Social, Emotional and Mental Health (SEMH), offering advice and support for school aged children within the Gravesham District. He has been working within the Service for over 10 years

Jason's presentation and workshop is especially geared to the parents of teenagers although it will also be of interest to the parents of older primary children (Y6)

The vast majority of teens use social media. Many are also addicted to playing games online. The session will help parents develop the knowledge and skills to support your sons'/daughters' mental health through understanding the role technology plays in their lives.

Jason will consider:

- The challenges and pressures online as technology evolves
- How technology has changed the way we all live; how we socialise and communicate
- Recognising and understanding different technologies and how they are used
- Obsessional and addictive behaviours relating to technology; what action should a parent take?
- Understanding the positive impact of technology for teenagers with ASD as well as the negative
- Identifying the risks and benefits to emotional well-being, including online safety and online support

A warm welcome and invitation to join Ifield Smile's support group for the parents, carers and families of any child or young person with Autistic Spectrum Disorder (ASD), Asperger's Syndrome/Social Communication Difficulties. You do not have to be a parent or carer of a child or young person attending Ifield School.

This support group is **free** to attend. Refreshments will be provided.

Please book your place in advance.

If you would like more information or to make a booking please contact us by e mail: [Smile@ifield.kent.sch.uk](mailto:Smile@ifield.kent.sch.uk) or tel: 01474 536924