



Welcome!

Social Media Safety: Key Considerations for Supporting Individuals with Intellectual and Developmental Disabilities

Presented by Dr. Christina N. Marsack-Topolewski, Ph.D., LMSW

August 7, 2025

Weekly Caregiver Education Webinar

To transform the region into an inclusive community where individuals with intellectual and developmental disabilities (IDD) thrive.



The Intellectual
and Developmental
Disabilities Council
of Tarrant County



Take this opportunity to introduce yourself in the chat box.

- ❖ Who are you?
- ❖ How can you assist?
- ❖ What do you need assistance with?



Intellectual and Developmental Disabilities Council of Tarrant County



MONTHLY MEETINGS

1ST THURSDAY EACH MONTH 9-10:30 a.m.

3136 W. 4th Street, Fort Worth

Next meeting: Sept. 4

SUMMER WEBINAR SERIES

WEEKDAY VARIES 12-1:30 p.m.

August 14, August 21, August 26, Sept. 4

MAKING CONNECTIONS RESOURCES FAIR

October 11 – Fort Worth

CAPEabilities CAREER EXPLORATION EXPO

February 5 – ESC 11

TRANSITION COMMITTEE MEETINGS

2ND FRIDAY EACH MONTH 9-10:30 a.m.

Location Varies

Sept. 12 - TCC Trinity River Campus

Oct. 10 – Location TBD

UPCOMING EVENTS

The Intellectual and Developmental Disabilities Council of Tarrant County

Caregiver Education Webinar Series Presents:
SEXUAL ASSAULT AWARENESS, PREVENTION AND RESPONSE

AUGUST 14, 2025 | 12:00 pm – 1:30 pm

Violence and individuals with disabilities can find it difficult to get information about finding resources and services. Not knowing how to help others can be a scary thing. Let our presenters help you learn more about sexual assault awareness, prevention, and response. During this session, participants will review some reasons that people with disabilities are more likely to experience sexual assault, including myths about dating, sex, and disability. Our presenters will share information about common signs of sexual assault and some of the ways to respond. That's our recovery and healing. (Documented communication and response). Ways to reduce the risk of sexual violence and abuse of people with disabilities will be discussed. Presenters will also share information about My Disability ID, an educational resource designed to bridge the gap between education about sexual and healthy relationships for adults with intellectual and developmental disabilities.

Presenters will:

- Understand the increased risk of violence/abuse for people with disabilities
- Identify commonly occurring signs of sexual assault
- Gain understanding about how to respond to disclosures of abuse
- Provide support/recovery/healing, and
- Identify all local resources to reduce the risk of sexual assault

Register at: <https://tinyurl.com/2a3mura>

PRESENTED BY AUSTIN SAFE ALLIANCE

The Intellectual and Developmental Disabilities Council of Tarrant County

Caregiver Education Webinar Series Presents:
HEART HEALTH IN INDIVIDUALS WITH IDD

AUGUST 21, 2025 | 12:00 pm – 1:30 pm

This webinar explores the increased risk of heart disease in individuals with IDD, how heart disease affects this population, why risks are higher, and what can be done to prevent it. We will explore the unique challenges faced by individuals with IDD when it comes to heart health and explore cardiovascular risk factors, and how heart disease may present differently in people with IDD. Participants will also gain practical strategies for promoting heart health in individuals with IDD, including lifestyle modifications, accessible health education, and the importance of coordinated care. Whether you're a caregiver, healthcare provider, educator, or advocate, this session will provide insights, strategies, and tools to help improve cardiovascular outcomes in individuals with IDD.

Register at: <https://tinyurl.com/yv4fndn>

PRESENTED BY

Our session is the result of a community collaboration with the University of Texas at Dallas, the Texas Department of Health Services, and the Texas Council on Developmental Disabilities. We are excited to have this session presented by the Texas Council on Developmental Disabilities, a leading organization in the field of intellectual and developmental disabilities. This session is a collaboration between the Texas Council on Developmental Disabilities and the Texas Department of Health Services, a leading organization in the field of heart health. This session is a collaboration between the Texas Council on Developmental Disabilities and the Texas Department of Health Services, a leading organization in the field of heart health.

The Intellectual and Developmental Disabilities Council of Tarrant County

Caregiver Education Webinar Series Presents:
Healthy Habits for All

TUESDAY, AUGUST 26, 2025 | Noon – 1:30 pm

Individuals and caregiver education is a comprehensive session designed for caregivers and professionals working with individuals with intellectual and developmental disabilities. This session will explore the importance of healthy habits for all, including physical activity, nutrition, and mental health. Participants will learn about the challenges faced by individuals with IDD when it comes to healthy habits and explore strategies for promoting healthy habits in this population. This session will also provide practical strategies for promoting healthy habits in individuals with IDD, including lifestyle modifications, accessible health education, and the importance of coordinated care. Whether you're a caregiver, healthcare provider, educator, or advocate, this session will provide insights, strategies, and tools to help improve healthy habits in individuals with IDD.

Register at: <https://tinyurl.com/yv4fndn>

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The Intellectual and Developmental Disabilities Council of Tarrant County

Caregiver Education Webinar Series Presents:
High Quality IEPs

SEPTEMBER 4, 2025 | 12:00 pm – 1:30 pm

The process of creating high quality IEPs is a complex task that requires the collaboration of many professionals. This session will explore the challenges faced by individuals with IDD when it comes to high quality IEPs and explore strategies for promoting high quality IEPs in this population. This session will also provide practical strategies for promoting high quality IEPs in individuals with IDD, including lifestyle modifications, accessible health education, and the importance of coordinated care. Whether you're a caregiver, healthcare provider, educator, or advocate, this session will provide insights, strategies, and tools to help improve high quality IEPs in individuals with IDD.

Register at: <https://tinyurl.com/yv4fndn>

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The Intellectual and Developmental Disabilities Council of Tarrant County

MAKING CONNECTIONS CENTRAL TARRANT

DISABILITY RESOURCES FOR ALL AGES

The IDD Council is proud to partner with Fort Worth ISD to host "MAKING CONNECTIONS" CENTRAL TARRANT

SATURDAY, OCT. 11, 2025 • 9 a.m. – 1 p.m.

M.G. Ellis Elementary • 215 NE 14th St., Ft. Worth, 76164

Visit with organizations that provide services for the community!
Schedule and Breakout Session Details:
<https://www.iddcouncil.org/makingconnections>

Resources for:

- Medicaid Waivers/Social Security
- Guardianship/Supported Decision-Making
- Behavioral Health
- Transition & Employment Services
- College Programs
- Assistive & Adaptive Technology
- Special Needs Trusts / Wills
- Homelessness
- Assisted Living / Housing
- Financial Planning
- Recreation & Leisure
- Therapy & Camp Providers
- Respite/Day Habilitation
- and more!

Breakout Sessions **Resources & Exhibitors** **Kid's Workshop**

EXHIBITOR & SPONSOR REGISTRATION: <https://tinyurl.com/yv4fndn>

The IDD Council's Making Connections Disability Resource Fair brings together the disability resources in our community to one easily accessible location for families and caregivers to learn about benefits and services more quickly. Making Connections Disability Resource Fairs are held throughout the year in various Tarrant County locations.

Welcome

NEW/RENEWING MEMBERS

- **Individual Members:**

- Bryan Cotton
- Daniel Durany
- Cynthia Rodriguez
- Theresa Moffitt
- Heather Crawford
- Guiyuan Li
- Amber Luckey
- Mike Anderson
- Sandy Rodriguo
- Ranella Franklin
- Joseph Barbarito
- Tammi Creed
- Stephanie Stone
- Rene Aguilar
- Deborah Norris
- Richard Garrett
- Audra Resell

- **Premier Partners:**

- Cook Children's Medical Center
- Fort Worth ISD (Founding Partner)
- Tarrant County, the office of Judge Tim O'Hare (Founding Partner)

- **Sponsor Member:**

- Green Oaks Education and Support

- **Professional Member**

- Macy Davis, Equitable Advisors, LLC

Your Name/Organization Belongs Here

www.IDDCouncil.org/join-us





Intellectual and
Developmental
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of Tarrant County



GRANT WRITER NEEDED

If you are an experienced grant writer, or if you know of one, please message us or email us.

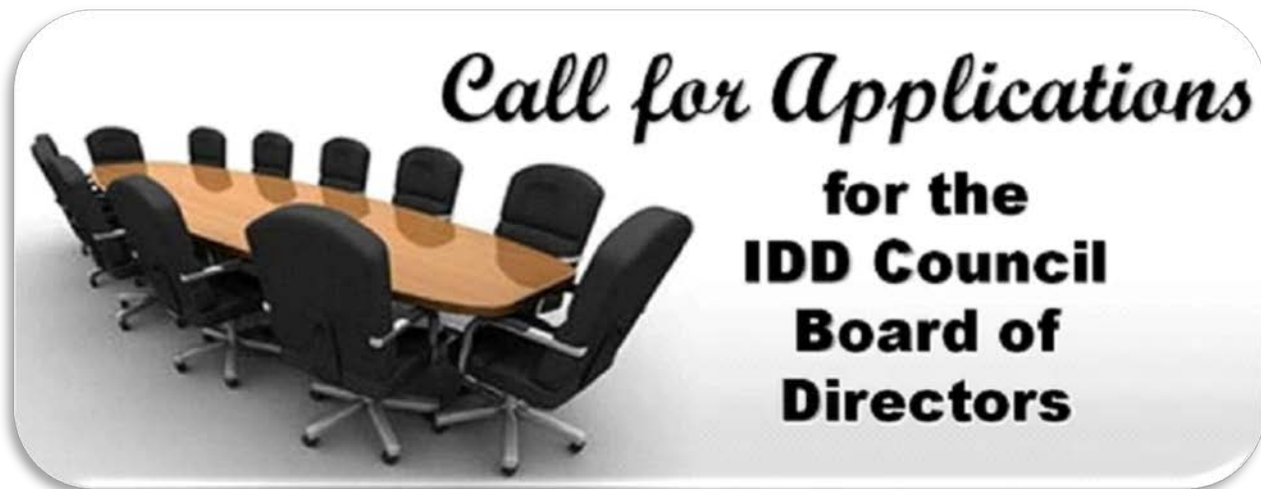


JOIN A COMMITTEE

- ❖ **COMMUNICATIONS & PROGRAMMING COMMITTEE:** Identifies and schedules topics of interest for Council events and helps create and distribute information important to members of the Council and community through written and electronic media. Meets hybrid as needed.
- ❖ **SPECIAL EVENTS COMMITTEE:** Calling all party planners, entertainers and creative thinkers! Let's plan programs that add value to the community, advocates and creates awareness of IDD. The committee is looking for parents, providers, community leaders and event planners to join us in finding and creating new opportunities. Meets hybrid as needed.
- ❖ **TRANSITION COMMITTEE:** Provides educators the opportunity to collaborate and discover resources to share with families in the path to adulthood. The committee is looking for school counselors, transition specialists, parents and advocates interested in establishing or advancing opportunities for people with disabilities after high school. Help develop strategies that support families and students in schools and secondary education. Meets the 2nd Friday of the month from 9-10:30 a.m.



Intellectual and
Developmental
Disabilities Council
of Tarrant County



The IDD Council is accepting applications from outstanding leaders, self-advocates and caregivers to serve as Board members. Help us to grow and prosper in our work.

<https://www.iddcouncil.org/board-member-info>.



Intellectual and
Developmental
Disabilities Council
of Tarrant County

ABOUT OUR PRESENTER



**Dr. Christina
Marsack-Topolewski,
Ph.D., LMSW**

Social Media Safety:

Key Considerations for Supporting Individuals
with Intellectual and Developmental Disabilities

Christina Marsack-Topolewski, Ph.D., LMSW

Associate Professor of Social Work, Eastern Michigan University
CNM Services, PLLC – Consultant & Trainer

cmarsack@emich.edu

Welcome!
Thanks for being
here today!



Photo by [Sixteen Miles Out](#) on [Unsplash](#)

Welcome and Orientation

- In the chat, please provide the following information:
 - 1) Job title / current role
 - 2) Population(s) served
 - 3) To your knowledge, are you working with individuals at risk for social media challenges?
- Thanks for being here today!

Biographical Information

Christina Marsack-Topolewski, LMSW, PhD is a licensed social worker and an Associate Professor of Social Work at Eastern Michigan University. She received her bachelor's of science in Special Education from Wayne State University, master's degree in Social Work from the University of Michigan, and her PhD in Social Work from Wayne State University. She has 20 years of experience supporting individuals with disabilities and their family caregivers. She has worked with individuals with autism and other developmental disabilities. Dr. Marsack-Topolewski has worked as a professor, clinical therapist, teacher, consultant, and speaker. She has published over 80 research articles in scholarly journals and encyclopedias regarding individuals with developmental disabilities, family caregiving, and formal social supports.

Dr. Marsack-Topolewski has served as the lead principal investigator on multiple grant-funded programs tailoring services for individuals with disabilities and their caregivers. She is an appointed board member of the U.S. National Task Group (NTG) on Intellectual Disability and Dementia Practices. Dr. Marsack-Topolewski's research has been featured on National Public Radio (NPR) and ABC News Detroit. Over the past five years, she testified before members of the Michigan Legislature to advocate for new laws that protect against the online exploitation and abuse of adults with disabilities. The first of these house bills was signed into law in the state of Michigan in December 2023. In 2024, she received the Ronald W. Collins Distinguished Research Award for Research Excellence. In addition, she received the Arc of Oakland County's Advocacy Hall of Fame Award in 2024.



Contact Information:
cmarsack@emich.edu

Presentation Description

With the advent of social media new realities have surfaced. There is a dire need to support continued attention and education to ensure positive mental health outcomes and well-being for those engaging in social media use.

For children, adolescents, and even adult populations with intellectual and developmental disabilities social media may be a unique way to connect with the world. However, it is essential to ensure safety through key considerations to prevent online predation, exploitation, harassment, and cyberbullying.

This webinar will discuss the prevalence, predictors, and cautions of adverse social media experiences. Information and strategies concerning safety will be discussed with a special focus on how to promote safe outcomes when engaging in social media use.

Limitations/Risks

- Social media safety needs often are multi-faceted, complex, and evolving. Given that social media safety concerns and issues impact many different age cohorts and populations with differing needs, social media safety cannot use a one-size-fits all approach.
- Supporting social media safety is complex and the coinciding needs for children, adolescents, as well as adults with autism and other neurodevelopmental disabilities across the lifespan can be wide ranging. This webinar will not cover every aspect of these topics.
- Treatment and support for individuals at risk for social media risks do not coincide with a one-size-fits all approach.

Fact or Fiction? - Questions

- One out of every ten students indicated being bullied during their school year. *True or False?*
- In 2004, Myspace was the first social media site to reach one million monthly active users. *True or False?*
- As of 2021, it was estimated that 3.5 billion people use social media sites worldwide. *True or False?*

Fact or Fiction? - Answers

- One out of every ten students indicated being bullied during their school year. *False*
- In 2004, Myspace was the first social media site to reach one million monthly active users. *True*
- As of 2021, it was estimated that 3.5 billion people use social media sites worldwide. *False*

What comes to mind when you think of social media safety? Why might people with IDD be at risk for online exploitation, abuse, and predation?



Photo by Buddha Elemental 3D on Unsplash

Background & Overview

What is Social Media?



Photo by [Merakist](#) on [Unsplash](#)

- Definition
 - Social media is “... forms of electronic communication (such as websites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (such as videos)”

(Merriam-Webster Dictionary, 2025)

Statistics

- Social media use is very common
 - 40% of children (8-12 yo)
 - 95% of teenagers
 - Rise in TikTok use: <https://www.pewresearch.org/internet/2022/08/10/teens-social-media-and-technology-2022/>
 - Teens' use of YouTube – 1 in 5
 - 97% of teens reported daily use of Internet (2022)

(Vogels et al. / Pew Research Center, 2022)

Media Use Increases

- Media use in tweens and teens has rapidly grown
- Screen time increases (between 2019 and 2021)
 - 4:44 to 5:33 in tweens
 - 7:22 to 8:39 in teens

(Rideout et al., 2022).



Photo by [Elena Mozhvilo](#) on [Unsplash](#)



(Wu & Chiou, 2020)

For Many... Social Media & Technology Use is a Way to Connect with their World



Photo by [Christin Hume](#) on [Unsplash](#)

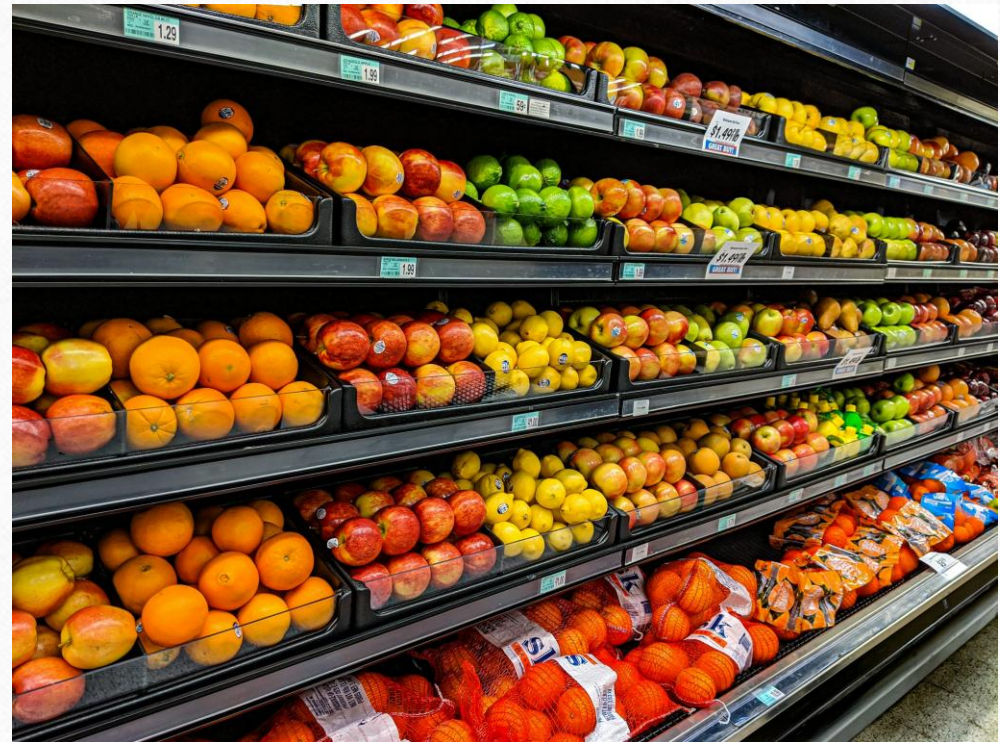


Photo by [Gemma C](#) on [Unsplash](#)

Cyberbullying

- Definition
 - Cyberbullying is “... the electronic posting of mean-spirited messages about a person (such as a student) often done anonymously”

(Merriam-Webster Dictionary, 2025)

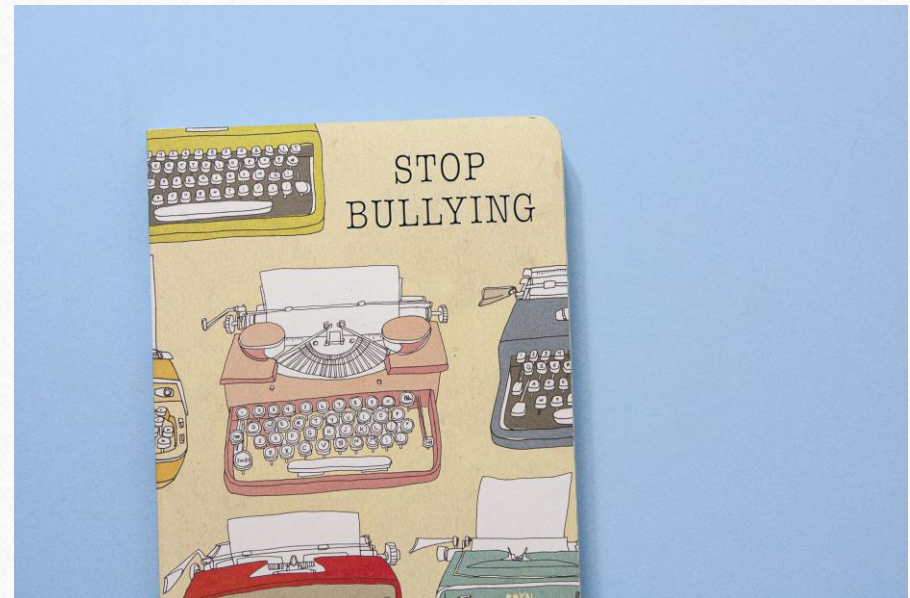


Photo by [Copper and Wild](#) on [Unsplash](#)

Sextortion

- Definition
 - Cyberbullying is “... when someone threatens to share nude images or videos of, or sexual information about, someone online.”

(Childnet, 2025)



Potential Social Media-Related Dangers

- Adverse impact on
 - Focus
 - Learning
 - Memory
 - <https://www.youtube.com/watch?v=uyYxtzxueXc>



Photo by [Stefan Cosma](#) on [Unsplash](#)

Potential Social Media-Related Dangers

- Mental health ramifications
- Physical health challenges
- Sleep disruption and deprivation
- Privacy concerns
- Social media and other addiction

(Alonzo et al., 2021; Levenson et al., 2016;
Twenge & Campbell, 2018; Vernon et al., 2015)



Photo by [Sinitta Leunen](#) on [Unsplash](#)

Potential Social Media-Related Dangers (Continued)

- Bullying
 - At school and online (cyberbullying)
- Online predators
- Online pornography
- Hate speech
- Human trafficking
- Propaganda



(Geldenhuys, 2019; Gohal et al., 2023; Terwiliger, 2021)

Photo by [SEO Galaxy](#) on [Unsplash](#)



Nearly 30% of teens report
using social media more
than once an hour

77% of teens report
frequent* social
media use

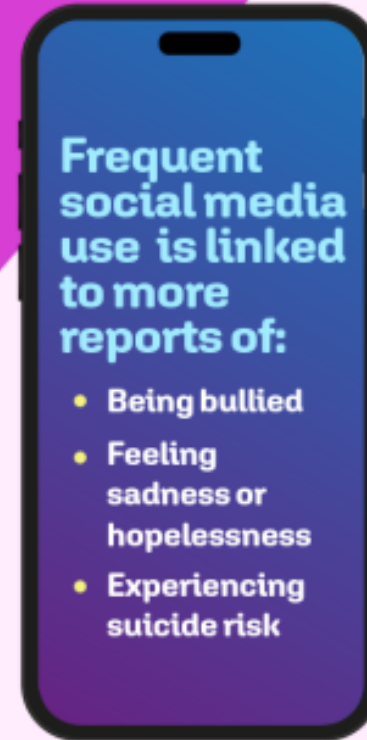


bit.ly/su7304a3

OCTOBER 8, 2024

Youth Risk Behavior Survey, U.S., 2023
*using several times a day or more

MMWR



(Young et al., 2024) – Image from: <https://www.cdc.gov/mmwr/volumes/73/su/su7304a3.htm>

Potential Social Media-Related Dangers (Continued)

- Online sexual harassment
 - <https://www.childnet.com/help-and-advice/online-sexual-harassment-teachers/>
- Online pornography
 - <https://www.childnet.com/help-and-advice/online-pornography-teachers/>
- Online grooming
 - <https://www.childnet.com/help-and-advice/online-grooming/>



Photo by [Kristina Flour](#) on [Unsplash](#)

Brain drain can impact cognitive abilities
and decision making.



Photo by [Gaspar Uhas](#) on [Unsplash](#)

Social Media and Human Trafficking

- Rise in social media recruitment



Photo by [dole777](#) on [Unsplash](#)

Cyberbullying Resources

- PACER's National Bullying Prevention Center
 - Information for parents, educators, and providers
 - <https://www.pacer.org/bullying/parents/definition-impact-roles.asp>
 - Videos, educational activities
 - <https://www.pacer.org/bullying/video/listing.asp?category=Cyberbullying>
 - ALL IN! Year-Long Toolkit (curriculum)
 - <https://www.pacer.org/bullying/classroom/all-in/>

Potential Social Media-Related Dangers (Continued)

- Exposure to inappropriate content
- Negative impact on relationship satisfaction



Photo by [Gilles Lambert](#) on [Unsplash](#)

(Satici et al., 2023)

Potential Social Media Risks for Adolescents

- May display risky behaviors
- May engage in sexting
 - Sexting as defined by www.cyberbullying.us refers to the “sending or receiving of sexually-explicit or sexually-suggestive images or video via a cell phone”
- May be at risk for or engage in cyberbullying or internet harassment
 - Definition of cyberbullying → “willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices” (Cyberbullying Research Center, 2025)

Risks Associated with Cyberbullying

- School challenges (e.g., academic performance)
- Thoughts of self-harm
- Sleep disturbance
- More likely to experience sexual dating violence

(Gohal et al., 2023; Nagata et al., 2023; Post & Huber, 2024)

Self-Generated Child Sexual Abuse Material (CSAM)

- Self-generated CSAM is defined as the following:
 - “... term used to describe sexual content (images and videos) created by a child, using a smartphone or webcam, and then shared with others online...”
 - <https://www.flipsnack.com/internetmattersorg/shifting-the-dial-methods-to-prevent-sexual-image-sharing/download-pdf.html>

(Internet Matters, 2024)

<https://www.internetmatters.org/hub/research/methods-prevent-self-generated-child-sexual-abuse-11-13s/>

Digital Dating Abuse

- Also known as online dating abuse
- Defined as: “Digital dating abuse is the use of technologies such as texting and social networking to bully, harass, stalk or intimidate a partner. Often this behavior is a form of verbal or emotional abuse perpetrated online.”

-VAWnet



Photo by [Tatiana Briday](#) on [Unsplash](#)

At-Risk Populations

Who's At Risk?

Who's At Risk?

- All ages
 - Teens and young adults (particularly vulnerable)
 - Children (may share too much)
 - Older adults
 - Other populations at risk
 - Those with mental health challenges
 - Those with developmental delays (e.g., people with autism, Down syndrome, cognitive impairments)
 - Those with low self-esteem

Who *is* an easy target?

- “Any type of disability appears to contribute to higher risk of victimization but intellectual disabilities, communication disorders, and behavioral disorders appear to contribute to very high levels of risk, and having multiple disabilities (e.g., intellectual disabilities and behavior disorders) result in even higher risk levels,” (Sullivan & Knutson, 2000).

Case Example #1



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Photo by [Emmanuel Phaeton](#) on [Unsplash](#)



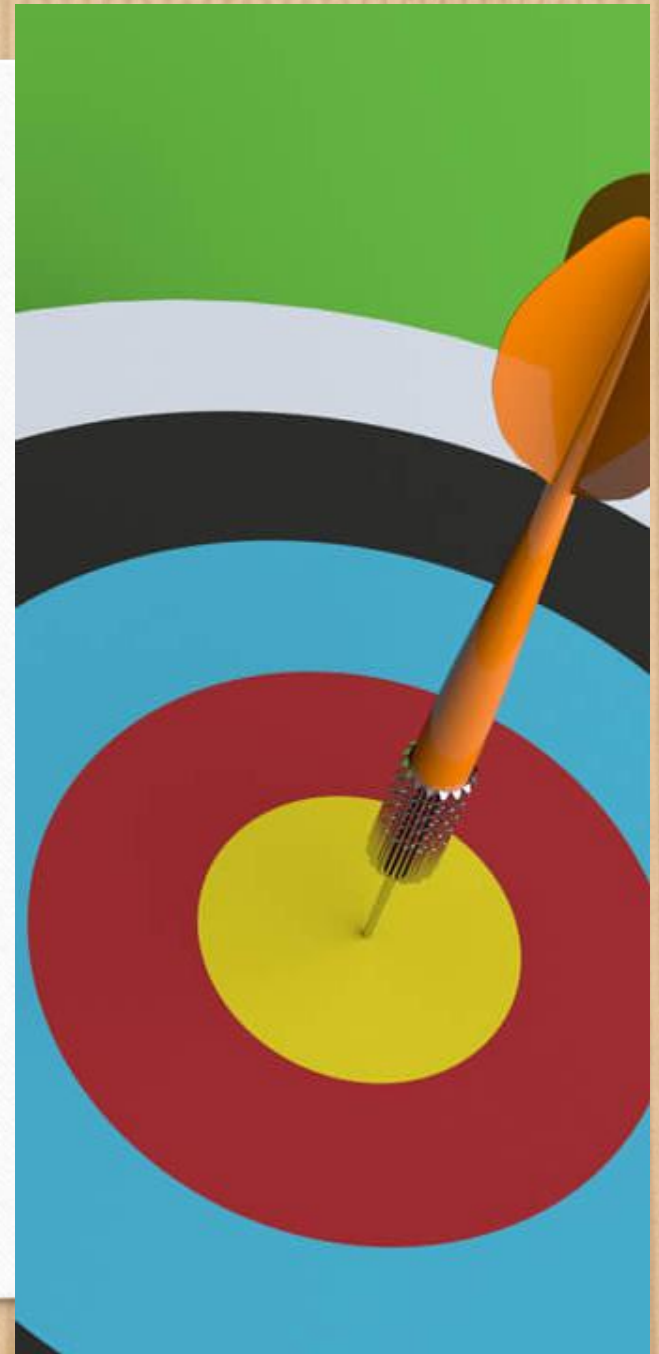
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Photo by [Sophie Dale](#) on [Unsplash](#)

Increased risk of:

- **Difficulty saying “no”**
- **Manipulation**
- **Inability to recognize a dangerous situation**



Greatest vulnerability for:

1. Being targeted.

2. Online exploitation & abuse.

3. Long lasting or permanent emotional damage.

**Chronological age $\neq$
cognitive /
mental age**

“Vulnerability of a Vulnerable Adult”

- 1. Acts of abuse always lack mutual consent.**
- 2. Abuse and consent cannot legally coincide.**

**Intentional or
knowing
exploitation
(with sexually
explicit visual
material)**

=



Abuse



Predation



Aggression



Bullying

Connect the Dots

- ✓ **Predation**
 - ✓ **Abuse**
 - ✓ **Bullying**
 - ✓ **Exploitation**
 - ✓ **Harassment**
 - ✓ **Coercion**
- Internet
- E-communications
- Online/Virtual

Conceptual



Social



Practical

- Reasoning/problem solving
- Processing speed
- Working memory
- Language (expressive & receptive)
- Literacy
- Generalizing
- Overall knowledge
- Learning

- Communication skills
- Social judgment
- Queues and nuances
- Following rules
- Making/keeping friendships

- Personal care (ADL / IADL)
- Responsibilities
- Organizing tasks
- Rely on others

American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, American Psychiatric Publishing, 33-34 (2013).

Case Scenario

Emerging adult with autism and moderate cognitive impairment

History of adverse childhood experiences, former trauma

Adopted into a loving home

Seeking connection and community

Use of social media

Went missing for 1 week

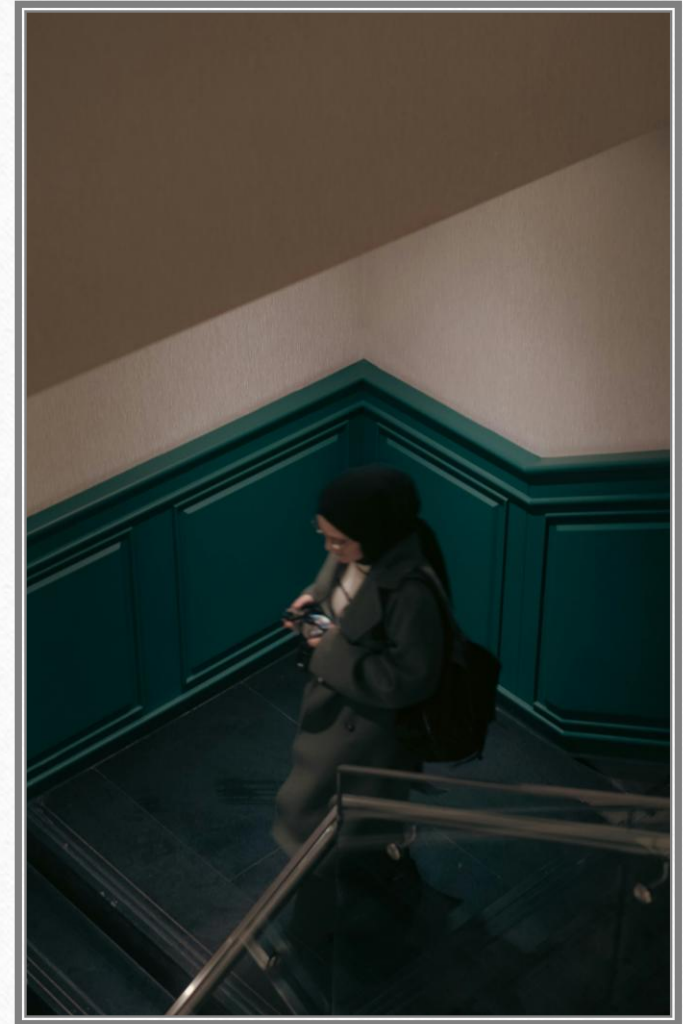


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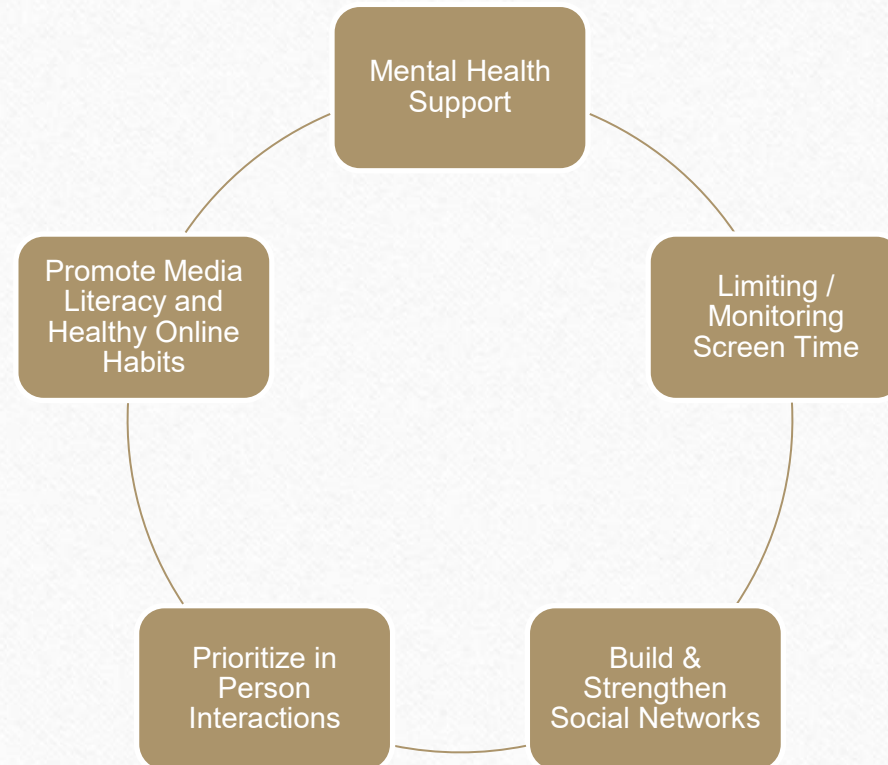
Supports, Interventions, & Resources



Photo by [Chris Lawton](#) on [Unsplash](#)

What supports, resources, and therapeutic tools & strategies can be used to support individuals with autism and other neurodevelopmental disabilities at risk for social media challenges?

Avenues for Support



Supporting Kids and Those with Special Needs

- Get a sense of baseline information
- Frontload and teach relevant language, terminology
- Visuals and visual supports
- Curriculum to teach kids online safety
 - https://beinternetawesome.withgoogle.com/en_us/
 - Family tips and activities

Supporting Kids and Those with Special Needs

- Tools and resources (neurodivergent-friendly)
 - <https://lifeskillsadvocate.com/neurodivergent-friendly-tools-resources/>
- Roleplay
- Use of lists
- Visuals, visuals, visuals – support learning through visual supports
- Use social stories
 - <https://lifeskillsadvocate.com/blog/using-social-stories-to-teach-internet-safety-skills-to-teens/#What-Internet-Safety-Skills-Should-I-Teach>

Internet Safety

- Resource for teens with autism
 - <https://csesa.fpg.unc.edu/sites/csesa.fpg.unc.edu/files/Internet%20Safety%20for%20Adolescents%20with%20Autism.pdf>

Connections to the Power and Control Wheel

- <https://www.thehotline.org/identify-abuse/power-and-control/>

Tips on Social Media Safety

- https://www.thehotline.org/wp-content/uploads/media/2023/02/2301-HTL-Safer-Internet-TS_FINAL-1.pdf
 - 1. Avoid using shared computers or devices
 - 2. Protect your passwords
 - 3. Be protective of your personal information
 - 4. Customize your privacy settings
 - 5. Safeguard your digital identity
 - 6. Manage your search and browsing history
 - 7. Limit what you share
 - 8. Create a digital safety plan

(Source: National Domestic Violence Hotline)

Resources

- Social Media Safety
 - <https://rainn.org/safe-media>
 - <https://www.icansucceed.org/college-planning/social-media-safety> (Social media safety tips and info for students about the do's and don'ts related to social media use)
- Consuming Media Tips for Survivors
 - <https://rainn.org/articles/tips-survivors-consuming-media>

Open Dialogue

- According to Internet Matters,
“The data also clearly shows that open and transparent dialogue between children and parents about online experiences are strongly linked to higher digital wellbeing scores, mirroring the positive impact observed with active monitoring and management of children’s online activities.”

Children’s Wellbeing in a Digital World Report

<https://www.internetmatters.org/hub/research/childrens-wellbeing-in-a-digital-world-index-report-2024/>

(Internet Matters, 2025)

Social Media Safety and Older Adults – Implications for People with Disabilities across the Lifespan

- Seniors may have unique factors and unique histories with technology
- They may have unique challenges and risk factors for online risks / social media risks
 - Resource:
 - <https://www.cisa.gov/sites/default/files/2025-01/Secure-Our-World-Online-Safety-for-Older-Adults-Tip-Sheet.pdf>
 - <https://department.va.gov/privacy/wp-content/uploads/sites/5/2024/08/ACS-PGVCSS-0006AC-INF>
 - https://department.va.gov/privacy/wp-content/uploads/sites/5/2024/08/ACS-PGVCSS-0006AC-INFOSheet-Social-Media-for-07292024-FINAL_508.pdf OSheet-Social-Media-for-07292024-FINAL_508.pdf
 - <https://www.ncoa.org/article/how-older-adults-can-improve-their-personal-cyber-security/>

Cyberbsecurity Tips

- Do not click on links from unfamiliar senders
- Take caution when you receive strange or unexpected messages (even from people you know)
- If you feel pressured – sometimes this can be a warning sign

Social Media and Mental Health

- Address different facets impacted:
 - Isolation and social anxiety
 - Anxiety
 - Depression
 - Sleep ramifications
 - Addiction
- Social Media Addiction and Impact on Mental Health: <https://www.youtube.com/watch?v=-kaeNdKh5Uc>



Support Areas

- Tailored therapeutic modalities
- Developing coping mechanisms
- Improving self-esteem, self-efficacy, self-confidence
- Use of trauma-informed interventions (when relevant)
- Promoting healthy habits
 - Social media use / restrictions
 - Sleeping patterns
 - In person socialization – real life connections!!!
 - Developing community
 - Movement, physical activity



Photo by [John Cameron](#) on [Unsplash](#)

Case Example #2

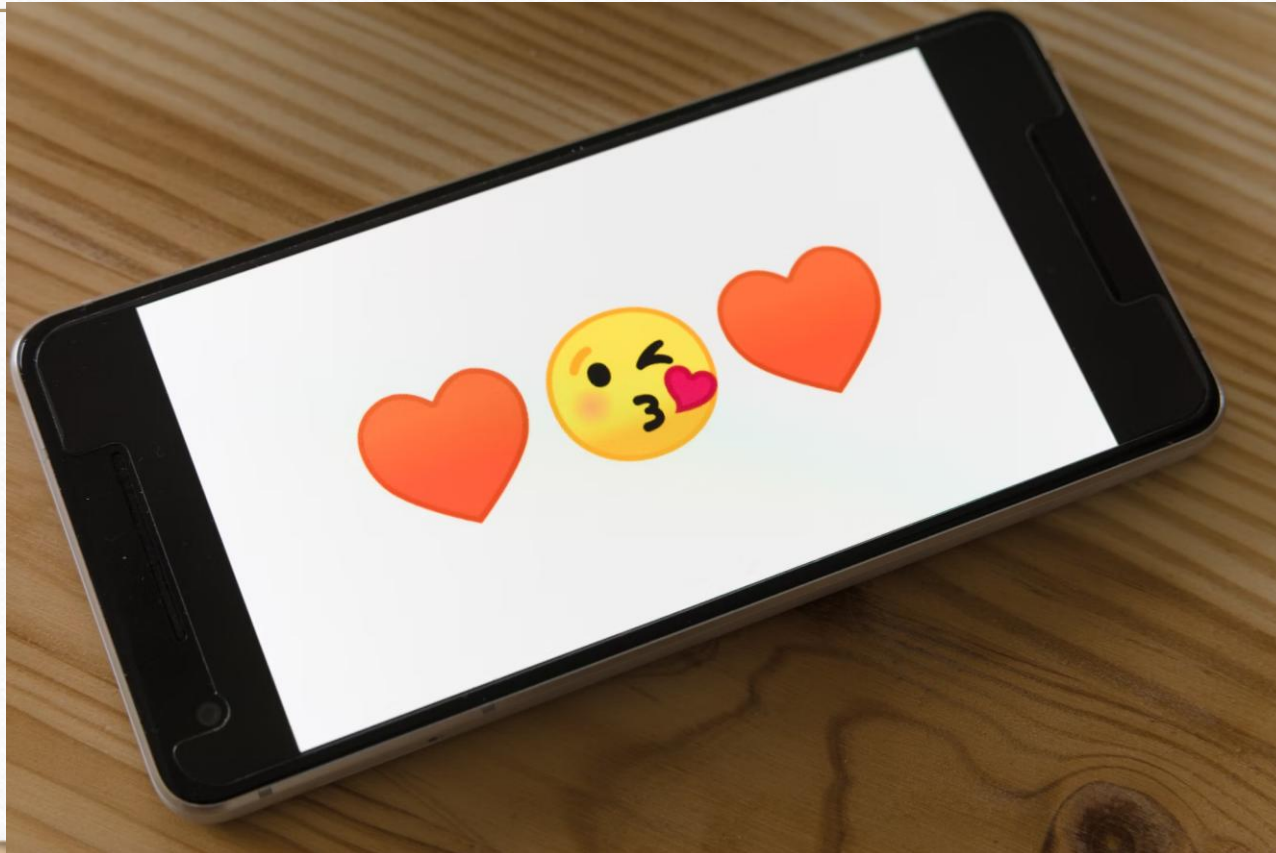


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Special Considerations for Girls Online

- Positives
 - Using the online world for social connection
 - Creativity through social media
- Challenges and Risks
 - Online bullying
 - Inappropriate content (messages and images) from men and strangers
 - Harmful material
 - Social pressures

<https://www.internetmatters.org/hub/research/teen-girls-experiences-of-harm-online/>

Tips for Internet Safety

- Safety tips for teens
- <https://www.aecf.org/blog/internet-safety-for-teens>

Tips for Parents

- Resource – from Read Aloud America – How to Prevent Screen Addiction
 - <https://readaloudamerica.org/the-dangerous-disadvantages-of-social-media/>
- Resource – U.S. Department of Justice – Keeping Children Safe Online
 - <https://www.justice.gov/coronavirus/keeping-children-safe-online>



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Digital Abuse IS Abuse

Be Aware and Educate about Digital Abuse

- Examples of digital abuse
 - Tracking one's activities through social media
 - Controlling who one can and cannot follow / be friends (on social media)
 - Monitoring through any form of technology
 - Checking up on phone records, texts, etc.
- For more information see:
<https://www.loveisrespect.org/resources/types-of-abuse/>

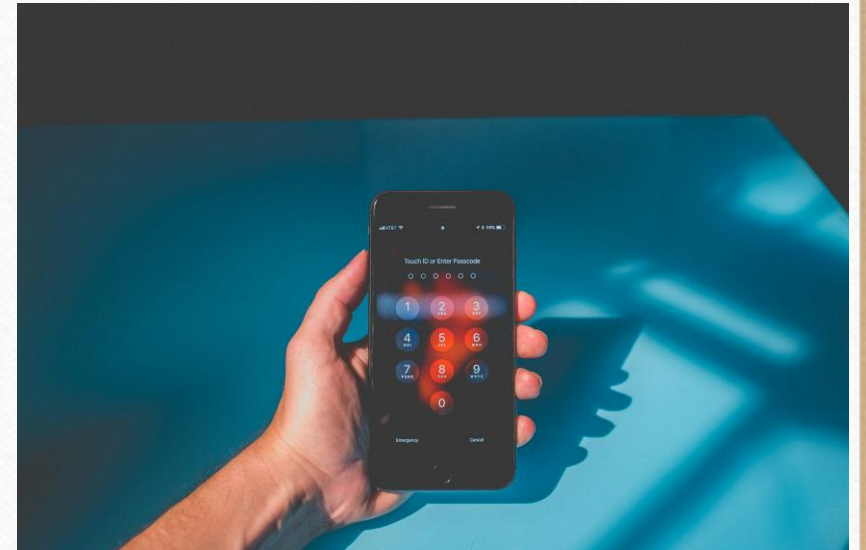


Photo by [Kenny Eliason](#) on [Unsplash](#)

Keeping People Safe

- Educate about bullying and social media risks
 - Bullying prevention guide:
 - <https://www.pacer.org/bullying/info/pdf/BP-101-adults.pdf>
- Advocate
- Secure accounts
- Protect privacy
- Teach about safe interactions
 - <https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/Social%20Media%20Safety%20for%20Teens.pdf>



Photo by [Johannes Plenio](#) on [Unsplash](#)

Additional Material: Resources & References

Organizational Resources

Boston Children's Digital Wellness Lab

- Website: <https://digitalwellnesslab.org/>
- Family Digital Wellness Guide: <https://digitalwellnesslab.org/family-digital-wellness-guide/>
- Research Briefs (e.g., Young People's Sense of Belonging Online): <https://digitalwellnesslab.org/research-briefs/young-peoples-sense-of-belonging-online/>

Organizational Resources

Centers for Disease Control and Prevention

- Resource: <https://www.cdc.gov/digital-social-media-tools/index.html>
- Information regarding social media use and experiences with bullying victimization

Cyberbullying Research Center

- Website: <https://cyberbullying.org/category/resources>
- Resources, laws, research, blog, books, etc.
- Chat / text abbreviations

Organizational Resources

City of Philadelphia DBHIDS

- Website: <https://dbhids.org/about/organization/planning-innovation/policy-unit/social-media-safety/>
- Provides a toolkit for social media safety for parents and teens

Cyberbullying Research Center

- Website: <https://cyberbullying.org/category/resources>
- Resources, laws, research, blog, books, etc.
- Chat / text abbreviations

Organizational Resources

NetSmartz

- Website: <https://www.missingkids.org/netsmartz/home>
- Provides information for online safety:
<https://www.missingkids.org/content/dam/netsmartz/downloadable/tip>

National Center for Missing & Exploited Children

- Website: <https://report.cybertip.org/>
- Provides a CyberTipline to report child sexual exploitation
- Take It Down service: <https://takeitdown.ncmec.org/>

Organizational Resources

Organization for Social Media Safety

- Website: <https://www.socialmediasafety.org/>
- Provides a toolkit for social media safety for parents and teens

Read Aloud America

- Website: <https://readaloudamerica.org/>
- Blogs on screen time and dangers / disadvantages of social media for kids

Organizational Resources

Safety Pledge: Keep Kids Safer Online

- Website: <https://safetypledge.org/>
- Provides a resource toolkit

National Cybersecurity Alliance

- Website: <https://www.staysafeonline.org/>
- Resources and information on cybersecurity safety and awareness

Organizational Resources

Stop It Now!

- Website: <https://www.stopitnow.org/ohc-content/resources-for-online-safety>
- Provides resources for online safety

The Annie E. Casey Foundation

- Website: <https://www.aecf.org/blog/social-media-safety-for-teens#:~:text=A%20number%20of%20organizations%20are%20dedicated%20to,on%20how%20to%20promote%20safe%20internet%20usage.>
- Blogs on social media safety for teens and internet safety tips

Organizational Resources

National Domestic Violence Hotline

- Website: <https://www.thehotline.org/stakeholders/download-and-request-materials/>
- Provides resources (social media kit, internet safety, other materials)

Organizational Resources

U.S. Department of Health and Human Services

- Website – Social Media and Youth Mental Health:
<https://www.hhs.gov/surgeongeneral/reports-and-publications/youth-mental-health/social-media/index.html>
- Short summary: <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-summary.pdf>
- Advisory update: <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>

Organizational Resources

U.S. Department of Justice Programs

- Website: <https://www.ojp.gov/feature/internet-safety/online-safety-youth>
- Provides information regarding internet safety for youth
- Project Safe Childhood: <https://www.justice.gov/psc>
- Keeping Children Safe Online:
<https://www.justice.gov/coronavirus/keeping-children-safe-online>

Resources

Online Safety for Individuals with Intellectual and Developmental Disabilities

- Autism Services, Education, Resources, and Training Collaboration: <https://pautism.org/resource/cybersafety/>
- Organization for Autism Research: <https://researchautism.org/self-advocates/sex-ed-for-self-advocates/online-relationships-and-safety/>
- Sibling Leadership Network: <https://siblingleadership.org/2018/10/31/resource-spotlight-online-safety-for-adults-with-developmental-disabilities/>
- Stephen's Place: <https://www.stephensplace.org/>
*See blog on Internet Safety
- Southwest Autism Research & Resource Center: <https://autismcenter.org/online-safety-manual-download/>

Resources

Online Safety for Individuals with Intellectual and Developmental Disabilities

- I Can Be Safe Online: <https://www.communitylivingbc.ca/resources/safeguards-resources/i-can-be-safe-online/>

Resources

Online Safety for Older Adults

- Braven Health: <https://bravenhealth.com/blog/detail/internet-safety-tips-older-adults>
- ConnectSafely: <https://connectsafely.org/seniors-guide-to-online-safety/>
- National Cybersecurity Alliance:
<https://www.staysafeonline.org/articles/online-safety-tips-for-older-adults>
- The National Council on Aging: <https://www.ncoa.org/article/how-older-adults-can-improve-their-personal-cyber-security/>
- Washington State – Office of the Attorney General:
<https://www.atg.wa.gov/internet-safety-seniors>

Resource Videos & Information

Social Media & the Brain

- <https://youtu.be/PEOm7u8Cysg>



Social Media Challenges

- Video:
https://www.youtube.com/watch?v=wiY_2OOreyw



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Social Media Addiction

- <https://www.youtube.com/watch?v=DcIgk94Fp6Y>



Digital Dating Abuse

- <https://www.wnem.com/video/2025/02/19/love-that-hurts-recognizing-teen-dating-violence/>
- Digital Dating Abuse PSA - <https://www.youtube.com/watch?v=Tn1cFZbNB5A>

Social Safety

- Discussion questions for parents / conversation starters
 - <https://socialsafety.wordpress.com/stranger-danger/educationalopportunities/>

Questions

Should you have questions following the webinar, please reach out to me @ cmarsack@emich.edu

Connect with me on LinkedIn:
<https://www.linkedin.com/in/christina-marsack-topolewski-19553812/>



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Rita Stevenson
Executive Director
Rita@IDDCouncil.org
www.IDDCouncil.org



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